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By Mrs. **ELIZ. PRICE**, of **BERKELEY-SQUARE**,  
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BOOK OF COOKERY, or *Every Woman a perfect  
Cook.*

Eliz: Price

J. Hogg

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## TO THE PUBLIC.

HAVING, by a long course of practice, acquired, as I flatter myself, a considerable knowledge in the whole Art of Cookery, I at length determined to commit my observations to writing, and publish them to the world. I was confirmed in this resolution by the repeated solicitations of many of my friends, who, having perused the following receipts while they were yet in manuscript, were pleased to express their approbation of them in the highest terms of applause. I likewise submitted this performance to the inspection of several eminent men and women cooks, who unanimously agreed in recommending it as one of the *most useful Compendiums of the Art of Cookery* that have appeared in this kingdom; and declared, that all the receipts were formed on such a plan, as to unite *economy* with *elegance*. Induced by these flattering recommendations, and convinced of the utility of an *improved* work of this kind, I have ventured to submit my performance, with all due deference and respect, to the judgment of the Public, but particularly to the Ladies, at whose hands I rest in full hopes of candid treatment.

To

To render this Book the more *extensively useful*, I have added a small collection of the most approved physical receipts, which, upon repeated trials, have been found peculiarly efficacious in the respective disorders to which they have been applied. The Reader will likewise find (besides a variety of receipts in every branch of Cookery) complete instructions for Marketing, several modern Bills of Fare, the Art of Clear Starching, various Receipts in Confectionary, some choice and valuable Directions for preserving and improving Beauty, &c. &c. In short, I have exerted my utmost endeavours to render this performance as complete as possible, and humbly hope that it will meet with a favourable reception, as it treats of an art which deservedly claims the attention of the Ladies in general, and of Maid-Servants in particular, who, by a careful perusal of the following sheets, will soon become perfectly accomplished in the whole ART OF COOKERY.

ELIZ. PRICE.

*Berkley-Square.*

T H E

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T H E

NEW BOOK OF COOKERY,

FOR THE PRESENT YEAR.

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C H A P. I.

O F B O I L I N G.

*Rules and Directions necessary to be previously observed in Boiling.*

**W**ITH regard to the time sufficient for boiling any kind of meat, it is generally best to allow a quarter of an hour for every pound, when the joint is put into boiling water. Take particular care that your pot be very clean, and skim it well; for otherwise the scum will stick to your meat and make it look black. All sorts of fresh meat you must put in when the water boils; but salt meat when it is cold.

*To boil Veal.*

Let there be a good fire when the meat is put in, and as soon as the scum begins to rise, take it clear off. A knuckle of veal takes more boiling than any other joint in proportion to its weight; for this obvious reason, because all the gristles ought to be boiled soft and tender. Some cooks put a little milk in the pot with veal, to make it white. Boiled veal may either be sent to table with bacon and greens, or with parsley and butter.

## OF BOILING.

*To boil Mutton or Beef.*

Having put in your meat be careful to skim it well, for a scum will rise on every thing that is boiled. A thick piece of beef, of twelve or thirteen pounds weight, will take about two hours and a half after the pot boils, if it is put in when the water is cold.

When the meat is boiled, you may serve it up with carrots, potatoes, greens, or turnips. A leg or loin of mutton may likewise be accompanied with melted butter and capers.

*To boil a Leg of Lamb with the Loin fried about it.*

Boil the leg about an hour, cut the loin into steaks, beat them with a cleaver, fry them nice and brown, and stew them a little in strong gravy; you must then put the leg in the dish, lay the steaks round it, place some stewed spinach and crisp parsley on each steak, pour on the gravy, and serve up the whole with gooseberry sauce.

*To boil a Leg of Pork.*

After it has lain in salt six or seven days, put it into the pot to boil, and take care that the fire be very good all the while it is dressing; because it ought to be fully boiled, and requires half an hour more boiling than a leg of veal of the same weight. It is generally accompanied with a pease-pudding, mustard, buttered turnips, greens, or carrots.

*To boil Pickled Pork.*

Having washed the pork and scraped it clean, put it in when the water is cold; or, as some say, when the water boils: if a piece of a middling size, an hour will boil it; if a very large piece an hour  
and

and a half, or two hours. It will turn to a jelly if kept too long in the pot.

*To boil a Tongue.*

If the tongue be a dry one, steep it in water all night, and then let it boil three hours: if it be just out of pickle, you may soak it three hours in cold water, and after that boil it till it becomes fit to peel.

*To boil a Haunch of Venison.*

First let the haunch continue in salt for a week, and then boil it with some turnips, young cabbages, a cauliflower, and beet-roots; and when you have put your venison in the dish, let the vegetables be disposed in separate plates round it, and then you may serve it up at table.

*To boil a Ham.*

After putting your ham into the copper, let it be about three or four hours before it boils, and keep it well skimmed all the time: if it is a small one, an hour and a half is sufficient to boil it, after the copper has begun to boil; and, if a large one, it will require two hours. When you have taken it up, strip off the skin, rub the ham all over with the contents of an egg, strew crumbs of bread on it, baste it with butter, and set it to the fire till it becomes a light brown; then, if it is to be eat hot, you may garnish the dish with carrots, and send it up.

*To boil a Calf's Head.*

Pick the head very clean, and soak it in water some time before you put it into the pot; the brains must then be tied up in a rag, and put in at the same time with the head, together with a piece of bacon. When it is done enough you may grill it before the fire, and serve it up with bacon and greens,

and with the brains mashed and beat up with a little butter, vinegar, pepper, and salt, or lemon, parsley, and sage, in a separate plate, and the tongue slit and laid in the same plate.

*To boil a Turkey.*

First draw and truss your turkey, and cut down the breast-bone with a knife, then sew up the skin again: the breast may be filled with stuffing prepared in the following manner: boil a veal sweet-bread, and chop it fine, with some lemon-peel, part of the liver, a handful of bread-crumbs, a little beef suet, and one or two spoonfuls of cream, with two eggs, nutmeg, salt, and pepper. Mix all these ingredients together, and stuff the turkey with part of the stuffing; the rest may be boiled or fried, and laid round it: dredge your turkey with flour, and having tied it up in a cloth, boil it with milk and water. An hour and a quarter will be sufficient for boiling it, provided it be a young one. For sauce, take a little water or mutton gravy, an onion, a piece of lemon-peel, a bit of thyme, a blade of mace, and an anchovy; let all these be boiled together, and strained through a sieve; add to them some melted butter: then lay round the dish a few sausages fried, and garnish with slices of lemon.

N. B. Some make use of oyster sauce with a boiled turkey.

*To boil a Goose.*

Having seasoned the goose with pepper and salt for five or six days, let it boil about an hour. Serve it up hot with turnips, carrots, cauliflowers, or cabbage. The sauce for a boiled goose may be either onions or cabbage, first boiled, and then stewed in butter a few minutes.

To

*To boil a Duck.*

Draw and scald your duck, and having put it in an earthen pot, pour over it a pint of hot milk, in which it may lie two or three hours; after that dredge it well with flour, put it in a copper of cold water, and let it boil slowly for twenty minutes, then take it out and smother it with onion sauce.

*To boil Fowls or Chickens.*

Put your chickens in scalding water, pluck and draw them, cut off the heads and necks, and take out the breast-bone; then wash, truss, singe, and flour them; tie them in a napkin, and boil them in milk and water, with a little salt, about twenty-five minutes. You may serve them up with parsley and butter, or with oyster sauce, lemon sauce, &c.

*To boil Pigeons with Bacon.*

Let your pigeons be plucked, drawn and washed very clean, and then boiled in milk and water by themselves about twenty minutes: in the mean time boil a square piece of bacon, lay it in the middle of your dish, stew some spinach to put round, and lay the pigeons on the spinach; pour melted butter over them, and garnish with crisp parsley.

*To boil Pigeons with Rice.*

After having picked and drawn your pigeons, cut off the pinions and turn the legs under the wings, then put thin slices of bacon and a large beet-leaf over each pigeon, wrap them in separate cloths and boil them: have ready four ounces of rice boiled soft, put the rice into some veal gravy thickened with flour and butter, and boil it a little in that gravy, adding two or three spoonfuls of cream; then take out the pigeons, leaving the bacon and

beet-leaves on them, and serve them up with the rice poured over them.

*To boil Snipes and Woodcocks.*

Take the snipes and gut them clean, and boil them in good strong broth or beef-gravy; let them be covered close and kept boiling, and ten minutes will be sufficient. Meanwhile chop the guts and liver small, take a little of the gravy in which your snipes are boiling, and stew the guts in it with a blade of mace. Take a few crumbs of bread, and have them ready fried crisp in a little fresh butter. When your snipes or woodcocks are done, add to the guts two spoonfuls of red wine and a small piece of butter rolled in flour; set them on the fire in a saucepan, and shake it well (but do not stir with a spoon) till the butter is melted; then put in the bread crumbs, give the saucepan a shake, and pour this sauce over the birds. You may garnish your dish with lemon.

*To boil Rabbits.*

When you have properly trussed your rabbits, boil them about half an hour, then smother them with onion sauce, pull out their jaw bones and stick them in their eyes, put a sprig of myrtle or barberries in their mouths, and serve them up. Garnish with sliced lemon and barberries.

*To boil Rabbits with Sausages.*

Boil a couple of rabbits, and before they are quite done, you must put in a pound of sausages to boil with them; when they are done enough, dish them up, and place the sausages round the dish, with a few fried slices of bacon: for sauce, put melted butter and mustard beat up together in a cup.

*To boil Pheasants or Partridges.*

Let them be boiled in a considerable quantity of water. As for partridges, a quarter of an hour is sufficient to boil them. Half an hour will do a small pheasant, and three quarters a large one. The sauce for a boiled pheasant may be stewed celery thickened with cream, a piece of butter rolled in flour, some grated nutmeg, and a spoonful of white wine. For sauce to a partridge, parboil the liver and scald some parsley; chop these fine, and put them into some melted fresh butter; then squeeze in a little juice of lemon, and having boiled the whole up, pour it over your partridge.

*To boil Sturgeon.*

Clean your piece of sturgeon well, and boil it in as much liquor as will just cover it, adding to the water a stick of horse-radish, some whole pepper, two or three pieces of lemon-peel, a pint of vinegar, and a little salt. When it is done serve it up with the following sauce; dissolve an anchovy in a pound of melted butter, bruise the body of a crab in the butter, put in a blade or two of mace, a few shrimps or crawfish, a little catchup and lemon-juice, and give the whole a boil up. Garnish with fried oysters, scraped horse-radish, and slices of lemon.

*To boil a Skate or Thornback.*

First let your skate be well cleaned; then cut it in long narrow pieces, and throw it into salt and boiling water; when it has boiled a quarter of an hour, take it out, slip off the skin, then put it again into the saucepan, with a little vinegar, and when it is done enough, drain it well, and pour over it shrimp or muscle sauce. You may garnish the dish with barberries and horse-radish.

To

*To boil Flounders and all Kinds of Flat-Fish.*

You must cut off the fins, and mick the brown side under the head; then gut your fish and boil them in salt and water: make either shrimp, cockle, anchovy, or muscle sauce, and garnish with red cabbage.

*To boil a Fresh Cod.*

Having well washed and gutted your cod, rub the back-bone with a little salt, and boil it gently till it is done enough. You may serve it up with anchovy, shrimp, oyster, or lobster sauce, and garnish with slices of lemon, scraped horse-radish, and small fried fish.

*To dress Salt Cod.*

Let it be steeped in water all night, and boiled the next day: when it is enough, pull it in flakes into the dish, pour over it egg sauce, or parsnips boiled and beat fine, with butter and cream, and send it to table on a water dish.

*To boil a Turbot.*

Put a handful of salt into the mouth and belly of the turbot, and lay it in salt and water for two hours before it is dressed. Then set on your fish-kettle with water and salt, a little vinegar, a stick of horse-radish, and a bunch of sweet herbs. When the water boils lay your turbot on a fish plate, put it into the kettle and boil it gently. Serve it up with anchovy or lobster sauce, and garnish the dish with crisp parsley and pickles.

N. B. A turbot of a middling size will take about twenty minutes boiling.

*To boil Mackarel.*

Soak them a considerable time in spring water, then put them into a stewpan, with as much water as will cover them, and a little salt: let a small bunch of fennel be boiled along with them; and when you dish them up, garnish with the roes and the fennel shred fine. The sauce generally used with boiled mackarel is parsley and butter.

*To boil Salmon.*

After having well scraped and cleansed your salmon from scales and blood, let it lie about an hour in spring water and salt; then put it in the fish kettle, with a suitable quantity of salt and horse-radish, and some sweet herbs. If it be a thick piece, it will take half an hour; if small, twenty minutes. Garnish your dish with scraped horse-radish and fennel, or with fried smelts or gudgeons. The sauce may be melted butter, with or without anchovy, and shrimp or lobster sauce.

*To boil Eels.*

First skin, gut, and wash your eels, then roll them round with the heads innermost, and run a skewer through them. Boil them in salt and water; serve them up with parsley sauce, and garnish with lemon.

*To boil Carp or Tench.*

Clean your carp or tench very well, and boil them in a stewpan; mix with the water some salt, whole pepper, horse-radish, sweet herbs, and lemon peel. For sauce take some of the liquor, a pint of shrimps, a glass of white wine, and an anchovy bruised; boil these together in a saucepan with a piece of butter rolled in flour.

*To*

*To boil a Cauliflower.*

Take off all the green part, cut the flower into four quarters, and let it soak an hour in clean water; then put it into boiling milk and water, or (if you have no milk) into water only, and take care to skim the saucepan well. When the stalks are tender, take out the cauliflower, lay it in a cullender to drain, and serve it up with melted butter. This is, among the generality of people, one of the most favourite plants in the whole kitchen garden.

*To boil Broccoli.*

First strip off all the little branches till you come to the top one; then with a knife peel off the hard outside skin on the stalks, and throw them into a pan of clean water as you do them. Put them in a stewpan of boiling water, with some salt in it, and let them boil till they are tender. Send them to table with butter in a cup.—Some people eat broccoli like asparagus, with toast laid in the dish.

*To boil Parsnips.*

Let your parsnips be well washed, and boiled till they are soft; then take off the skin, beat them in a bowl with a little salt, add to them a piece of butter and some cream, put them in a tossing pan, and let them boil till they are like a light custard pudding; you may then lay them on a plate and serve them up.

*To boil Artichokes.*

Pull off the stalks, and wash the artichokes clean; then put them in a saucepan of cold water, but do not cover them. An hour and a quarter will do them after the water boils. When you dish them up, put butter in tea-cups between each artichoke.

*To boil Asparagus.*

Having scraped your asparagus, soak them in clean water, tie them in little bundles, and boil them in a stewpan of water with salt in it. Before you take them up, toast a round or two of a quartern loaf, which must be dipped in the boiling water and laid in the bottom of your dish: pour a little butter over the toast, and lay your asparagus on it with the white ends outwards. You need not pour butter over the asparagus, but send it up in a sauce-boat.

*To boil Spinach.*

You must pick and wash your spinach very clean, then put it in a saucepan that will just hold it, scatter a handful of salt over it, and cover the pan close: don't put any water in, but frequently shake your saucepan. When you find the spinach shrunk and fallen to the bottom, and that the liquor which comes out of it boils up, it is done: then squeeze it between two plates, and serve it up with melted butter in a boat.

*To boil Green Pease.*

Shell your pease, and put them into boiling water, with a few leaves of mint and a little salt: as soon as they boil, throw in a small piece of butter, and stir them about; when they are enough, strain them in a sieve, and dish them up with butter in a cup. Lay a piece of bacon over your pease, and garnish with mint boiled and chopped fine.

*To boil Turnips.*

Pare them well, and boil them in the pot with either beef, lamb, or mutton: when they are tender, take them out, squeeze them between two trenchers, put them in a pan, mash them with butter and a little  
pepper

pepper and salt, and send them to table. You may likewise send them up whole, with some melted butter in a bason, that every one may butter and season them to his palate.——N. B. Potatoes may be mashed in the same manner as turnips.

*To boil French Beans.*

First cut off the ends of your beans, then cut them in two, and afterwards across; put them in salt and water as you do them, and let them stand an hour: boil them in a great deal of water with a handful of salt in it, and take care they do not lose their fine green. Serve them up with melted butter.

*To boil Broad Beans, commonly called Windsor Beans.*

When your beans are shelled, put them in the pot with some picked parsley and salt: in the mean time boil a piece of bacon by itself, and when you have dished up the beans, lay the bacon over them, and send parsley and butter in a sauce-boat. Garnish with boiled parsley.

C H A P. II.

Of ROASTING.

*General Directions with regard to Roasting.*

**I**N the first place, you must regulate your fire according to the piece of meat you are to dress: if it be a small or thin piece, make a pretty little brisk fire; but if it be a large joint, let a very good fire be laid to cake. Take care to keep your fire always clear, and let your spit be very clean. When the steam draws near the fire, it is a sign that the meat is done enough; but you will best judge of that from  
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from the time it was put down. Observe that in frosty weather all kinds of meat take more time in dressing.

*To roast Mutton.*

If it be a chine or saddle of mutton, you must raise the skin, and then skewer it on again; for that will prevent it's being scorched. Strip off the skin about a quarter of an hour before you take it up; throw some flour on your meat, together with a handful of salt, and baste it with butter. Roast mutton, when served up, may be accompanied with French beans, broccoli, potatoes, cauliflower, horse-radish, or water-creffes.—N. B. Onion sauce is frequently used with a shoulder of mutton, either roasted or boiled.

*To roast Mutton so as to make it eat like Venison.*

Having procured a fat hind-quarter of mutton, cut the leg in the shape of a haunch of venison, lay it in a pan, and pour over it a bottle of red wine, in which it must lie twenty-four hours; then put it on the spit, and baste it with the same liquor and butter all the time it is roasting. If you have a good quick fire, your meat will be done in two hours. You may send it to table with some good gravy in one bason, and currant jelly in another.

*To roast a Leg of Mutton with Oysters or Cockles.*

Take a leg of mutton that has been butchered two or three days before, stuff it all over with oysters or cockles, and roast it. Garnish the dish with horse-radish.

*To roast Beef.*

Butter a piece of writing-paper, and fasten it with small skewers to the top of your beef; then lay it  
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down

down to a good fire, throw some salt on it, and baste it well with good dripping. A little while before you take it up, remove the paper, dredge the meat with some flour, and baste it with a piece of butter. Garnish the dish with scraped horse-radish, and send it to table with broccoli, French beans, potatoes, horse-radish, or cauliflower. When you want to keep your meat a few days before you dress it, you must dry it well with a clean cloth, then flour it all over, and hang it up in a place where the air may come to it.

*To roast Veal.*

In dressing a fillet or loin of veal, paper the udder of the fillet to preserve the fat, and the back of the loin to prevent it from being scorched. Lay your meat at some distance from the fire till it is soaked, and then draw it nearer the fire; baste it well with butter, and dust it with a little flour. The stuffing for a fillet is made thus: take half a pound of suet, about a pound of grated bread, some parsley, thyme, sweet marjoram, and savory, a piece of lemon-peel, nutmeg, pepper, and salt, and mix them up together with the yolks and whites of a few eggs.

A breast of veal must be roasted with the caul on, and the sweet-bread skewered on the back-side: when it is almost done, take off the caul, and baste it with butter and a little flour.

*To roast Lamb.*

When you lay it down, baste it well with fresh butter, and scatter on it a very little flour; then baste it with what drips from it; and just before you take it up, sprinkle on a little salt and chopped parsley, and baste it again with butter. You may serve it up with mint sauce, green pease, a sallad, cauliflower, or French beans.

*To roast a Leg of Lamb with Forcemeat.*

Take a large leg of lamb, and with a sharp knife cut of all the meat, leaving the skin whole with the fat on it: then chop the meat small with half a pound of beef suet, some marrow, a few oysters, an onion, an anchovy, some sweet herbs, lemon-peel, mace, and nutmeg; and having beat all these together in a mortar, stuff the skin with them, sew it up, rub it with the yolks of eggs, spit it, flour it all over, lay it down to the fire, and baste it well with butter: when done, pour some nice gravy into the dish, and send it up.

*To roast Pork.*

In roasting a loin of pork, you must cut the skin across in small streaks, and take care that it be jointed before you lay it down; it is sometimes served up with onions.—A sparerib should be roasted before a clear fire, and basted with a small piece of butter, a little flour, and some sage shred fine: send it up with apple sauce.—The knuckle of a roast leg of pork is frequently stuffed with sage and onion chopped small, with a little pepper and salt, and eat with gravy and apple sauce. But the best way of roasting a leg is as follows: first parboil it, then skin it and lay it down, and baste it with butter; take a little sage shred fine, a few crumbs of bread, some nutmeg, pepper, and salt; mix these together, and strew them over your meat while it is roasting: send up some gravy in the dish, and serve it up with apple sauce and potatoes. A griskin may be dressed in the same manner.—N. B. Pork must be well done, otherwise it is apt to surfeit.

*To roast a Tongue.*

You must parboil it first, then roast it; baste it well with butter, slick ten or twelve cloves about it, and send it to table with some gravy and sweet sauce.—N. B. An udder, dressed the same way, is very good eating.

*To dress a pickled Neat's Tongue.*

Having first soaked it, boil it till the skin will peel off, then stick it with cloves, put it on the spit, wrap a veal caul over it, and roast it till it is enough; after which you must take off the caul, and serve up your tongue with gravy in the dish, and some venison sauce in a boat. Garnish with raspings of bread and sliced lemon.

*To roast a Pig.*

Put into the belly of your pig a few sage leaves chopped, a peice of butter, a crust of bread grated, and some pepper and salt; sew it up, spit it, and lay it down to a large brisk fire. Flour it all over very thick, and continue to do so till the eyes begin to start. As soon as you find the skin tight and crisp, and that the eyes are dropped, lay two basons in the dripping pan, to receive the gravy that comes from it. When the pig is done enough, put a lump of butter into a cloth, and rub all over it, till the flour is quite off; then take it up into your dish, and having cut off the head, cut the pig in two down the back; chop off the ears, and place one upon each shoulder; cut the under jaw in two, and lay on each side; melt some butter, put it into the gravy that came from your pig, boil it up and put it into the dish with the brains bruised fine, and a little shred sage; then send the whole to table, with bread sauce in a bason, and garnish with lemon.

*A Pig*

*A Pig barbecued.*

Take two or three anchovies, a few leaves of sage, and the liver of the pig; chop them very small, and put them into a marble mortar, with half a pint of red wine, some butter, bread-crumbs, and pepper: beat them all together to a paste, and sew them up in your pig's belly; then lay it down to the fire, singe it well, pour in the dripping-pan two or three bottles of red wine, and baste it with the wine all the time it is roasting. When it is almost done, take the sauce out of your dripping-pan, add to it one anchovy, half a lemon, and a bunch of sweet herbs, boil these a few minutes, then take up your pig, put a small lemon or apple in it's mouth, strain your sauce, and pour it on boiling hot; lay barberries and sliced lemon round the pig, and serve it up whole.

*To roast a Calf's Liver.*

Lard it with bacon, fasten it on the spit, and roast it with a gentle fire: send it to table with good veal gravy, or melted butter.

*To roast Venison.*

Take a haunch of venison, and when you have spitted it, lay over it a large sheet of white paper, then a thin paste with another sheet of paper over it, and tie it well to prevent the paste from falling. About five or six minutes before you take it up, take off the paper and paste, baste it with butter, and dredge it with a little flour: when you dish it up, let it be accompanied with some good gravy in one sauce boat, and sweet sauce in another. If it be a large haunch, it will take three hours roasting. The neck and shoulder may be dressed the same way. The sauce for venison may be either cur-

rant jelly warmed, or half a pint of red wine, with a quarter of a pound of sugar, simmered over a clear fire for seven or eight minutes; or about half a pint of vinegar, with a proportionate quantity of sugar, simmered till it becomes of the consistence of a syrup.

*To roast Rabbits.*

Having trussed your rabbits, put them down to a quick clear fire, dredge them, baste them well with butter, and roast them near three quarters of an hour: boil the livers with a bunch of parsley, and chop them very fine; then melt some good butter, put into it half the liver and parsley, and pour it in the dish; garnish with the other half. The French sauce for rabbits consists of onions minced small, fried, and mixed up with pepper and mustard.—Some people put a pudding in a rabbit's belly, when they roast it.

*To roast a Hare.*

Stuff your hare with a pudding made thus: take some crumbs of bread, a quarter of a pound of beef-suet minced fine, the hare's liver parboiled and chopped small, some butter, two or three eggs, one anchovy, a little lemon-peel, parsley, thyme, nutmeg, pepper, and salt; mix these several ingredients together, and put them into the belly of your hare, and then roast it. Put about three pints of milk and half a pound of fresh butter in your dripping-pan, which ought to be very clean: baste the hare with this all the while it is roasting; and when it has soaked up all the butter and milk, it will be done enough. Serve it up with melted butter and cream, currant jelly, gravy, or claret sauce.

*Another Way of roasting a Hare.*

Take a piece of fat bacon, some bread-crumbs, the liver of a hare, an anchovy, a shallot, some nutmeg

meg and winter-favory, chop these fine, beat them up to a paste, and put them into the hare; then lay it down to the fire, baste it with stale beer, put a small piece of bacon in the dripping-pan, and when it is half roasted, baste it with butter: send it to table with melted butter and favory.

*To roast a Turkey.*

You must take a pound of veal cut small, half a pound of beef-suet chopped, some parsley, thyme, and favory, two cloves, a bit of lemon peel, half a nutmeg grated, some mace, pepper, and salt, the yolks of two eggs, and a sufficient quantity of grated bread; mix the whole together, and stuff the craw of your turkey with it; then paper the breast, and having spitted the turkey, lay it down at a proper distance from the fire, singe it with white paper, dust on some flour, and baste it with butter. When it is enough, send it up with some good beef-gravy in the dish, and either onion, bread, celery, or oyster sauce in a boat. Garnish with lemon and pickles.

N. B. A small turkey will take three quarters of an hour in roasting; a middling one a full hour; a very large one, an hour and a half. A full grown goose will take an hour; a large fowl three quarters of an hour; a middle sized fowl half an hour; a small chicken twenty minutes; a tame duck of a middling size takes about half an hour; a wild one, fifteen or twenty minutes: but this depends entirely on the goodness or slackness of your fire.

*To roast a Goose or a Duck.*

Chop a few sage-leaves and one or two onions, mix them with some butter, pepper, and salt, and put them into the belly of your goose or duck; then spit it and lay it down, singe it well, dredge it with flour, and baste it with fresh butter. When you dish

dish up your goose, send gravy in one bason, and apple sauce in another. Pour some gravy in the dish with your duck, and send up onion sauce in a boat.

The sauce for a roasted green goose is made thus : take some melted butter, put into it a spoonful of the juice of sorrel, a little sugar, and a few coddled gooseberries; then pour it in your sauce-boat, and serve it up hot.

*To roast Fowls or Chickens.*

Having drawn and trussed your fowls, lay them down to a good fire, singe, dredge, and baste them well with butter : serve them up with gravy in the dish, and either egg, bread, shallot, or oyster sauce in a bason.

*To roast a Fowl or Turkey with Chestnuts.*

Take a quarter of a hundred chestnuts, roast and peel them; bruise about a dozen of them in a mortar, with the liver of the fowl, a quarter of a pound of ham, and some sweet herbs; mix these together with some mace, pepper, salt, and nutmeg, and having put them into your fowl, spit and roast it, and baste it with butter. For sauce, take the rest of the chestnuts, chop them small, and put them into some strong gravy, with a glass of white wine, and a piece of butter rolled in flour : pour the sauce in the dish, and garnish with water-creffes and sliced orange.

*To roast Wild Ducks, Widgeons, or Teal.*

If your fire be very good and brisk, a teal, wild duck, or widgeon, will be done in a quarter of an hour. The following sauce will suit all kinds of wild fowl; take a sufficient quantity of veal-gravy,  
season

season it with pepper and salt, squeeze in a little claret, and the juice of two oranges.

*To roast Pheasants or Partridges.*

Lay them down at a good distance from the fire, dredge them, and baste them with nice butter, that they may go to table with a fine froth: they will take twenty minutes or half an hour roasting: when you dish them up, let there be some gravy in the dish, and bread or celery sauce in a boat. Garnish with slices of orange or lemon.

N. B. You may, if you please, lard turkeys, partridges, pheasants, larks, ortolans, &c. when you roast them.

*To roast Pigeons.*

Stuff them with a piece of butter, some chopped parsley, pepper, and salt; then put them on a small spit, flour them, and baste them with butter: they will be done in fifteen or twenty minutes. Many people roast them by a string fastened to the top of the chimney-piece. When they are enough, lay them in the dish, and put bunches of asparagus round them, with parsley and butter for sauce.

*To roast Larks.*

Put your larks upon a long skewer, then tie the skewer to a spit, and let them roast ten or twelve minutes at a quick clear fire: baste them with good butter, and strew over them a few crumbs of bread mixed with flour: then fry some bread-crumbs with a piece of butter, and lay them in the dish round your birds. Send up gravy in a boat, and garnish with sliced orange. Ortolans may be dressed the same way.

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*To roast Snipes or Woodcocks.*

Truss your snipes, and put them on a small bird-spit; dredge them, and baste them well with butter: have ready a slice of bread toasted brown, which must be laid in a dish, and set under the birds while they are roasting. They will take a quarter of an hour or twenty minutes. When they are done, take them up, and lay them on the toast; pour some beef-gravy and melted butter in the dish, and garnish with orange or lemon.

N. B. You need not draw a woodcock or snipe when you roast it.

*To roast Quails.*

Let them be stuffed with beef-suet and sweet herbs chopped and seasoned with a little spice: spit them, and when they begin to grow warm, baste them with salt and water; then flour them, and baste them with a little butter. Meanwhile dissolve an anchovy in good gravy, with two or three shalots chopped small, and the juice of a Seville orange; dish up your quails in this sauce, and garnish with lemon and fried bread-crumbs.

*To roast a large Eel.*

Skin your eel, scour it well with salt, gut, wash, and dry it; scotch it on both sides, rub it over with yolks of eggs, and stuff it's belly with a forcemeat made of suet, sweet herbs, a shalot, pepper, salt, and nutmeg: then draw the skin over it, and fasten it on the spit; baste it with butter, and serve it up with anchovy sauce.

*To roast Sturgeon.*

Take a piece of fresh sturgeon, let it lie six or eight hours in water and salt; then spit and lay it down,

down, baste it with flour and butter, strew over it some grated nutmeg, a little beaten mace, pepper, and salt, a few crumbs of bread, and some sweet herbs powdered fine. When your sturgeon is done, dish it up, and garnish with slices of lemon. For sauce, take a pint of water, a bit of lemon-peel, an onion, an anchovy, a bunch of sweet herbs, some horse-radish, mace, cloves, and whole pepper; let this mixture boil a quarter of an hour, then strain it, put it again into the saucepan, with a pint of white wine, a few oysters, the inside of a crab or lobster bruised fine, two or three spoonfuls of catchup and walnut pickle, and a lump of butter rolled in flour; boil the whole up together, and pour it over the fish.

*To roast a Lobster.*

First parboil your lobster, then rub it well with butter, and set it before the fire; baste it all over till the shell looks of a dark brown colour, and serve it up with melted butter in a bason.

*To roast a Pike.*

Having gutted and cleaned your pike, take a few crumbs of bread, some beef-suet, chopped parsley, thyme, savory, mace, nutmeg, salt, and pepper, and mix them up with raw eggs and a piece of butter; make the whole into a long pudding, and put it in the belly of your fish: then put two laths on each side of the pike, and fix it on the spit; and while it is roasting, baste it with anchovies dissolved in butter. Send it to table with anchovy or oyster sauce, and garnish with lemon.

C H A P. III.  
OF BROILING, FRYING, STEWING,  
HASHING, and BAKING.

BROILING.

*To broil Steaks.*

**T**AKE care that you have a clear brisk fire when you broil any thing, and that your gridiron be very clean. Lay your steaks on the gridiron, and sprinkle a little pepper and salt over them. If they are beef steaks, you need not turn them till one side is done; but if they are mutton or pork steaks, they must be frequently turned. When they are enough, take them off the gridiron very carefully, that none of the gravy may be lost; lay them in a hot dish, rub them well with butter, and mix with the gravy an onion or shallot chopped as small as possible. The general sauce for steaks is, horse-radish for beef, pickles for mutton, and mustard for pork.

*To broil Chickens.*

You must slit them down the back, season them with pepper and salt, and lay them on a very clear fire, at a good distance: let the inside lie downwards till it is above half done; then turn them, and be careful that the fleshy side do not burn; scatter over them some fine raspings of bread, and let them be of a fine brown. For sauce send up good gravy with mushrooms, and garnish your dish with lemon, and the livers and gizzards broiled.

*To broil the Tongues of Sheep or Hogs.*

Boil the tongues first, then blanch and split them, season them with salt and pepper, dip them in eggs, strew some crumbs of bread on them, broil them till they

they are brown, and send them to table with a little gravy and butter.

*To broil Pigeons.*

When you have picked and drawn your pigeons, you must split them down the back, and having seasoned them with a little pepper and salt, lay them on the gridiron, rub them over with butter, and keep turning them till they are done; then dish them up, pour over them either gravy or melted butter, and garnish with crisped parsley.

*To broil Eels.*

Having skinned and cleansed your eels, rub them with the yolk of an egg, strew over them chopped parsley, sage, pepper, salt, and bread crumbs, lay them on your gridiron, and when they are enough, serve them up with parsley and butter, or anchovy sauce.

*To spitchock Eels.*

Split a large eel down the back, joint the bones, and cut it in two or three pieces; put a little vinegar and salt in some melted butter, in which your eel must lie three or four minutes; then take the pieces up one by one, turn them round on a thin skewer, roll them in crumbs of bread, and broil them of a fine brown: lay them on your dish with plain melted butter, and fried parsley for garnish.

*To broil Salmon, Cod, Whitings, Haddocks, Mackarel, or Weavers.*

Have a quick clear fire, and set your gridiron high; then flour your fish, and broil them of a good brown. For sauce, take some melted butter, with the body of a lobster bruised in it, and pour it in your dish, or into a sauce boat. Garnish with sliced

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lemon

lemon and horse-radish.—N. B. You may, if you like it, stuff mackarel when you broil them.

*To broil Cod-Sounds.*

Let them lie a few minutes in hot water; then rub them well with salt, take off the black dirty skin, put them in a saucepan, and let them simmer till they begin to be tender; take them out, sprinkle on them some flour, salt, and pepper, and lay them on the gridiron: serve them up with melted butter and mustard.

*To broil Herrings.*

Scale, gut, and wash your herrings, cut off their heads, dry them in a cloth, notch them across with a knife, flour and broil them. In the meantime take the heads that you cut off, mash them, and boil them a quarter of an hour in ale or small beer, with an onion and some whole pepper; then strain this mixture, and thicken it with butter, mustard, and flour: pour this sauce into a boat, and send it up with the herrings.

F R Y I N G.

*To fry Beef Steaks.*

Beat your steaks well, and fry them in half a pint of good ale; whilst they are frying, take a large onion cut small, some grated nutmeg, pepper, and salt, and a little parsley and thyme shred fine; roll all together in a piece of butter, and then in a little flour; put this into the frying-pan, and give it a shake. When the sauce is of a proper thickness, and the steaks are tender, you may dish them up, and send them to table.

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*Another Method of frying Beef Steaks.*

You must cut the lean by itself, and fry it in as much butter as will just moisten the pan; pour out the gravy as it runs from the meat, and turn your steaks frequently; then fry the fat by itself, and lay it upon the lean steaks: add to the gravy a glass of red wine, half an anchovy, a shallot chopped small, some pepper, salt, and nutmeg; give it a boil up, pour it over the steaks, and serve them up.

*To fry Mutton Chops.*

First take a few crumbs of bread, a piece of lemon-peel shred fine, a little chopped thyme and parsley, with some nutmeg, pepper, and salt; then cut a loin of mutton into steaks, beat them well, and rub them all over with the yolks of two or three eggs. Fry your steaks of a nice brown, and while they are frying, strew on them the bread crumbs, &c. Let your sauce be good gravy, with a small anchovy in it, and two or three spoonfuls of claret.

*To fry Veal Cutlets.*

Lard them with slips of bacon, wash them over with eggs, and strew on them some grated lemon-peel, bread crumbs, sweet herbs, salt, pepper, and nutmeg, and fry them in good butter. When you dish them up, pour some hot gravy over them; and garnish with lemon and pickles.

*To fry cold Veal.*

Cut your veal into very thin pieces, dip them in the yolk of an egg, and after that, in crumbs of bread, with a few sweet herbs and shred lemon peel in it; then grate some nutmeg over them, and fry them in fresh butter. Meanwhile make a little gravy of the bone of the veal; and when your meat

is fried, lay it in a dish before the fire; then throw some flour into the pan, stir it round, put in the gravy, squeeze in it a little lemon juice, and pour it over the veal. Garnish with slices of lemon.

*To fry Lamb Steaks.*

Having cut a loin of lamb into thin steaks, season them with pepper, salt, and nutmeg, and fry them in good butter. When they are enough, lay them in a dish before the fire, that they may keep hot; then pour out the butter, scatter a little flour on the bottom of the pan, put in a quarter of a pint of boiling water, and a lump of butter; shake the whole together, boil it up, pour it upon your steaks, and serve them up.

*To fry Tripe.*

You must cut your tripe into pieces of about the length of three inches, dip them in bread crumbs and the yolk of an egg, and fry them of a good brown; then take them out of the frying pan, and lay them in a dish to drain: send them to table with melted butter and mustard in a bason.

*To fry Sweetbreads and Kidneys.*

When you have split the kidneys, fry them and the sweetbreads in butter; serve them up with mushroom sauce, and garnish your dish with lemon and fried parsley.

*To fry Sausages.*

Cut them in single links, and fry them in good butter; then take a round of a loaf, fry it of a nice brown in the same butter, and lay it in the bottom of your dish; put the sausages on the toast in four parts, lay poached eggs between them, and dish them up with melted butter.

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*To fry Sausages with Apples.*

Take six apples, and half a pound of sausages; cut four of the apples into thin slices, and quarter the other two; then fry them with the sausages, and when they are enough, lay the sausages in the middle of your dish, and the sliced apples round them. Garnish with the quartered apples.

*To make Scotch Collops.*

Cut some veal in small thin collops, beat them well with a rolling pin, dip them in the yolks of eggs, grate some nutmeg over them, and fry them in a little butter till they are of a fine brown; then pour the butter from them, put in the pan half a pint of gravy, a few mushrooms, a glass of white wine, a piece of butter rolled in flour, a little cream, and the yolks of two eggs; and stir it all together with your meat. When the collops are done, put them in your dish, pour the sauce on them, lay over them some forcemeat balls, and little slices of bacon, and garnish with lemon.—N. B. If you would have the collops white, you must neither dip them in eggs, nor fry them brown.

*To fry Calf's Liver and Bacon.*

Slice the liver, and fry it nice and brown, then fry the bacon; lay the liver in your dish, and the bacon upon it: serve them up with gravy and butter mixed with the juice of an orange or lemon, and garnish the dish with lemon cut in slices.

*To fry Flat Fish.*

Dry them well in a cloth, flour them, and rub them over with the contents of an egg; fry them either in oil, butter, hog's lard, or dripping, and

let them be of a fine light brown. Send them to table with melted butter, or what sauce you please.

*To fry Carp or Tench.*

First scale, gut, and wash them, then sprinkle them with salt, flour them, and fry them in clarified butter. Serve them up with whatever fish sauce you like, and garnish with lemon, crisp parsley, and fried sippets.—N. B. Tench are sometimes fried with forcemeat.

*To fry Herrings.*

When you have cleaned your herrings well, dust them with a little flour, and fry them in dripping or butter: send them up with butter and mustard in a bason, or with the same sauce that I have before directed for broiled herrings. Garnish your dish with the roes and onions fried.

*To fry Trout.*

Having scaled, gutted, washed, and dried your trout, flour them, and fry them of a fine brown, either with butter, dripping, or suet: dish them up with anchovy sauce, or plain melted butter, and garnish with sliced lemon and crisped parsley. You may fry perch, small pikes, gudgeons, roach, smelts, and other small fish in the same manner.

*To fry Eels.*

Skin and clean your eels, split them, and cut them in pieces; let them lie two or three hours in a pickle composed of vinegar, lemon juice, pepper, salt, sliced onions, and bay leaves: then flour them well, and fry them in clarified butter. When you dish them up, send with them melted butter and anchovy sauce in separate boats. Garnish with fried parsley and slices of lemon.

*To fry Lampreys.*

Save the blood of your lampreys, wash them in hot water to take off the slime, and cut them into pieces. Fry them (not quite enough) in fresh butter; then drain out all the fat, pour in a little wine, and give your pan a shake; season them with pepper, salt, nutmeg, sweet herbs, and a bay leaf; put in a few capers, a lump of butter rolled in flour, and the blood that was saved; shake the pan several times, and cover the lampreys close. When they are done, take them out, and lay them in your dish; give the sauce a quick boil, squeeze in a little lemon juice, and pour it over the fish. Make use of lemon for garnish.

*To fry Oysters.*

Make a batter of milk, flour, eggs, mace, and nutmeg; then wash your oysters clean, dip them in the batter, roll them in crumbs of bread, and fry them of a light brown in butter or hog's lard. They are a proper garnish for any dish of fish, as well as for many other dishes.

## S T E W I N G.

*To stew Beef Steaks.*

First half broil your beef steaks, then put them into a stewpan, season them with pepper and salt, just cover them with gravy, and put in a piece of butter rolled in flour: let them stew gently half an hour, then add the yolks of two eggs beat up, stir all together for two or three minutes, and dish up your steaks. Garnish with pickles and scraped horse-radish.

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*To stew a Rump of Beef.*

You must half roast your beef, then put it in a deep pan, with two quarts of water, one quart of red wine, a shallot, some sweet herbs, pepper, and salt, two or three blades of mace, and a spoonful or two of walnut catchup and lemon pickle; let it stew over a moderate fire, close covered, for two hours; then take it up and lay it in a deep dish; strain the gravy, put in half a pint of mushrooms and an ounce of morels, thicken it with flour and butter, and pour it over the beef. Garnish with horse-radish and beet-root.

*To stew Ox Palates.*

Having washed your palates clean, put them into a saucepan of cold water, and let them stew softly over a slow fire till they are tender; then cut them in several pieces, and dish them up with artichoke-bottoms and cocks-combs. Garnish with sliced lemon, and sweetbreads fried or stewed.

*To stew Veal.*

First take some veal, either raw, boiled, or roasted, and cut it into thick slices; then put these pieces in a stewpan, with just water enough to cover them: season them with pepper, salt, mace, nutmeg, a shallot, some lemon-peel, sweet marjoram, and thyme. When they are stewed almost enough, put into the liquor some mushroom gravy, a little lemon juice, and a glass of white wine, and stew them a little while longer; then strain off the sauce, and thicken it with cream, or butter rolled in flour: pour your sauce into the dish, and garnish with fried oysters, or with slices of lemon and bits of broiled bacon.

*To stew a Neck or Leg of Mutton.*

You must first bone the joint that you are going to stew; then put your meat in a saucepan, with some whole pepper, salt, mace, and nutmeg, one anchovy, a turnip, a few sweet herbs, two onions, a pint of ale, a pint of red wine, two quarts of water, and a hard crust of bread; cover it close, and when it is stewed enough, serve it up with toast and the gravy.—N. B. An ox-cheek may be dressed in the same manner.

*To stew Mutton Chops.*

Put them into a shallow tin pan, with a very small quantity of water, and some pepper and salt; cover your pan very close, and place it over a slow fire. When the chops are done (which will be in a very short time) dish them up with their own liquor, and garnish with pickles.

*To stew a Pig.*

Let your pig be roasted till it is hot through; then skin it, cut it in pieces, and put it in your stewpan, together with some strong gravy, a gill of white wine, an onion, a little marjoram, a piece of butter, three or four spoonfuls of elder vinegar, some salt, pepper, and nutmeg. When it is enough, take it out, lay it upon sippets, and serve it up with sliced lemon for garnish.

*To stew a Hare.*

Cut the hare into pieces, and lay it in a stewpan, with a quart of beef gravy, an onion stuck with cloves, an anchovy, some pepper, salt, sweet herbs, &c. Cover it close, and let it stew till it is tender; then put it in a soup dish, and having thickened your gravy with butter and flour, pour it over the hare;  
lay

lay sippets in the dish, and garnish with slices of lemon.

*To stew Rabbits.*

Divide your rabbits into quarters, lard them with pretty large slips of bacon, and fry them; then put them in a stewpan, with a quart of good broth, a glass of white wine, a bunch of sweet herbs, a little pepper and salt, and a piece of butter rolled in flour. When they are enough, dish them up, and pour the sauce on them. Garnish with sliced orange.

*To stew a Turkey or Fowl.*

Put your fowl or turkey into a saucepan, with a sufficient quantity of gravy, a bunch of celery cut small, an onion, a sprig of thyme, and a muslin rag filled with mace, pepper, cloves, and other spice; let these stew gently till they are enough; then take up your fowl or turkey, thicken the sauce with flour and butter, and pour it in your dish.—N. B. You may stew a neck of veal in the same manner.

*To stew Ducks or Pigeons.*

First stuff their bellies with a seasoning made of sweet herbs, pepper, salt, cloves, and mace, mixed up with a piece of butter; then set them before the fire, and when they are half roasted, put them in a stewpan, with a sufficiency of good gravy, a few pickled mushrooms, some white or red wine, a bit of lemon-peel, a small bundle of sweet herbs, some whole pepper, mace, and a piece of onion: when they are done, take them out, thicken the sauce with butter and the yolks of eggs, and pour it over your ducks or pigeons. Garnish with sliced lemon, or with shalots.—N. B. Ducks are frequently stewed with green pease.

*To stew a Goose.*

You must cut the goose down the back, bone it, and stuff it with forcemeat; then sew it up, and fry it of a fine brown; after which you must put it into a deep stewpan with two quarts of beef gravy, cover it close, and let it stew for two hours: then take it up and skim off the fat, add to the gravy a glass of red wine, two or three spoonfuls of catchup and lemon pickle, an anchovy shred fine, some beaten mace, pepper, and salt, and a lump of butter rolled in flour; give it a boil, dish up your goose, and strain the sauce over it.

*To stew Giblets.*

Pick and wash the giblets clean, skin the feet, cut off the bill, split the head in two, break the pinion bones in two, cut the liver and gizzard in quarters, and the neck in two pieces. Stew them in a proper quantity of water or mutton broth, with a bunch of sweet herbs, a small onion, a spoonful of catchup, one anchovy, two or three cloves, and a few pepper corns; when they are tender, put in the pan a spoonful or two of cream, and a little flour and butter, to thicken the gravy; then lay the giblets in a soup dish, pour the sauce upon them, and garnish with sippets.

*To stew Partridges.*

Having stuffed your partridges with beaten mace, pepper, salt, and a lump of butter, flour them well, and fry them of a light brown; then put them into a stewpan, with a quart of good gravy, a spoonful or two of Madeira wine and lemon pickle, one anchovy, a few sweet herbs, and half a lemon: when they have stewed half an hour, take them out, thicken the gravy, boil it up, pour it on the partridges, and lay round them artichoke-bottoms boiled and cut in quarters.

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*To stew a Pheasant.*

Take artichoke-bottoms parboiled, and some chesnuts roasted and peeled; stew your pheasant in veal gravy, and when it is enough, put in the chesnuts and artichoke-bottoms, some lemon juice, a little pepper, salt, beaten mace, and a glass of white wine; thicken the sauce with butter and flour, pour it over the pheasant, and lay some forcemeat balls or fried saufages in the dish.

*To stew Cod.*

When you have cut your cod into slices, put them in a large stewpan, with half a pint of white wine, a pint of gravy, some sweet herbs, an onion, a little salt, mace, pepper, and nutmeg, and likewise a few oysters and their liquor. Let them stew till they are almost enough; then put in a lump of butter rolled in flour, and stew them a little longer. Dish them up with the sauce poured over them, and garnish with lemon.

*To stew a Trout.*

Take a few crumbs of bread, two or three eggs buttered, a piece of lemon-peel, a little thyme, nutmeg, salt, and pepper; mix them all together, and stuff the belly of your trout with them; then put it in a stewpan, with some gravy and white wine, and a lump of butter. When it is done, serve it up with the sauce in the dish, and garnish with lemon cut in slices.

*To stew Eels.*

After having skinned, gutted, and washed your eels very clean, you must cut them in longish pieces, and put them in your pan, with a little water, a glass of red wine, an onion stuck with cloves, some sweet herbs, mace, salt, and whole pepper; cover the pan close, and let them stew very softly. Before you take them up, put in a piece of butter rolled in  
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flour; and when they are enough, dish them up, and pour the sauce over them.

*To stew Carp or Tench.*

Scale and gut your carp or tench, wash and dry them, dust them with flour, and fry them of a light brown in dripping or suet; then put them into a stewpan, with a quart of water, a quart of red wine, a spoonful or two of lemon pickle and walnut catch-up, an onion stuck with cloves, a piece of horse-radish, some nutmeg, mace, pepper, and salt. When your fish are done, take them out, thicken the gravy with flour and butter, boil it a little, and strain it over your carp or tench. Garnish the dish with pickled mushrooms and scraped horse-radish.

*To stew Plaice, Soles, or Flounders.*

First half fry them in butter, then take them up; add to the butter a quart of water, and boil it slowly a quarter of an hour with a sliced onion and two anchovies; then put in your fish again, and when they have stewed gently for twenty minutes, take them out; thicken the sauce with butter rolled in flour, give it a boil, and strain it through a hair sieve over your fish.

*To stew Oysters, Muscles, and all Kinds of Shell-Fish.*

Having opened your oysters or muscles, put their liquor into a tossing pan, with a little beaten mace, thicken it with butter and flour, and let it boil a few minutes; then put in your shell-fish, with a spoonful or two of cream, and give the pan a shake; serve them up with toasted sippets and the liquor, and garnish them with lemon or crumbs of bread.

## of HASHING.

### H A S H I N G.

#### *To hash Mutton.*

Half-*roast* your mutton, and when it is cold, cut it in small pieces; then put a pint of broth or gravy into a *tossing-pan*, with a spoonful of catchup, a little pepper and salt, and a sliced onion; set this over the fire, thicken it with a piece of butter rolled in flour, and when it boils put in your meat: have ready some *toasted sippets*, lay them in the dish, and pour your hash on them. Garnish with *horse-radish* and pickles.

#### *To hash Beef.*

Cut the rawest part of a joint of *roast beef* into very thin slices; then take some gravy and a little water, and boil it with an onion sliced, a bunch of sweet herbs, a spoonful or two of catchup and *lemon pickle*, some pepper, salt, and *grated nutmeg*. Then put in your sliced beef, and shake it over the fire till it is quite hot; dish it up with sauce, and garnish with *pickled onions* or *scraped horse-radish*.

#### *To mince Veal.*

Take any part of *veal*, either boiled or roasted, that is under done, and cut it in very small pieces; grate some *nutmeg* over it, and scatter on it a little flour, salt, and *shred lemon peel*: then put some gravy in a *faucepan*, with two or three spoonfuls of catchup, and a lump of butter rolled in flour; when it boils, put in your veal, with a spoonful of cream. Serve it up with *sippets* in the dish, and garnish with *lemon*.

#### *To hash Venison.*

Let your *venison* be cut in thin slices; then put into a *tossing-pan* a spoonful or two of *mushroom catchup*,

catchup, a gill of red wine, a little gravy, half an anchovy chopped small, and an onion stuck with cloves; as soon as these boil, put in the venison, and let it boil a few minutes; then pour it with the liquor into a soup dish, and garnish with red cabbage.

*To hash a Calf's Head.*

First half-boil your calf's head, and when it is cold, cut off the meat in thin slices, and fry it in butter: then put it into a stewpan, with some strong gravy, a glass of red wine, a few sweet herbs, a little lemon-peel, and some spice; toss it up with a lump of butter, and when it is enough, dish it up with the gravy, and garnish with the brains fried, and lemon sliced.

*To hash a cold Fowl or Turkey.*

You must cut up your fowl or turkey and divide the breast, legs, or wings, &c. into three or four pieces each; then put the several pieces in a stewpan, with a pint of gravy, two or three spoonfuls of lemon pickle and mushroom catchup, a little beaten mace, and a slice of lemon: just before you take them up, put in a spoonful of good cream, and a piece of butter rolled in flour, and shake all together over the fire; then pour the whole into your dish, lay sippets round the bottom, and garnish with lemon or parsley.

*To hash Rabbits.*

Half roast your rabbits, then take the flesh off the bones, and having minced it small, put it in a stewpan, with some good mutton broth, a little vinegar, a lump of butter, one or two shallots, some sliced parsley and grated nutmeg: dish up your hash with sippets, and garnish with sliced lemon.

## B A K I N G.

*To bake Mutton Chops.*

Cut a neck or loin of mutton into steaks, season them with pepper and salt, butter your baking-dish, and lay them in it; then take a little flour, a quart of milk, six eggs beat up fine, and some ginger, mix it all up together, pour it over your steaks, and send them to the oven: they will be done in an hour and a half.

*To bake a Leg of Beef.*

Take a leg of beef, cut and hack it, and lay it in a large earthen pan; put to it a bunch of sweet herbs, a piece of carrot, two onions stuck with cloves, a quart of stale beer, some mace, salt, and whole pepper, and cover it with water; fasten to the top of the pan some buttered brown paper, send it to the oven, and let your beef be nicely baked; then strain off the liquor through a coarse sieve; after which you must pick out all the sinews and fat, and put them into a saucepan with a few spoonfuls of the gravy, a little red wine, some mustard, and a piece of butter rolled in flour; shake the saucepan frequently, and when the sauce is thick and hot, pour it over your beef, and serve it up. You may bake an ox's head the same way.

*To bake a Calf's Head, or Sheep's Head.*

Wash and clean the head well; then take some crumbs of bread, a little shred lemon-peel, a few sweet herbs chopped small, some pepper, salt, and nutmeg; strew these over the head, lay it on an earthen dish, cover it with pieces of butter, and flour it all over; put a little water in the dish, and let the head be baked in a quick oven. When you dish it up, pour over it some strong gravy, with  
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the brains boiled and mixed in it, and garnish your dish with lemon.

*To bake a Bullock's Heart.*

Stuff it with the same stuffing that I have before directed to be used for a roast fillet of veal, lard it all over with pieces of bacon, skewer it up close to keep in the stuffing, place it in a deep baking-dish, and send it to the oven; when baked, lay the heart in another dish, take off the fat, strain the gravy thro' a sieve, put it in a saucepan with a spoonful of red wine and lemon pickle, an anchovy cut small, some beaten mace, and half an ounce of morels, thicken it with butter and flour, pour it on your bullock's heart, and send it to table garnished with barberries.—N. B. When you roast a bullock's or calf's heart, you may stuff it in the same manner, baste it with butter while it is roasting, and serve it up with gravy.

*To bake a Pig.*

When you have stuffed your pig with chopped sage, pepper, and salt, flour it well, rub it over with butter, and having buttered the dish you lay it in, send it to the oven; when it is baked, put it in a different dish, cut it up, pour over it some gravy, and serve it up.

*To bake Fish,*

First butter your baking-pan, than lay the fish in it, and scatter on them some flour and salt; put a little water in the pan, with two or three onions, a few sweet herbs, &c. and stick bits of butter on your fish. Let them be baked of a fine brown; when they are done, skim off all the fat, and dish them up with what fish-sauce you like.

## C H A P. IV.

Of FRICASSEES, RAGOUTS, and all  
Sorts of MADE DISHES.*To fricassée Beef*

**Y**OU must cut your beef into small pieces, and fry them in fuet with some onions chopped small; then pour off the fat, and put the meat and onions in a stewpan, with some warm water or broth, a little verjuice or vinegar, a lump of butter, and some pepper and salt; stir it often, and let it stew till it becomes thick. You may put to it some pickled mushrooms, oysters, or what other pickles you like, and send it hot to table.

*To fricassée Veal.*

First parboil your veal, then cut it in square pieces, put it into a saucepan, with a good quantity of strong broth, an onion, and a bunch of sweet herbs, and let it boil for some time; then take a quarter of a pound of butter, two anchovies cut small, and the yolks of three or four eggs, and having tossed all together in a stewpan till it grows thick, put your veal into it. When it is enough, serve it up with mushrooms, either pickled or otherwise, and garnish with lemon sliced.

*To fricassée Lamb.*

Having cut a hind quarter of lamb into thin slices, season them with spice, sweet herbs, and a shallot; then fry them, and toss them up in a strong gravy, with a little white or red wine, a few oysters, two palates, some forcemeat-balls, a little burnt butter, and two or three eggs: serve all up in one dish, and garnish with lemon.

To

*To fricassée Neat's Tongues.*

When you have boiled them tender, you must peel them, cut them in thin slices, and fry them in fresh butter; then pour out the butter, put in some gravy, an onion, some pepper, salt, mace, and sweet herbs, and let them simmer together half an hour; after which, take out the tongues, strain the gravy, put it with the tongues in the stewpan again, with a glass of white wine, some grated nutmeg, a piece of butter rolled in flour, and the yolks of two eggs; shake all together for five or six minutes, and dish up the tongues with the sauce.

*A Fricassée of Lamb-Stones and Sweetbreads.*

Skin your lamb-stones, parboil and slice them, flour your sweetbreads and cut them in slices; season them with pepper and salt, dip them in eggs, and fry them in good butter; then stew them in some gravy, with a spoonful or two of white wine, a little lemon-juice, and the yolks of three or four eggs; when they are enough, lay them in your dish, pour the sauce over them, and garnish with crisped parsley and lemon-peel.

*To fricassée Calves' Feet.*

First boil the feet, then take out the long bones, cut the meat in thin slices, and put it into a stew-pan, with a little gravy, two or three spoonfuls of white wine, the yolks of four eggs, a large spoonful or two of cream, a lump of butter, some grated nutmeg, and salt; stir all together till it is enough, then pour the whole into your dish, and garnish with lemon.

*To fricassée a Pig.*

Let your pig be half-roasted; then take off the skin, pull the meat in flakes from the bones, and put  
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it in a stewpan, with a little vinegar, some gravy, white wine, an onion stuck with cloves, some lemon-peel, mace, salt, and sweet herbs; when it is nearly done, take out the onion, lemon-peel, and sweet herbs, put in a few mushrooms, and thicken the gravy with eggs and cream. The head of the pig must be roasted whole, and placed in the middle of the dish: lay your fricassée round it, and make use of lemon for garnish.

*To fricassée Rabbits.*

Parboil the rabbits, cut them in pieces, flour them and fry them in butter. Meanwhile take the yolks of six eggs, a pint of strong broth, a little white wine, some chopped parsley and grated nutmeg, a few cocks-combs boiled tender, mushrooms, morels, and artichoke-bottoms; put these into a stewpan with your rabbits, and keep shaking the pan over the fire till they are done; then dish them on sippets, pour the sauce on them, and garnish with lemon, parsley, and barberries.—N. B. Chickens may be fricasséed in the same manner as rabbits.

*To fricassée Pigeons.*

Cut them in small pieces, and fry them; then stew them in some good mutton-gravy, with a spoonful of catchup, a slice of lemon, and half an ounce of morels; when they are enough, take them up, thicken the gravy, and strain it over the pigeons: lay round them forcemeat-balls, and garnish your dish with pickles.

*To fricassée most Kinds of Fish.*

Take a bunch of sweet herbs, two or three anchovies, an onion stuck with cloves, some mace, nutmeg, pepper, and lemon-peel; mix these ingredients in some water or broth, and when they have stewed for some time, strain off the liquor, and put it in another

other stewpan with melted butter and red or white wine; then, having cut your fish in pieces, put them in the pan, and soon after put in a few oysters, capers, pickled mushrooms, and the yolks of four or five eggs beat up in milk or cream: stir the whole together till your fish are done enough.

*To fricassée Eggs.*

Let your eggs be boiled hard, then cut them in round slices, and put them in a stewpan, with half a pint of cream, a glass of white wine, and a good piece of butter; shake all together over a clear fire, lay your eggs, in a dish or plate, and pour the sauce on them: garnish with toasted sippets, and hard eggs cut in two.

*To fricassée Mushrooms.*

Take a quart of fresh mushrooms, clean them well, cut them in quarters, put them into a saucepan with three or four spoonfuls of water, three of milk, and a little salt, and let them boil up three times; then add to them half a pint of thick cream, a lump of butter rolled in flour, a little beaten mace and nutmeg, and shake the saucepan well. When the liquor is of a proper thickness, dish up your mushrooms, and pour the sauce over them.

*To ragoo a Leg of Mutton.*

First take off all the skin and fat, and cut your meat very thin; then butter your stewpan, throw some flour into it, and put in your mutton, with a few sweet herbs, a blade or two of mace, half a lemon and half an onion, cut very small; stir it two or three minutes, and then put in a quarter of a pint of gravy, and an anchovy shred fine, mixed with flour and butter; stir it again for six or seven minutes, then dish it up, and send it to table.

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*A Leg or Shoulder of Mutton stuffed.*

Take some grated bread, beef-suet, a piece of onion, two or three anchovies, the yolks of hard eggs, a little thyme and savory, a dozen oysters, some salt, pepper, and grated nutmeg; mix all these together, chop them very fine, work them up with raw eggs to the consistence of a paste, stuff your mutton under the skin with them, and then roast it: serve it up with oyster sauce, and garnish with horse-radish.

*A Harrico of Mutton or Lamb.*

Cut a neck or loin of mutton or lamb into steaks, flour them, and fry them of a light brown; then pour out all the fat, and put to your meat some turnips and carrots cut in the shape of dice, a little gravy, two or three lettuces chopped small, a bunch of sweet herbs, five or six small onions, some chesnuts peeled, a little salt, pepper, and mace; cover the pan close, and let them stew an hour.

*To force a Sirloin of Beef.*

Having roasted your sirloin, take it up, and lay it in a dish with the inside uppermost; then with a knife lift up the skin, chop the inside very fine, pour on it a glass of red wine, shake over it some pepper and salt, with two shallots shred fine, then cover it with the skin, and send it up. You may force a rump of beef in the same manner.

*To make Beef a-la-mode.*

You must cut a buttock of beef into pieces of about two pounds each, lard them with bacon, and fry them brown; then put them into a pot just large enough to hold them, with two quarts of gravy, a few sweet herbs, an onion, some pepper, salt, cloves, mace, and nutmeg; cover them close, and stew them till they are tender; skim off all the fat, lay your  
meat

meat in the dish, and strain the sauce over it. You may serve it up either cold or hot.

*To make Beef Olives.*

- Cut some square steaks off a rump of beef, rub them over with the yolk of an egg, strew on them bread-crumbs, grated nutmeg, mace, pepper, and salt, roll them up, skewer them close, and set them before the fire to brown; then put them into a tossing-pan, with a pint of gravy, a spoonful or two of lemon-pickle and catchup, and a piece of butter rolled in flour: when you dish them up, lay round them forcemeat-balls, the yolks of hard eggs, or mushrooms.

*To ragoo a Breast of Veal.*

Let your breast of veal be half roasted; then bone it, and put it in a tossing-pan, with a quart of gravy, and an ounce of morels and truffles; stew it till tender, and just before you thicken the gravy, put in a few oysters, mushrooms, and pickled cucumbers cut in small square pieces, with the yolks of four eggs; cut the sweetbread in slices, and fry it of a light brown. When your veal is done, dish it up with the sauce, lay the sweetbread round it, and garnish with lemon or pickled barberries.

*To make Veal Olives.*

Cut your veal into thin slices; then take some marrow, parsley, thyme, marjoram, cloves, mace, salt, pepper, and nutmeg; mix these together, and roll them up with your slices of veal. Fasten your meat on a small spit, baste it with butter, and when it is roasted, serve it up with a sauce made of butter and the juice of a few oranges.

*A Ragout of Lamb.*

Take a quarter of lamb, cut it in four pieces, lard it with slips of bacon, and toss it up a little in a  
3 stewpan

flewpan to brown it; then stew it in good broth, with salt, pepper, mace, cloves, mushrooms, and sweet herbs. For sauce, mix up two anchovies and some fried oysters with a few spoonfuls of wine and the juice of half a lemon; lay your lamb in the dish, and pour the sauce over it.

*To dress a Lamb's Head and Pluck.*

You must skin and split the head, wash it very clean, and lay it in warm water till it looks white; then wash and clean the pluck, and lay it also in water. Boil the head and pluck tender; then mince the heart, liver, and lights very small, put them in a tossing-pan with a quart of gravy, half a lemon, a little catchup, pepper, and salt, thicken the gravy with cream, flour, and butter, and just boil it up. When the head is boiled, rub it over with the yolks of eggs, strew on it some crumbs of bread, chopped parsley, salt, pepper, and grated nutmeg; baste it well with butter, and brown it before the fire, or with a salamander. Dish up the head with the heart, liver, and lights; pour your sauce into the dish, and garnish with lemon or pickles.

*To dress Lamb's Trotters.*

First boil them, then take out the middle bone, stuff them with good forcemeat, dip them in eggs, strew bread crumbs over them, and fry them brown. Garnish your dish with crisped parsley.

*To ragoo Sweetbreads.*

Having cut them in pieces of the size of a walnut, put them in a flewpan with hot burnt butter, and stir them till they are brown; then add to them some gravy, mushrooms, pepper, salt, and all-spice, and let them stew half an hour. Thicken the gravy, strain it through a sieve, and when you  
have

have dished up your sweetbreads, pour it on them. Garnish with sliced orange or lemon.

*To dress Pig's Pettitoes.*

Put the pettitoes, and the heart, liver, and lights, in a saucepan, with half a pint of water, an onion, a bunch of sweet herbs, some whole pepper, and a blade of mace; when they have boiled eight or ten minutes, take out the liver, lights, and heart, mince them very fine, and scatter on them flour and grated nutmeg; let the feet boil till they are tender, then take them out and split them; strain the liquor, thicken it with flour and butter, put in the pettitoes and mincemeat, and shake the saucepan a little over the fire. Lay sippets round the dish, pour in your mince-meat, and lay the feet over it.

*To ragoo Pig's Feet and Ears.*

Boil the feet and ears tender, then split the feet down the middle, cut the ears in narrow pieces, dip them in batter, and fry them of a good brown; after which put a little beef-gravy in a stewpan, with a spoonful or two of lemon-pickle and mushroom-catchup, a lump of butter rolled in flour, some mustard, and some salt; put in the feet and ears, give them a boil up, and then lay the feet in the middle of your dish, with the ears round them; strain your sauce, pour it in the dish, and garnish with crisped parsley.

*A Ragout of Venison.*

Lard your venison with large pieces of bacon, season it with pepper and salt, and fry it in hog's lard; then stew it three hours in broth or boiling water, with a little white wine, a piece of lemon, some nutmeg, salt, and sweet herbs; thicken the sauce with flour and butter, and pour it in your dish over the venison.

*A savory Dish of Lamb's Bits.*

When you have skinned and split the stones, you must lay them on a dry cloth with the livers and sweetbreads, flour them all well, and fry them in hot butter or lard; dish them up with melted butter and fried parsley.

*To jug a Hare.*

You must cut your hare in pieces, season it with pepper and salt, and put it into an earthen jug or pitcher, with a blade or two of mace, a few sweet herbs, and an onion stuck with cloves; cover the jug close, set it over the fire, in a pot of boiling water, and let your meat stew upwards of three hours; then turn it out into a dish, and send it up with gravy. Garnish with lemon.

*An excellent Method of Dressing a Wild Duck.*

Half-roast your duck, then lay it in a dish, and carve it, but let the joints be left hanging together; season it with salt and pepper, squeeze over it the juice of a lemon, turn it on the breast, and press it hard with a plate; add some gravy to it, cover it close with another dish, and set it over a stove for ten minutes; then serve it up, with sliced lemon for garnish.

*To force Chickens.*

When your chickens are roasted, slit the skin, cut the meat from the bones, chop it small with parsley and bread-crumbs, and mix it up with a little cream, pepper, and salt; then put in the meat and close the skin. Brown the chickens with a salamander, and send them to table with white sauce.

*Pigeons*

*Pigeons in a Hole.*

Season your pigeons with salt, pepper, and beaten mace, put into their bellies a small piece of butter, lay them in a dish, pour over them a little batter, and send them to the oven to bake.

*To jug Pigeons.*

Pluck and draw them, stuff them with a mixture of suet, bread-crumbs, the livers chopped, parsley, and the yolks of two eggs; rub them over with pepper and salt, and put them in your jug with a good deal of butter; stop up the jug close, and set it in a kettle of boiling water. When the pigeons have stewed two hours, take them out, and lay them in your dish; then take the gravy that came from them, add to it a glass of white wine, a slice of lemon, a spoonful of cream, a few mushrooms, and an anchovy shred small; thicken it with flour, boil it up, and strain it over your pigeons. Garnish the dish with lemon, or with parsley and red cabbage.

*A Ragout of Snipes or Woodcocks.*

Cut them down the back, and put them in a stewpan, with some good gravy, two or three spoonfuls of red wine, a few small mushrooms, some beaten mace, pepper, and salt, and a piece of butter rolled in flour: when they are done, dish them up with sippets, and garnish with sliced orange or lemon.

*To roast or bake a Cod's Head.*

Clean the head well, strew on it a little salt, pepper, nutmeg, a few crumbs of bread, and sweet herbs; rub it with butter and eggs, flour it, and set it in a pan before the fire to roast; or place it in a baking dish, with a little broth, vinegar, white wine, and anchovies, and send it to the oven to

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bake. Dish it up with shrimp, lobster, anchovy, oyster, or muscle sauce, and garnish with small fish fried, scraped horse-radish, and sliced lemon.

*To dress a Turtle.*

Observe to take your turtle out of the water the night before you intend to dress it, cut off the head, and save the blood; then with a sharp knife separate the callipee (the belly) from the callipash (the back) down to the shoulders, take out the entrails, and throw them into a tub of water, taking particular care not to burst the gall, but to cut it from the liver, and throw it away; then separate each distinctly, and having put the guts in another vessel, split them open with a penknife, draw them through a woollen cloth in warm water, to clear away the slime, and then put them in clean cold water, with the other part of the entrails, which must be all cut in small pieces. Meanwhile disunite the back and belly entirely, and cut off the fins, which you must scald and cut small, and lay them by themselves ready to be seasoned; then cut off the meat from the belly and back in middling pieces, lay it likewise by itself; after which scald the back and belly, pull the shell off the back, and the yellow skin from the belly, and with a cleaver cut those up into pieces, about the size of a card; put these pieces in cold water, wash them out, and lay them by themselves on the dresser. The meat being thus parted and prepared for seasoning, mix a proper quantity of salt with some Cayenne pepper, beaten mace, and nutmeg; the quantity of each being proportioned to the size of your turtle, so that in each dish there may be three or four spoonfuls of seasoning to every twelve pounds of meat. Having seasoned your meat, and provided some deep dishes to bake it in, lay the coarsest parts of the  
meat,

meat, with about a quarter of a pound of butter, at the bottom of each dish, and then some of each of the parcels of meat, so that all the dishes may have equal portions of the different parts of the turtle; and between each layer of meat, strew a few sweet herbs shred fine. Let your dishes be filled within two inches of the top; put into them the blood of the turtle boiled; then lay on forcemeat balls, highly seasoned; put in each dish a sufficiency of water, and a gill of Madeira wine; then break over them five or six eggs, to prevent the meat from being scorched at the top, and over these scatter a little parsley. This done, put your dishes into a hot oven, and in an hour and a half, or two hours (according to the size of the dishes) your meat will be enough.

*To dress Mock Turtle.*

You must take a large calf's head with the skin on it, and scald off the hair; then clean it well, cut it in thin slices, and put it into a stewpan, with the brains, a quart of strong gravy, a pint of Madeira wine, a tea-spoonful of Cayenne pepper, a little salt, half the peel of a large lemon shred very fine, a few chopped oysters, the juice of three or four lemons, and some sweet herbs cut small; stew all these together till your meat is very tender, which will be in about an hour and a half. In the meantime have ready the back shell of a turtle, lined with a paste of flour and water, which you must first harden in an oven; put your meat in the shell, together with the ingredients, and set it in the oven to brown the top; that being done, garnish the top with forcemeat balls and the yolks of hard eggs, and serve it up.—N. B. If you cannot easily procure the shell of a turtle, a china soup dish will answer the same purpose.

*A Ragout of Sturgeon.*

First cut your sturgeon into slices, then lard those slices, rub them over with the yolk of an egg, flour them a little, and fry them brown with hog's lard; after which put them in a stewpan, with some gravy, sweet herbs, a glass of white wine, slices of lemon, truffles, mushrooms, and veal sweetbreads cut in pieces. Garnish your dish with lemon and barberries.

*To ragoo Cucumbers.*

Pare your cucumbers, cut them in slices, and fry them in fresh butter; then drain them in a sieve, and put them into a stewpan, with a little gravy, a glass of red or white wine, and a blade or two of mace: when they have stewed six or seven minutes, put in a piece of butter rolled in flour, shake the pan over the fire, and when the sauce is thick, dish up your cucumbers.

*To stew Green Pease with Lettuces.*

Boil your pease in spring water with a little salt in it; then take two or three lettuces, slice them, and fry them with good butter; after that, put your pease and lettuces into a stewpan, with some nice gravy, a little shred mint, pepper, and salt; thicken with butter and flour, and when they are done, serve them up in a soup dish.

*Forcemeat Balls for Made Dishes.*

Mince half a pound of veal, with the same quantity of suet, take a few sweet herbs shred fine, some beaten mace and nutmeg, a little lemon peel cut small, the yolks of two or three eggs, some pepper, and some salt; mix all these ingredients well together, make them up into little balls, roll them in flour,  
and

and fry them brown. They are a great addition to most made dishes.

*A Ragout for Made Dishes.*

Take some lamb stones and cocks-combs boiled, blanched, and sliced; toss them up in a stewpan, with gravy, red or white wine, sliced sweetbreads, mushrooms, oysters, morels, truffles, sweet herbs, and spice; thicken the whole with burnt butter, and make use of it to enrich any kind of ragout.

C H A P. V.

OF SOUPS, BROTHS, GRAVIES, and SAUCES.

*To make Pease Soup.*

**T**O a quart of split pease put a gallon of water, with a bunch of sweet herbs, two or three onions, some whole pepper, a pound of mutton, and a pound of lean beef; boil all together, till the meat is quite tender, and the soup strong; then strain it through a sieve, and pour it into a clean saucepan; put to it three or four heads of celery washed clean and cut small, some spinach and dried mint, and let it boil a little while longer; then pour it in your soup dish, and serve it up with bread cut in dice and fried brown.

*To make Gravy Soup.*

Boil the bones of a rump of beef, and a piece of the neck; then strain off the liquor, and put it in a saucepan with a lump of butter, some celery, spinach, endive, a piece of carrot, an onion stuck with cloves, some mace, salt, and pepper: boil all these together, and dish up your soup with a French roll sliced and toasted.

To

*To make Green Pease Soup.*

Take a small knuckle of veal, and a pint and a half of old green pease; put them in a saucepan with five or six quarts of water, a few blades of mace, a small onion stuck with cloves, some sweet herbs, salt, and whole pepper; cover them close, and boil them; then strain the liquor through a sieve, and put it in a fresh saucepan, with a pint of young pease, a lettuce, the heart of a cabbage, and three or four heads of celery, cut small; cover the pan, and let them stew an hour. Pour the soup into your dish, and serve it up with the crust of a French roll.

*To make Onion Soup.*

First put half a pound of butter into a stewpan, and boil it till it has ceased to make a noise; then take ten or twelve onions peeled and cut small, flour them, throw them into the butter, and fry them about a quarter of an hour; after which pour in your pan three pints of boiling water, stir it round, and put in a crust of bread. Season the liquor with pepper and salt according to your palate, stir it frequently, and let it boil ten minutes; then take it off the fire, beat up the yolks of two eggs with a spoonful of vinegar, mix them well with your soup, and serve it up.

*To make Barley Soup.*

Take four quarts of water, half a pound of barley, a crust of bread, some lemon-peel, and a blade or two of mace: boil them till the liquor is half wasted; then add half a pint of white wine, and sweeten the soup to your taste.

*An excellent White Soup.*

Take a knuckle of veal, a pound of lean bacon, and a fowl, put them in a large saucepan with six  
quarts

quarts of water, half a pound of rice, a few sweet herbs, one or two onions, some whole pepper, two anchovies, and some celery; boil all together till the soup is sufficiently strong, strain it through a sieve into a clean earthen vessel, and let it stand all night; then skim it well, and pour it into a tossing pan, with half a pound of Jordan almonds beat fine, the yolks of one or two eggs, and a pint of cream: boil it up, strain it, and send it to table hot.

*To make a Pocket or Portable Soup.*

Strip all the skin and fat off a leg of veal, and part the flesh from the bones; boil this flesh in three or four gallons of soft water, till the liquor becomes a strong jelly, and the meat has lost it's virtue; then strain the jelly into an earthen pan, and when it is cold, skim off the fat from the top. Put a large stewpan of boiling water over a stove, and filling some deep cups with the jelly, set them in your stewpan. Take great care that the water do not run over into the cups; for if it does, it will spoil your jelly. Let the water boil softly till the jelly is as thick as glue; then take out the cups, and when they are cool, turn out the jelly into a piece of new flannel, which will gradually draw out all the moisture, and let it lie in the flannel till it is perfectly dry. Keep these cakes in a dry place, and they will presently become so hard, that you may carry them in your pocket without the least inconvenience. When you make use of it, take a piece about the size of a large walnut, and pour a pint of boiling water on it; stir it till it is melted, and season it to your palate.—N. B. It will keep good for many months.

*To make Eel Soup.*

To every pound of eels put a quart of water, an onion, a blade or two of mace, a crust of bread, a bunch

bunch of sweet herbs, and some whole pepper: cover them close, and boil them till half the liquor is wasted; then strain it, lay some toasted bread in the dish, and pour in your soup.

*To make strong Gravy.*

You must take part of a leg of beef, and the scrag end of a neck of mutton, break the bones, and put your meat in the saucepan, with a sufficient quantity of water; when it boils, put in a few sweet herbs, an onion stuck with cloves, some salt, pepper, and nutmeg: boil your meat till it's strength is drawn out, then strain off the liquor, and keep it for use.

*To draw Beef, Mutton, or Veal Gravy.*

Take a pound of either beef, mutton, or veal, cut it in thin slices, lay a piece of bacon at the bottom of your saucepan or stewpan, and place the meat on it; put in some slices of carrot, and cover the pan close for a few minutes; then pour in a quart of boiling water, with some spice, an onion, sweet herbs, and a piece of toasted bread. Thicken the gravy with flour and butter, season it with salt, and when it is good to your liking, strain it off. The bacon may be omitted if you dislike it.

*To make White Gravy.*

Cut a pound of veal into small pieces, and boil it in a quart of water, with an onion, two or three cloves, a few pepper-corns, some sweet herbs, and a blade or two of mace: when the liquor is of a proper strength, strain it off.

*To make a strong Fish Gravy.*

You must cut two or three small fish of any kind into little pieces, and put them into a saucepan of water, with some sweet herbs, lemon-peel, mace, whole

whole pepper, and a crust of bread toasted: when these have boiled some time, put in a piece of butter and flour, and let them boil a little while longer; then strain off the liquor for use.

*A good Gravy for any Use.*

First take two ounces of butter, and brown it in a stewpan; then put in two pounds of gravy beef, two quarts of water, and half a pint of red or white wine, with two or three shalots, five or six mushrooms, four anchovies, some whole pepper, mace, and cloves: let these stew an hour over a moderate fire, then strain off your gravy.

*To make Mutton Broth.*

Having cut a neck of mutton in two, boil the scrag end in a gallon of water, with a bunch of sweet herbs, a crust of bread, and an onion; when it has boiled an hour, put in the other part of the mutton, and about ten minutes before your broth is enough, put in some turnips, dried marigolds, a little shred parsley, and a few chives chopped small.

*To make Beef Broth.*

First crack the bone of a leg of beef in two or three parts; then put the beef into a pot, with four quarts of water, a crust of bread, some mace, salt, and parsley. When the meat and sinews are quite tender, cut some toasted bread into square pieces, lay the bread in your soup dish, put in your meat, and pour the liquor over it.

*To make Chicken Broth.*

Having skinned a chicken, you must split it in two, and boil it in as much water as you think sufficient, with a crust of bread, and a blade or two  
of

of mace: let it boil gently till the broth is good, then strain it off.

*To make a standing Sauce.*

Put a quart of red or white wine in a glazed jar; then take four or five anchovies, six shallots, the juice of two lemons, some whole pepper, mace, cloves, ginger, lemon-peel, horse-radish, sweet herbs, two spoonfuls of capers and their liquor; put all these in a linen bag, then put the bag into the jar with the wine, stop the jar close, set it for an hour in a kettle of boiling water, and keep it for use in a warm place. A spoonful or two of this liquor may be put into any sauce.

*To melt Butter.*

When you melt butter, you must take care that your saucepan be well tinned and very clean; moisten the bottom with a spoonful of water, dust your butter with flour, cut it in slices, and put it into the saucepan. As it melts, you must frequently shake your saucepan one way, that the butter may not turn to oil; and when it is entirely melted, give it a boil up.

*To make Sauce for roasted Meat.*

Wash an anchovy very clean, and put it in a stewpan, with a little strong broth, a glass of red wine, a sliced shallot, the juice of a Seville orange, and some grated nutmeg; stew these together a little while, and then pour the sauce to the gravy that runs from your meat.

*To make Onion Sauce.*

Peel your onions, and boil them tender; then throw them into a colander to drain, and having chopped them on a board, put them into a clean saucepan, with a good piece of butter, a gill of cream,  
and

and a little salt; stir all together over the fire, and when the butter is melted, your sauce will be done enough.

*To make Mint Sauce.*

Pick and wash your mint, chop it small, and put it in a small bason; then pour in a sufficient quantity of vinegar mixed with sugar.

*Egg Sauce.*

Boil your eggs hard, chop them, put them into some good melted butter, and just boil them up.

*White Sauce for Fowls or Chickens.*

Put some veal gravy in a saucepan, with a spoonful of lemon-pickle, one anchovy, and a few pickled mushrooms; give it a gentle boil, then put in the yolks of two eggs beat fine, and a little cream; shake the pan over the fire, and then serve up your sauce.

*Mushroom Sauce.*

Take a pint of mushrooms, wash them clean, and put them into your saucepan, with a pint of cream, a good lump of butter rolled in flour, some mace, nutmeg, and salt; boil all these together, and continue stirring them till the sauce is thick.

*Shalot Sauce.*

Peel five or six shalots, cut them small, put to them two or three spoonfuls of water, two of white wine, and two of vinegar; boil them up, and season them with salt and pepper.

*Celery Sauce.*

Cut your celery into thin bits, and boil it in gravy till it is tender; then add some grated nutmeg, mace, pepper, and salt, with a piece of butter rolled in  
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flour,

flour, and give it a boil. This sauce is used with roasted or boiled fowls, turkeys, partridges, &c.

*To make Apple Sauce.*

Pare, core, and slice your apples, put them into a saucepan with a little water and a few cloves, and let them simmer over a slow fire till they are quite soft; then strain off all the water, and beat them up with some butter and brown sugar.

*Lemon Sauce for a boiled Fowl.*

Take a lemon, peel it, cut it small, and take out all the kernels; bruise the liver of your fowl with three or four spoonfuls of good gravy, then melt some butter, mix all together, give them a gentle boil, and add to the sauce a little shred lemon-peel.

*Bread Sauce.*

Put a thick piece of stale bread into a pint of water, with a few pepper-corns, a bit of onion, and a blade of mace; let it boil till the bread is soft; then take out the spice and onion, pour the water off, and beat the bread well with a spoon; put in a lump of butter and some salt, stir the whole together, and set it on the fire for two or three minutes; then pour it into your sauce-boat.

*Anchovy Sauce.*

Take an anchovy, and put it into a saucepan, with half a pint of gravy, a glass of red wine, a spoonful of catchup, and a quarter of a pound of butter rolled in flour; boil all together till your sauce is of a proper thickness.

*Shrimp Sauce.*

Take half a pint of shrimps, pick them clean, and put them into half a pint of gravy; boil it up  
with

with a good piece of butter rolled in flour, and a spoonful or two of red wine.

*To make Lobster Sauce.*

Cut the flesh of a lobster in very small pieces, and mix it with some thick melted butter; boil the whole up together, and season it with a little mace, salt, and pepper.

*Oyster Sauce.*

Put half a pint of large oysters into a saucepan, with their own liquor, two or three blades of mace, some whole pepper, and a piece of lemon-peel; simmer all together till the oysters are plump, then take them out with a fork, and let the liquor boil five or six minutes; then strain it off, wash out the saucepan clean, and put in the oysters and liquor again, with half a pint of gravy, a spoonful or two of white wine, and half a pound of butter rolled in a little flour; set your pan over the fire, shake it frequently, and let the sauce boil up.

*Muscle or Cockle Sauce.*

When you have opened your muscles or cockles, put them with their liquor into a stewpan, with a good lump of butter, a glass of white wine, some mace, salt, and pepper, and boil the whole up together.

*A very good Sauce for most Kinds of Fish.*

Take some veal or mutton gravy, mix with it a little of the water that drains from your fish, and put it in a saucepan, with a spoonful of catchup, a glass of white wine, one anchovy, and an onion; thicken it with a spoonful of cream, and a lump of butter rolled in flour.

## C H A P. VI.

## O F P U D D I N G S.

*General Directions with regard to Puddings.*

**W**HEN you boil puddings, take great care that your bag or cloth be very clean, dip it in hot water, and flour it well. You must always let the water boil before you put in the pudding; and you should frequently move your pudding in the pot, to prevent it from sticking. When your pudding is boiled, just dip it in a pan of clean cold water, then untie the cloth, and the pudding will turn out without sticking to the cloth. In all baked puddings, you must butter the pan or dish before your pudding is poured in.

*To make a Bread Pudding.*

Having cut the crumb of a penny loaf into thin slices, pour over it a quart of boiling milk, cover it up close, and let it stand some hours to soak; then beat it well with some melted butter, the yolks and whites of a few eggs, a little salt, and some grated nutmeg; tie your pudding loose in the cloth, and let it boil about three quarters of an hour: when it is done, lay it in your dish, and pour on it melted butter and sugar. You may, if you please, put some currants in your pudding before you boil it.

*A baked Bread Pudding.*

You must put a quarter of a pound of butter into a pint of milk or cream, set it over the fire, and stir it well; as soon as the butter is melted, add to the milk a sufficiency of crumbled bread, three or four eggs, half a pound of currants picked and washed clean,

clean, a good deal of sugar, some grated nutmeg, ginger, and a little salt; mix all up together, pour it in a buttered dish, and send it to the oven.

*To make a plain boiled Pudding.*

Mix with a pint of new milk six eggs well beaten, two or three spoonfuls of flour, some sugar, a little grated nutmeg and salt; put this mixture into a bag or cloth, then put it in your pot, and when it has boiled an hour, serve it up with melted butter over it.

*A Batter Pudding.*

Take a quart of milk, five or six spoonfuls of flour, six eggs, a little salt and beaten ginger; mix the whole up together, boil it an hour, and send it to table with melted butter and sugar.

*A Rice Pudding.*

Put half a pound of rice (either ground or otherwise) into three pints of milk, and boil it well; when it is almost cold, mix with it seven or eight beaten eggs, half a pound of butter, some cinnamon, mace, and nutmeg, and half a pound of sugar: you may either boil or bake it.

*A Marrow Pudding.*

Slice a penny loaf into a quart of boiling cream or milk; add to it a pound of beef marrow shred fine, the yolks of eight eggs, three spoonfuls of rose water, a glass of brandy or sack, a quarter of a pound of currants, some candied citron and lemon sliced thin, grated nutmeg, and sugar; mix all together, and either boil it, or send it to the oven to bake. Stick pieces of citron all over the top of your pudding when you serve it up.

*To make a plain Baked Pudding.*

Take a quart of milk, and boil it with a little flour; then put to it six ounces of sugar, half a pound of butter, eight or ten eggs (but not all the whites) some salt and nutmeg; let the whole be well mixed together, and put into your dish; it will be baked enough in little more than half an hour.

*A Plumb Pudding.*

Mix a quart of milk with a pound of suet cut small, add to it a pound of currants, half a nutmeg grated, a pound of raisins stoned, eight yolks of eggs and four whites, a spoonful of brandy, a little salt, beaten ginger, and some sugar; mix these up well with fine flour, and let your pudding boil five hours; or you may send it to the oven to bake. When you boil it, let it be dished up with melted butter.

*A Custard Pudding.*

Take the yolks of six eggs well beaten, two spoonfuls of flour, some sugar and grated nutmeg; mix all together in a pint of new milk or cream, and boil it half an hour; when you serve it up, pour in the dish some melted butter mixed with a little white wine. Baked custard pudding is equally good.

*An Apple Pudding.*

First make a good puff-paste, and roll it out to the thickness of half an inch, then pare and slice as many apples as will fill the crust, and having closed it up, tie it in a cloth, and boil it. If it is a large pudding, it will take three or four hours boiling; if a small one, two hours; when it is done, lay it in a dish, cut a piece of the crust out of the top, and put in butter and sugar to your palate; then lay the crust on again, and serve up your pudding.

N. B. A pear pudding may be made in the same manner, as may likewise puddings of any sort of plumbs, cherries, raspberries, red currants, mulberries, gooseberries, apricots, &c.

*To make a baked Apple Pudding.*

You must boil your apples tender, and bruise them through a sieve; add to them a quarter of a pound of butter, the yolks of eight eggs, a pound of loaf sugar, a pint of cream, some lemon juice, and grated nutmeg; mix all together, put a thin puff-paste on the bottom and rims of your dish, pour the pudding in, and let it be baked in a slack oven.

*A Lemon Pudding.*

First grate the rinds of four lemons; then grate two Naples biscuits, and mix them with your lemon-peel; add three quarters of a pound of white sugar, the like quantity of melted butter, twelve yolks of eggs and six whites, the juice of two or three lemons, and half a pint of cream or milk; beat the whole up together, lay a thin crust all over your dish, and having put in your pudding, send it to the oven to bake. An orange pudding may be made the same way.

*A Steak Pudding.*

Take a quartern of flour and two pounds of suet chopped fine, and mix it up with cold water into a good paste; then season your steaks (which may be either mutton or beef) with pepper and salt, lay them in the crust, and close it up: tie your pudding in a cloth, and put it into the pot. A large steak pudding takes four or five hours boiling; a small one will be done in three hours.

*To make a Tansey Pudding.*

To a pint of cream put ten eggs well beaten, and some grated bread; season it with nutmeg, some sugar, and a little salt, green it well with the juice of tansey and spinach, mix it up together, put it in a stewpan with a lump of butter, set it over a slow fire, and when it is of a proper thickness, put it in a buttered dish, and bake it. Lay sweetmeats over it when you serve it up.

*A Suet Pudding.*

Take a pound of suet shred small, a quart of milk, four or five eggs, some flour, a spoonful or two of salt and grated ginger; mix these well together, and let it boil two hours; send it to table with melted butter poured on it.

*A Sweetmeat Pudding.*

Lay a thin paste all over your dish, and cover the bottom with candied orange, citron, and lemon-peel sliced thin; then beat up the yolks of eight eggs with half a pound of melted butter, and seven or eight ounces of sugar; pour this mixture on your sweetmeats, and bake it in a slack oven.

*An Almond Pudding.*

You must beat a pound of sweet almonds very fine, with a gill of sack, and three or four spoonfuls of rose water; add near half a pound of sugar, a quart of cream, the yolks of eight eggs and the whites of four, half a pound of butter melted, two spoonfuls of flour and bread crumbs, some grated nutmeg and cinnamon; mix all well together, and either boil or bake it.

## C H A P. VII.

## OF PIES, TARTS, &amp;c.

*To make Puff-Paste.*

**T**AKE a quartern of flour, mix with it half a pound of butter, and make it up into a light paste with water; then roll out your paste, stick pieces of butter all over it, and dust it with a little flour; fold it up, then roll it out again; after this put in more butter, flour it, fold it up, and roll it out: repeat this till your paste is of a proper consistence.

*A Paste for Tarts.*

Of flour, butter, and sugar, take half a pound each; mix them up together, beat it well with a rolling-pin, and roll it out thin.

*A Paste for raised Pies.*

You must boil six pounds of butter in a gallon of water, and when it is melted, skim it off into a peck of flour; work it up into a paste, pull it in lumps till it is cold, and make it up in whatever form you please. This is a very good crust for a goose pie.

*An excellent Paste for Patty-pans.*

Take three or four eggs, half a pound of butter, a pound of flour, and two ounces of fine sugar; work it all up into a paste.

*A Paste for Custards.*

Mix half a pound of flour with three or four spoonfuls of cream, six ounces of butter, and the yolks of two eggs; when mixed, let it stand a quarter

ter of an hour, then work it up well, and roll it out thin.

*To make a Steak Pie.*

Take some fine rump steaks, or mutton chops, beat them with a rolling pin, and season them with salt and pepper; lay a good puff-paste in your dish, put in the steaks, pour some water over them, lay a piece of butter on each steak, put the crust on the top, and send your pie to the oven.

*A savoury Lamb or Veal Pie.*

Cut your veal or lamb into thin slices, and season it with beaten mace, nutmeg, cloves, salt, pepper, and chopped sweet herbs; lay it in your crust, put slices of bacon at the bottom, stick pieces of butter on your meat, and close up your pie. When it is baked, open the pie, and pour in the sauce which I have directed in the following receipt.

*A Lear for Savoury Pies.*

Take some gravy, a gill of red wine, a little oyster liquor, an onion, one or two anchovies, and a bunch of sweet herbs; boil this mixture up, thicken it with burnt butter, and when your pies are baked, pour it into them.

*A savoury Chicken Pie.*

Season your chickens with salt, mace, and pepper, put a piece of butter into each of them, and lay them in your crust, with thin slices of bacon over them; then put in a pint of good gravy, some yolks of hard eggs chopped small, and a few forcemeat balls; close up the pie, and let it be baked in a gentle oven.

*A Pigeon Pie.*

Stuff the bellies of your pigeons with a lump of butter, season them with salt and pepper, and lay them

them in your puff-paste, together with their gizzards, necks, livers, hearts, and pinions, and likewise a beef steak; put to them as much water as will almost fill the dish, lay on the top crust, and send your pie to the oven.

*To make a Goose Pie.*

First parboil your goose, then bone it, season it with savoury spice, lay it in a deep crust, with a good deal of butter, and let it be well baked. A slice of this pie, when cold, makes a pretty little side-dish for supper.

*A Hare Pie.*

Bone your hare, cut it in pieces, and season it with pepper, salt, nutmeg, and mace; then put it in your pie crust, with slices of bacon both under and over: when it is baked, pour some melted butter in your pie.

*A Giblet Pie.*

Having well cleansed the giblets, put them into a saucepan, with water enough to cover them, some whole pepper, mace, salt, sweet herbs, and an onion; cover them close, and let them stew gently till they are tender; have ready a good puff-paste in your dish, lay a rump steak at the bottom, and put in your giblets; then strain the liquor in which they were stewed, pour it over them, close up the pie, and send it to the oven.

*A Venison Pastly.*

First raise a high round pie, then chop a pound of suet, and lay it in the bottom; bone your venison, cut it in middling pieces, season it with salt, mace, and pepper, place it on the suet, put some butter over it, and close up the pasty: when it is baked, fill it up with liquor made from the bones of the venison.

*To make an Eel Pie.*

Cut your eels in pieces of the length of two inches, and season them with pepper, salt, and dried sage; lay a good crust in your dish, put in the eels, and pour a good deal of water over them; close your pie, and let it be well baked.

*A Lobster Pie.*

Having boiled two or three lobsters, take out all the meat, and cut it in pieces; season it with mace, pepper, and salt, and lay it in your crust; then put in some crumbs of bread mixed up with melted butter, cover the pie with the top crust, and let it be baked in a slow oven. Lobster pie is a good corner dish for a dinner.

*A Tench Pie.*

Lay a good puff-paste in your dish, put on it a layer of butter, grate over it some nutmeg, mace, cinnamon, pepper, and salt; then put in half a dozen tench, lay some more butter and spice on them, and add to them a gill of claret; close your pie, and bake it: when it comes out of the oven, pour in a little gravy and melted butter.

*A Lear for Fish Pies.*

Take some oyster liquor, red or white wine, an anchovy or two, a little vinegar, and some melted butter; mix all together, and when your fish pies are baked, pour it in with a funnel.

*To make Minced Pies.*

Having parboiled a tender piece of lean beef, chop it very small; add to it three pounds of suet shred fine, two pounds of currants well picked, washed, and dried at the fire, a pound and a half of raisins

raisins stoned and chopped fine, twenty or thirty pippins cut small, a pound of fine sugar, two nutmegs grated, and a proper quantity of mace, cloves, and cinnamon; put all these ingredients into a large pan, pour in half a pint of sack and half a pint of brandy, and mix the whole well together; then put it down close in a stone pot, and it will keep good three or four months. When you make your pies, lay a thin crust all over your dish or patty-pan, put in a thin layer of the mince-meat, and then a thin layer of candied citron cut small, then another layer of mince-meat, and after that a layer of candied orange-peel cut thin, then a little mince-meat; squeeze in the juice of a Seville orange or lemon, pour in a glass of red wine, lay on your top crust, and let the pie be nicely baked. Minced pies eat very well when they are cold.

*To make an Apple or Pear Pie.*

Pare, core, and quarter your apples or pears, lay them in your crust, and put to them a sufficient quantity of sugar, a little shred lemon-peel, a few cloves, and some lemon juice; close up your pie, and send it to the oven. When it is baked, you may put in some butter; or else beat up the yolks of two eggs with half a pint of cream, sweeten it with sugar, and pour it into the pie.

*A Gooseberry, Plumb, or Cherry Pie.*

Lay a good crust in your dish, scatter a little sugar on the bottom, then put in your fruit, and lay sugar over it; put on the upper crust, and bake your pie in a moderate oven. You may make a red currant pie the same way.

*To make Icing for Tarts.*

Having beat and sifted a quarter of a pound of double refined sugar, put it into a mortar, with two

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Spoonfuls

spoonfuls of rose water, and the white of one egg; beat all together for half an hour, and then lay it on your tarts with a feather.

*To make Tarts of various Kinds.*

When you design to make your tarts in tin patty-pans, first butter the pans, and then lay a thin rich crust all over them; but when you make them in glass or china dishes, you need not put any crust except the upper one; scatter fine sugar on the bottom, then put in your fruit, and strew sugar over it. Let your tarts be baked in a slack oven.

CHAP. VIII.

Of CAKES, &c.

*To make a good Seed Cake.*

**T**AKE a quarten of flour, two pounds of butter beaten to a cream, a pound and a half of fine sugar, ten yolks of eggs and five whites, some beaten mace, cloves, nutmeg, and cinnamon, three or four ounces of carraway seeds, half a pint of cream, two or three ounces of candied citron and orange-peel, a little new yeast, and a spoonful or two of rose water; mix the whole well together, and put it in a tin hoop, which must be papered at the bottom, and buttered: it will take an hour and a half, or two hours in a quick oven. When it is baked, you may ice it over with sugar and the whites of eggs, and then set it again in the oven to harden.

*A Pound Cake.*

You must beat a pound of butter till it is like fine thick cream, then mix with it twelve yolks of eggs and six whites, a pound of flour, a few carraways, and

and a pound of sugar; beat it all well together for an hour, then put it in a buttered pan, and bake it an hour in a brisk oven. Some people put currants in it.

*To make a fine rich Cake.*

Take two pounds of fresh butter beat to a cream, a pound of double refined sugar, a quartern and a half of fine flour, a pint of sweet wine, a quart of cream, five or six pounds of currants, a pint of yeast, two nutmegs grated, some candied orange, lemon, and citron, a little orange flower or rose water, some cinnamon, mace, ginger, and cloves; knead the whole well together, then put it into your hoop, and let it bake upwards of two hours.

*A good Plumb Cake.*

To a pound and a half of fine flour, add a pound of currants, half a pound of raisins stoned and chopped small, ten or twelve eggs (but only half the whites) a pound of butter worked to a cream, a gill of white wine or brandy; a pound of sugar, a little orange flower water, some candied citron, orange, and lemon, a few sweet almonds pounded, a little beaten mace, nutmeg, and cinnamon; when you have beat it all together about an hour, put it in the hoop, and send it to the oven: it will take two hours baking.

*Shrewsbury Cakes.*

Take half a pound of fine flour, the same quantity of butter, beat up to a cream, one or two eggs, half a pound of loaf sugar beat and sifted, half an ounce of carraway seeds, and two spoonfuls of rose water; mix it all up into a paste, roll it thin, and cut it into little cakes, which must be laid on sheets of tin and sent to the oven.

*To make Gingerbread Cakes.*

You must take a pound of sugar, three pounds of flour, a pound of treacle made warm, some beaten mace, nutmeg, and ginger, a pound of melted butter, a gill of cream, and a few coriander seeds; mix all together to the consistence of a paste, roll it out and cut it into thin cakes, or roll it round in the shape of nuts. Let them be baked in a slack oven on tin plates.

*To make Macaroons.*

Take a pound of fine sugar, the whites of six or seven eggs, a pound of sweet almonds blanched and pounded, and a spoonful or two of rose water; beat all well together, shape your cakes on wafer-paper, grate a little sugar over them, and bake them on plates of tin.

*To make Biscuits.*

Take eight eggs well beaten, put to them a pound of fine powdered sugar, some grated lemon-peel, a little rose water, an ounce of coriander seeds, and a pound of flour; mix the whole up together, shape it into biscuits on wafer paper, in whatever form you please, dust fine sugar over them, and bake them.

*To make good Pancakes.*

Take eight yolks of eggs and four whites, a pint of cream or milk, three or four spoonfuls of sack, a little sugar, a quarter of a pound of butter melted, half a pint of flour, some grated nutmeg and salt; mix it all together, and pour as much of it into your frying pan as will make one pancake; shake the pan, and when one side of the pancake is enough, turn it and do the other side; then take it out, and fry

fry the rest in the same manner. When you dish them up, strew sugar over them.

*To make good Fritters.*

Add to a pint of thick cream five or six beaten eggs (but leave out three of the whites) a little brandy or sack, some grated nutmeg, cinnamon, ginger, and salt; make this up into a thick batter with flour; then pare and chop a few golden pippins, mix them with the batter, and fry your fritters of a light brown in boiling lard: serve them up with sugar scattered over them. For change, you may put currants in the fritters.

C H A P. IX.

OF CHEESECAKES, CUSTARDS,  
CREAMS, SYLLABUBS, JEL-  
LIES, JAMS, &c.

*To make fine Cheesecakes.*

**T**AKE three quarters of a pound of butter melted, three or four ounces of sweet almonds blanched and beat fine, the curd of a gallon of new milk, three Naples biscuits grated, the yolks of seven eggs, half a pound of currants, some beaten cinnamon and nutmeg, half a pound of fine sugar, two or three spoonfuls of sack, and a little rose or orange flower water; mix all these well together, have ready some patty-pans lined with rich crust, pour some of your mixture into each, and bake your cheesecakes in a gentle oven.

*To make Rice Cheesecakes.*

To five or six ounces of rice boiled soft, add near half a pound of melted butter, six or seven ounces

of loaf sugar, half a nutmeg grated, four yolks of eggs beat up, a glass of brandy or ratafia, half a pint of cream or milk made warm, and a little cinnamon; beat all up together, and bake the cheefecakes in raised crusts or patty-pans.

*To make Lemon or Orange Cheefecakes.*

First boil the rind of two large lemons or oranges, then pound it well in a mortar, with the yolks of half a dozen eggs, half a pound of butter beat to a cream, and about six ounces of fine sugar; mix the whole up together, lay a thin puff-paste in your patty-pans, pour into them your mixed ingredients, and set them in the oven.

*To make common Custards.*

You must sweeten a quart of cream or new milk to your palate; then grate in some nutmeg and cinnamon, beat up the yolks of eight eggs with a little rose water, and stir them into your cream or milk; mix it up well, and bake it in crusts or china cups; or you may put it into a deep china bowl, and set it in a kettle of boiling water, but do not let the water get into the bowl.

*To make a Rice Custard.*

Boil a quart of cream with some ground rice, a little mace and nutmeg; stir it well together all the while it is boiling, and when it is enough sweeten it to your taste, and put in a little orange flower or rose water. Serve it up either cold or hot.

*Almond Custards.*

To a quarter of a pound of almonds blanched and pounded, add a quart of cream, two spoonfuls of rose water, the yolks of four or five eggs, some mace and cinnamon; mix it all together, sweeten  
it

it as you like, set it on the fire, and keep stirring it till it is of a proper thickness; then pour it into cups, and send it to table: or you may bake your almond custards in china cups.

*To make Lemon or Orange Cream.*

Take the juice of four large lemons or Seville oranges, half a pint of spring water, the whites of five or six eggs and the yolks of four well beaten, a pint of cream boiled, and a pound of double refined sugar beat fine; mix the whole up well together, set it in a tossing pan over a gentle fire, put into it the peel of one orange or lemon, and keep stirring it one way all the time it is on the fire; when your cream is almost ready to boil, take out the peel, and pour the cream into china bowls, or jelly glasses.

*Almond Cream.*

First boil a quart of cream with a blade or two of mace, a piece of lemon-peel, and some grated nutmeg; then take four ounces of almonds blanch'd and beat very fine, the whites of eight or nine eggs well beaten, and a spoonful or two of rose water; mix these up with your cream, sweeten it to your taste, set it over the fire, stir it well till it is thick, and then pour it into glasses.

*Whipt Cream.*

Take the whites of eight eggs well beat, half a pint of sack, and a quart of good cream boiled; mix it all together, and sweeten it with fine sugar; whip it up with a whisk that has a piece of lemon-peel tied in the middle, skim off the froth, and put the mixture in glasses and basons.

*To make a good Syllabub.*

Having put a quart of cyder into a china bowl, grate a small nutmeg into it, and sweeten it with double refined sugar; then put into your liquor  
some

some new milk, fresh from the cow, and pour over that some nice cream.

*To make a Whipt Syllabub.*

To half a pint of Canary wine, add half a pound of fine sugar, the whites of three or four eggs, and a quart of cream; whip it up with a whisk till it froths; then skim it, and pour it into your syllabub glasses.

*To make a Trifle.*

Take a deep dish or bowl, cover the bottom with macaroons broke in two, ratafia cakes, and Naples biscuits broke in pieces; just moisten them with a little sack, then make a light boiled custard, and when it is cold put it over your macaroons, &c. and over that pour a fine syllabub.

*To make Currant Jelly.*

First pick the currants from the stalks, then put them into a stone jar, cover it close, set it in a kettle of boiling water, and when it has boiled about half an hour, take it out, and strain off the juice of your currants; to every quart of juice add a pound and a half of loaf sugar, set it over a brisk clear fire, stir it gently till the sugar is melted, skim it well, and let it boil twenty minutes or half an hour; then pour your jelly into gallipots, cover each of the pots with paper dipped in brandy, and keep them for use in a dry place.

*To make Hartshorn Jelly.*

Take half a pound of hartshorn, put it into two quarts of spring water, and let it simmer over a moderate fire till the liquor is reduced to half the quantity, then strain it off, add to it the juice of two or three oranges and lemons, the whites of six eggs well beaten, a little Rhenish or white wine, some lemon-peel cut small, and nine or ten ounces of  
fine

fine sugar; mix these up with your jelly, give it a boil, strain it through a jelly bag till it is clear, and then pour it into your jelly glasses.

*To make Calves' Feet Jelly.*

You must boil four calves' feet in a gallon of water till it is reduced to two quarts; then strain off the liquor, and let it stand till it is cold; skim off all the fat, clear the jelly from the sediment, and put it into a saucepan, with eight whites of eggs beaten to a froth, a pint of Rhenish or Madeira wine, a sufficiency of loaf sugar, the juice of four or five lemons, and some shred lemon-peel; stir all together, and let it boil up; then pass it through your jelly bag till it is quite clear, and fill your glasses with it.

*To make Raspberry Jam.*

Bruise a quart of raspberries in a pint of currant jelly, boil them over a slow fire about twenty minutes, stir them all the time, and put some sugar to them. When your jam is enough, pour it into your gallipots, cover it close, and keep it for use.

*To make Flummery.*

Boil a large calf's foot in two quarts of water, then strain the liquor, and put to it half a pint of thick cream, an ounce of bitter almonds, and two ounces of sweet almonds well beat up together; sweeten it with loaf sugar; just give it a boil up, then strain it off, and when cold put it into glasses or cups.

*To make a good Sack Posset.*

To a pint and a half of cream or new milk, add a little cinnamon and nutmeg, and two or three Naples biscuits grated; let it boil over a slow fire till it is pretty thick, then put to it half a pint of sack, with a sufficiency of sugar, stir it all together over the fire, and send it to table with dry toast.

*To*

*To make Wine Whey.*

You must put half a pint of white wine, and a pint of milk well skimmed, into a china bowl, and when it has stood a few minutes, pour a pint of hot water over it; let it stand till the curd settles at the bottom, then pour out the whey into another bowl, and mix sugar with it.

## C H A P. X.

## OF PICKLING, PRESERVING, CANDYING, DRYING, POTTING, and COLLARING.

*To pickle Mushrooms.*

**P**UT the smallest mushrooms you can get into a pan of spring water, then rub them with a piece of flannel dipped in salt, and let them be well washed; set them on the fire in a stewpan of boiling spring water with a little salt in it, and when they have boiled five or six minutes, take them out, and throw them into a colander to drain; then lay them between two cloths till they are cold; after which put them into wide mouthed bottles, with a few blades of mace, some sliced nutmeg, and mutton fat melted; fill up the bottles with distilled vinegar, cork them close, and keep them for use.

*To pickle Cabbage.*

Having cut off the stalks and outside leaves, cut your cabbage in thin slices; meanwhile make a pickle of vinegar, salt, mace, ginger, cloves, and nutmeg, boil it, and pour it on your cabbage; then put it into stone jars, and cover them close.

*To pickle Cucumbers.*

Take some small cucumbers fresh gathered, put them in a pan, and pour over them some hot brine; let

let them stand twenty-four hours close covered, then strain them out into a colander, and dry them between two cloths. Take some white wine vinegar, and a proper quantity of alspice, boil it up, and then put your cucumbers in it, with a little salt and a few bay leaves; let them simmer over the fire in this pickle, then put the cucumbers and liquor into your jars, and tie a bladder over each jar.

*To pickle Walnuts.*

Put your walnuts in salt and water, in which they must remain several days, then take them out and dry them. Boil some white wine vinegar with mace, cloves, pepper, ginger, nutmeg, and salt, pour it hot over your walnuts, and when they are cold, put them in strong stone jars.

*To pickle Onions.*

First peel some small onions, then soak them well in brine, and put them into wide mouthed bottles, with sliced ginger, mace, bay leaves, and a little sweet oil; fill the bottles with white wine vinegar, and cork them up close.

*To preserve Gooseberries, Cherries, Raspberries, Currants, Mulberries, &c.*

Set your fruit over the fire, in a skillet or preserving pan, with a little water and a good deal of fine sugar; let it boil gently till the syrup is properly thick, then put your fruit and syrup into gallipots or glasses for use.

*To keep Green Pease all the Year.*

Having shelled some fine young pease, let them boil five or six minutes, then throw them into a colander to drain, dry them well with a cloth, and cover them close in quart bottles.

*To candy Orange or Lemon-Peel.*

First steep your peel well in salt and water, then boil it tender, so as to take away the bitterness. Make a syrup of fine loaf sugar dissolved in water, put your peel into it, and boil it gently; then dry it before the fire, and keep it for use.

*To candy Apricots.*

Slit your apricots on one side of the stone, and put on them some fine sugar; lay them in a dish, and bake them in a pretty hot oven; then take them out of the dish and dry them on glass plates in the oven for two or three days.

*To dry Peaches.*

Having pared and stoned some fine large peaches, you must boil them tender; after which lay them in a sieve to drain, and put them in the saucepan again, with their weight of sugar; boil them till the syrup is thick enough, and let them lie in the sugar all night; then lay them on plates, and dry them thoroughly in a stove.

*To dry Cherries.*

Take a sufficiency of fine sugar, put a little water to it, and boil it; stone your cherries, put them in the sugar, give them a boil, and let them stand in the syrup two or three days; then boil your syrup again, and pour it on them; let them stand some time longer, then lay them in a sieve to dry.

*To pot Veal, Venison, Tongues, &c.*

First bake or boil your meat, then cut it in very thin slices, and beat it well in a marble mortar, with some oily butter, a little mace, nutmeg, pepper, and salt; then put it down close in pots, pour clarified butter over it, and let it be kept in a dry place.

To

*To pot all Kinds of small Birds.*

Having picked, drawn, and seasoned your birds, put them into a pot, lay butter over them, and set them in a moderate oven; when they are baked enough, take them out, drain the gravy from them, put them down close in your pots, and cover them with clarified butter.—N. B. You may pot fish in the same manner, but take care to bone them.

*To collar Pork.*

Take a breast of pork, bone it, and season it well with pepper, salt, spice, thyme, sage, and parsley; roll it up tight in a coarse cloth, and boil it in water and vinegar; then take it out of the cloth, and keep it in the same liquor in which you boiled it.

*To collar Beef.*

Take a piece of salted beef, beat it well, rub it over with yolks of eggs, season it with mace, salt, pepper, cloves, nutmeg, thyme, parsley, marjorum, and savory; then roll it into a hard collar, bind it round with coarse broad tape, and boil it in spring water, with some red wine and cochineal. When it is cold take off the tape, and keep your beef in the liquor it was boiled in.

*To collar a Breast of Veal, or a Pig.*

Having boned your pig or veal, season it with savory spice and sweet herbs, roll it up tight, bind it with tape, wrap it in a clean cloth, and boil it tender in vinegar and water, with a few cloves, some mace, salt, pepper, sweet herbs, and a slice or two of lemon. When cold, take it out of the cloth, put it with the liquor in an earthen pan, and keep it close covered.

*To collar Mutton.*

Bone a breast of mutton, season it with mace, nutmeg, cloves, salt, pepper, sweet herbs, shred  
I lemon.

lemon-peel, the yolks of eggs, anchovies, and grated bread; roll it up into a collar, bind it tight with coarse tape, and either boil, roast, or bake it.

*To collar Eels.*

Scour your eels with salt, slit them down the back, bone them, wash and dry them, season them with mace, nutmeg, pepper, salt, parsley, sage, and thyme; then roll them up in cloths, tie them close, and boil them in water and salt, with a pint of vinegar, a bunch of sweet herbs, and some spice. When they are boiled, strain the pickle, and keep your eels in it for use.

*To make a Ham.*

First cut a fine ham off a fat hind-quarter of pork; then take a pound of coarse sugar, an ounce and a half of salt-petre, and a pound of common salt, mix these up together, and rub your ham well with it; let it lie in this pickle near a month, turn and baste it every day, then hang it in wood smoke for several days, and, after that, hang it up in a cool dry place.

*To make Bacon.*

Take all the inside fat off a side of pork, rub your pork over with salt, and let it lie a week; then wipe it clean, rub it well with a little salt-petre, some coarse sugar, and common salt, lay it in this pickle for about a fortnight, turn and baste it every day, then hang it in wood smoke as you do the ham; after which hang it up to dry in a place that is cool.

C H A P. XI.

OF ENGLISH WINES and OTHER  
LIQUORS.

*To make Currant Wine.*

**L**ET your currants be gathered when perfectly ripe; strip them from the stalks, put them in  
a large

a large pan with some water, and bruise them with a wooden pestle; let them stand in the pan twenty-four hours, then strain off the liquor. To every gallon of this liquor add three pounds of loaf sugar, and to every six gallons put a quart of brandy; stir it well together, put it in a cask, and let it stand three or four months, then bottle it off for use.

*To make Raisin Wine.*

First boil nine or ten gallons of spring water for an hour, then put six pounds of Malaga raisins to every gallon; let them remain in the water about ten days, and you must stir them every day; then strain the liquor off, squeeze the juice out of the raisins, mix both liquors well together, and put your wine in a barrel; stop it up close, let it stand about four months, and then put it in bottles.

*To make Gooseberry Wine.*

Bruise your gooseberries in a tub with a mallet, squeeze out all the juice, and put to it a sufficient quantity of water and loaf sugar; mix it up well till the sugar is melted, then put it into a cask, and when it has stood three or four months, bottle it off, putting a small lump of sugar in each bottle.

*To make Orange Wine.*

Take six whites of eggs well beat, fifteen pounds of loaf sugar, and six gallons of spring water; boil all together about three quarters of an hour, and take off the scum as it rises. When it is cold, mix with it five or six spoonfuls of yeast, five ounces of the syrup of lemon or citron, and the juice and rinds of between thirty and forty oranges; let it work two days, then put it into a cask with one quart of Rhenish or Mountain wine, and after two or three months bottle it off.

*To make Good English Sack.*

To every gallon of water put a handful of fennel roots, and to every quart a sprig of rue; let these boil half an hour, then strain off the liquor, and add to every gallon three pounds of honey; boil it about two hours, and clear it of scum. When cold, turn it into a cask, and after it has stood several months bottle it.

*To make Shrub.*

Take half a gallon of brandy, add to it a pint of new milk, the juice of six lemons or Seville oranges, and the rinds of three; let it stand twenty-four hours, then put to it a pound and a half of fine sugar, and three pints of white wine; mix it up well, strain it through a flannel bag till it is clear, and bottle it for use.

*To make Raspberry Brandy.*

Bruise a quantity of raspberries, and strain the juice from them; to each quart of juice put a quart of good brandy; then boil some water with a sufficiency of double refined sugar, and mix it with the brandy and raspberry juice; stir it well together, and let it stand in a stone jar, close covered, above a month; then pour it off into your bottles.

*To make Cherry Brandy.*

Stone and mash eight pounds of black cherries, and put to them three quarts or a gallon of the best brandy; sweeten it to your palate, cover it up close in a proper vessel, and when it has stood a month, clear it of the sediment and bottle it off.

*To make excellent Milk Punch.*

Take a quart of new milk, a quart of brandy, half a pint of lemon juice, two quarts of warm water, and some sugar; mix all together, strain it through a flannel bag, and bottle it. This will keep upwards of a fortnight.

C H A P. XII.  
COMPLETE INSTRUCTIONS FOR  
MARKETING.

*How to choose Beef.*

**I**F the beef be young, it will be smooth and tender; if old, it generally appears rough and spongy. When it is of a carnation colour, it is a sign of it's being good spending meat.

*To choose Mutton.*

When mutton is old, the flesh, when pinched, will wrinkle and continue so; if it be young, the flesh will pinch tender, and the fat will easily part from the lean; whereas, when the meat is old, the fat will stick by strings and skins. The flesh of ewe mutton is in general paler than that of wether mutton; it is of a closer grain, and parts more easily. When the flesh of mutton is loose at the bone, and of a pale yellowish colour, it is an indication of it's being somewhat rotten.

*To choose Lamb.*

If a hind quarter of lamb has a faint smell under the kidney, and the knuckle be limber, it is stale meat. If the neck vein of a fore-quarter be of an azure colour, it is new and good meat; but if greenish or yellowish, the meat is nearly tainted.

*To choose Pork.*

If the pork be old, the lean will be tough, and the fat spongy and flabby; if young, the lean, when pinched, will break between your fingers, and when you nip the skin with your nails, it will make a dent. The skin of pork is in general clammy and sweaty when the meat is stale, but smooth and cool when new. When many little kernels, like hail-shot, are found in the fat of pork, it is then measly.

*To choose Veal.*

When the flesh of a joint of veal seems clammy, and has greenish or yellowish specks, it is stale; but when it has not these appearances it is new. The flesh of a female calf is not so red and firm as that of a male calf.

*To choose Bacon.*

If the fat is white, oily to the touch, and does not break, the bacon is good, especially if the flesh is of a good colour and sticks well to the bone; but if contrary symptoms appear, and the lean has some yellowish streaks, it is or soon will be rusty.

*To choose Hams.*

You must run a knife under the bone that sticks out of the ham, and if it comes out pretty clean, and has a nice flavour, the ham is sweet and good; if much dulled and smeared, it is tainted and rancid.

*To choose Venison.*

In a haunch or shoulder of venison, put your finger or a knife under the bones that stick out, and as the smell is rank or sweet, it is stale or new.

*To choose Turkeys, Capons, Geese, Ducks, &c.*

If the turkey be young, it's legs will be smooth and black, and it's spurs short; if it be stale, it's eyes will be sunk, and feet dry; if new, the eyes will be lively, and the feet limber.

When a cock or capon is young, his spurs are short and his legs smooth; if stale, he will have a loose open vent; if new, a close hard vent.

If the bill of a goose is yellowish, and she has but few hairs, she is young; but if her bill and feet are reddish, and she has plenty of hairs, she is an old one. If the goose be fresh, the feet will be limber; if stale, they will be dry.

Wild and tame ducks, if stale, will be dry-footed; if fresh, limber footed.

*To choose Hares and Rabbits.*

A hare when newly killed, is stiff and whitish; when stale, the body is limber, and the flesh in many parts blackish. If the hare be old, the ears will be tough and dry, and the claws wide and ragged; if young, the claws will be smooth, and the ears will tear like a piece of brown paper. Rabbits, when stale, are limber and slimy; when fresh, stiff and white; when young, their claws are smooth; when old, the contrary.

*To choose Salmon, Carp, Tench, Pike, Trout, Whittings, Barbels, Smelts, Shads, Chubs, Ruffs, Mackarel, Herrings, &c.*

When these fish are stale, their gills are pale, their flesh soft and clammy, and their eyes dull and sunk; but when fresh, the gills are of a lively shining redness, the eyes bright and full, and the flesh stiff.

C H A P. XIII.

MODERN BILLS OF FARE.

*A Bill of Fare for an elegant Entertainment, in the Order in which the Dishes should be placed upon the Table.*

*First Course.*

Dish of Fish.		
Rabbits with Onions.		Collared Mutton.
Pigeon Pie raised.	Gravy Soup.	Almond Pudding.
Veal Cutlets.	Roast Beef	Ham or Tongue.

*Second*

*Second Course.*

Green Pease or Asparagus.	Roasted Turkey.	Prawns.
Ragout of Sweetbreeds.	Jellies and Syllabubs.	Fried Smelts.
Tansey.	Chickens roasted.	Mushrooms.

*Third Course.*

Artichoke Bottoms.	Blomange.	Stewed Celery.
Almond Cheefcakes.	A Trifle.	Custards.
Lemon Cakes.	Sweetmeats.	Fruit.

*Another Bill of Fare, arranged in the most genteel Order.**First Course.*

Chickens.	Turbot.	Ox-palates.
Lamb Pie.	Mock Turtle.	Ham.
Scotch Collops.	Chine of Mutton.	Orange Pudding.

*Second Course.*

Lamb's Fry.	Wild Fowls.	Sturgeon.
Lobsters roasted.	Jellies.	Apple Pie.
Crawfish.	A hare roasted.	Artichokes.

*A Third*

*A Third Bill of Fare, properly arranged.*

*First Course.*

Fillet of Pork.	Stewed Carp, or Tench.	Sheeps rumps.
Beef Steak Pie.	Vermicelli Soup.	Ham.
Veal Olives.	Two Fowls boiled.	Calves Ears.

*Second Course.*

Asparagus.	Green Goofe.	Crawfish.
Gooseberry Tarts.	A Trifle.	Custards.
Prawns.	Tame Pigeons.	Scotch Collops.

*A Fourth Bill of Fare, with seven Dishes in each Course.*

*First Course.*

Pigeon Pie.	Haunch of Venifon.	Lemon Pudding.
Chickens with Oysters.	Cod's Head.	Lamb Cutlets.
	Ragout of Veal.	

*Second*

*Second Course.*

	Brace of Partridges.	
Spitchcocked Eels.		Artichokes.
	Wild Ducks. or Teal.	
Cream Tarts.		Buttered Apple Pie.
	Smelts.	

## C H A P. XIV.

DIRECTIONS CONCERNING CLEAR-  
STARCHING.

*How to wash Muslin Aprons, Neckcloths, Hoods, &c.*  
**L**ET your mullins be folded four times double, putting the two selvages together, then the ends together, and wash them the way the selva-ge goes, to prevent their fraying. Take very clear water, not too hot, and strain it through a clean cloth into a pan; then take some of the best soap, put it upon a clean stick, and beat up your lather; after the lather is beat, put in your mullins one by one, and let them stand to soak out the dirt; then wash them one by one to prevent tearing, whilst the water is warm; squeeze them very hard between both your hands, that the dirty suds may not be left in them; and as you wash them out, shake them open into another pan. Then beat up your second lather, wash your mullins in it, and squeeze them as before. As your third lather, let the water be very hot, but not boiling, for that makes the water yellow; then take a small quantity of powder-blue, put it in a cup, and add to it a little water; shake the cup about, pour the powder-blue into the hot water,

water, and stir it about till it is blue enough; then take some soap, beat up your lather as before, put in your muslins, and let them be covered with a clean cloth. You may either wash them out whilst warm, or let them stand all night to clear.

You must observe, when you wash them out, to wash out the blue carefully; then lay them in spring water, and if you have not time to starch them all at once, you need not put any more in your starch than you can finish in one day; for if they lie too long in the starch, it makes them look yellow and streaky. Many clear-starchers boil their muslins, but they should not, because it wears them out the sooner; but the scalding and letting the muslins lie in the warm suds, does them more good than a boil.

*The Method of rinsing Muslins before Starching.*

First put some spring water in a clean pan, then take a little powder-blue in a cup, add a spoonful or two of water to it, shake it about in the cup, and pour a little of it into the rinsing water, then put your hand in the rinsing water, and stir it about; put your whitest muslins in first, one by one, squeezing them out separately as you put them in, and if any blue should settle upon them, rub them gently in the water with your hand, and it will come off; and if any of your muslins should happen to be yellow, you must make the rinsing water a little bluer. When you have rinsed them all out, squeeze them very hard, one by one, between your hands, because they will not take the starch so well if any water is left in them; and having pulled them out separately with very dry hands, double them up, and lay them upon a dry clean cloth in order to be starched.

*How to starch the Muslins.*

To a quarter of a pound of starch, take a pint of spring water; put the water in a skillet, and let it  
over

over a clear fire till it is lukewarm; then put in your starch, stir it gently one way till it boils one boil and no more; pour it into a clean pan, and cover it with a plate till it is cold; when cold, take some of it in one hand, and some blue in the other, and mix them together, but do not make it too blue. Take up your muslins one by one, and spread the starch with your hand, but not too thick, first on one side and then on the other, without opening them; then blue the finest muslins first, and the thickest afterwards, for the starch that comes out of the finest will serve for the thick ones. When you have starched your muslins, lay them in the same pan, kneading them with your doubled fist till the starch flicks about your hands; then wring them very hard, and wipe them with a dry cloth; after which you must open them, and rub them very lightly through your hands.

*How to clap the Muslins.*

After you have unfolded your muslins, and rubbed them through your hands, take the two ends and clap them hard between your hands; then pull them out very well with both hands, to you and from you, to prevent their fraying. Let your hands be exceeding dry; for if any starch remains on the hands, it will fray the muslins; dry them well, and as you pull them out, hold them up against the light, to see if they are clapped enough. If you observe any thing that looks shining, that is the starch, you must rub it over gently with your hands; when they are clapped sufficiently, you will observe them to fly asunder, and not stick to the hands. Take care to clap very quick and hard, and when you see no shining on them, they are clapped enough. They ought never to be clapped single, for that frays and tears them; neither should they be clapped by the fire except in cold frosty weather.

*To iron the Muslins.*

When you find they are sufficiently clapped, pull them out double on your ironing board, as smooth and even as possible, and so on till you have finished about six, one upon another; then take a box-iron, and iron the driest first. Let fine plain muslins be ironed upon a soft woollen cloth; but if you have any muslins that are thick and coarse, let them be first ironed on a damp cloth, and afterwards upon your ironing cloth, on the wrong side of the muslins.

*To wash and starch Lawns, Cambrick, &c.*

You may wash and rinse lawns in the same manner as muslins; dip them in thin starch, and squeeze them out hard, wipe them with a dry cloth, and clap them very carefully, because they are apt to slip. When clapped enough, fold them up, and put them into a clean dry pan; do not touch them with any wet, for that will leave a kind of thick look upon them, as well as on muslins. They may be ironed on a damp cloth, but not with an iron that is too hot; and you may iron them on the wrong side as you do the coarse muslins.

*Excellent Methods of taking Iron-Moulds, Stains of Ink, Claret, &c. out of Muslins, Table Linen, &c.*

Whenever your muslins, linen, &c. happen to be iron-moulded, take a chafing dish of clear coals, and set over it a plate with sorrel in it; then put a little salt to the sorrel, and lay the stained part upon the plate; afterwards take some more sorrel, and squeeze the juice over the stained muslin or linen; let it lie till it is very hot, and take the stained part and squeeze it hard; then take fresh sorrel and salt, and make use of it as before, till the iron moulds are entirely out; you must then immediately wash the stained part in three or four lathers, to take out the greenness.

If your muslins or linen are stained by claret, take some milk, make it very warm, and soak the stained

parts in it till the stains are quite out. When your linens are stained by ink, let them lie all night in vinegar and salt; the next day rub the stains well with it; then take fresh vinegar and salt, and let your linen lie in it another night; the next morning rub it again, and the spots will immediately disappear.

If there be any stains of fruit in your muslins or linen, rub the spots well with butter, then put the stained part of the linen or muslin into hot milk, in which let it lie till it is cold; then rub the stains in the milk till they are quite gone away.

## C H A P. XV.

## A COLLECTION OF PHYSICAL RECEIPTS.

*For an Asthma.* YOU may drink a pint of sea water every morning; or a spoonful of nettle juice, mixed with clarified honey.

*For an Ague.* Take a drachm of powder of myrrh, mixed with a spoonful of sack, and drink a glass of sack after it. Let this be done about an hour before the fits come on. DR. MEAD.

*For the King's Evil.* You may take, every morning and evening, as much cream of tartar as will lie on a sixpence.

*For the Scurvy.* Infuse dried dock-roots in your common drink; or pound into a pulp an equal quantity of fine sugar and sliced Seville oranges, and take a tea-spoonful of it three or four times a day. Dr. Buchan says, the most proper drink in the scurvy is whey or butter milk.

*For the Quinsy.* Swallow the juice or jelly of black currants.

*For the Hooping-Cough, or Chin-Cough.* Take a spoonful of the juice of penny-royal two or three times a day, mixed with honey or sugar candy.

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*For the Head-Ach.* Let your head be washed with cold water for a quarter of an hour; or you may snuff up your nose the juice of ground-ivy.

*For the Ear-Ach.* Apply the ear close to the mouth of a jug filled with warm water, or with a strong decoction of camomile flowers. Dr. BUCHAN.

*For the Rheumatism.* You may use the cold bath, with rubbing and sweating after it.

*For the Itch.* Let the parts affected be washed with a strong decoction of dock-roots, for eight or ten days; or steep a shirt half an hour in a quart of water mixed with half an ounce of powdered brimstone, dry it slowly, and wear it six or seven days.

*For the Pleurisy.* Drink a glass of tar water warm, twice every hour.

*For a Sore Throat.* Gargle with rose water and syrup of mulberries; or apply a chin slay of roasted figs.

*For the Colic.* Apply externally a bag of hot oats; or take from fifty to an hundred drops of oil of aniseed on a lump of sugar.

*For the Tooth-Ach.* Put into the hollow tooth a little cotton dipped in Lucetellis balsam, or in oil of cloves.

*For expelling Worms.* Take two or three tea-spoonfuls of worm seed mixed with treacle, for five or six mornings.

*For the Dropsy.* Every morning and evening take a spoonful or two of the juice of artichoke leaves, or the juice of leeks and elder-leaves; or take a drachm of nitre every morning in a draught of ale.

*For the Gravel.* Drink plentifully of warm water sweetened with honey.

*For the Stone.* Take a tea-spoonful of calcined onions in a glass of white wine.

*For a consumptive Cough.* Stone ten or twelve raisins of the sun, and fill them up with the small tender tops of rue; take them early every morning, and fast for two or three hours afterwards.

*An excellent Eye-Water.* Infuse in lime water, for twelve hours, a drachm of sal ammoniac powdered; then strain it, and keep it for use. This cures most disorders of the eye.

*For the Lethargy.* You may snuff strong vinegar up the nose.

*For the Palsy.* Shred some white onions, and bake them gently in an earthen pot till they are soft; spread a thick plaister of this, and apply it to the benumbed part.

*For the Stranguary.* You may drink largely of decoction of turnips sweetened with honey.\*

## C H A P. XVI.

## VARIOUS RECEIPTS FOR PRESERVING AND IMPROVING BEAUTY.

*To make a fine Pomatum for the Skin.*

**H**AVING cut two pounds of hog's lard into thin slices, wash it clean, and let it soak in cold water eight or ten days, changing the water once a day; then melt it over a slow fire, and skim off any impurity that rises to the top; when melted, pour it into cold water, wash it clean with rose-water, and then rub your skin with it.

*To remove Freckles.*

Mix three or four spoonfuls of bean flower water with the same quantity of elder flower water, and add a spoonful of oil of tartar; when the mixture has stood two or three days, and is properly settled, rub a little over your face, and let it dry upon it.

*To take off red Spots from the Face.*

Place a lemon before a slow fire, in a flat earthen plate,

\* I have thus selected some approved remedies for the most common disorders incident to the human body; but I would earnestly recommend to my readers a most valuable *Library of Family Medicines*, entitled, *THE COMPLETE ENGLISH PHYSICIAN*, by George Alexander Gordon, M. D. price only 2s. It being the best book of the kind now extant.

plate, to receive the liquor that sweats out of it; when all the juice is out, pour it into a glass to cool, and then rub the face with a few drops of it. This is an effectual method of removing all kinds of red spots.

*To remove Wrinkles.*

Take two ounces of the powder of myrrh, and lay it in a small fire-shovel till it is thoroughly hot; then take a mouthful of white-wine, and let it fall gently upon the myrrh, which will smoke up; you must then immediately hold your face over it, so as to receive as much of the smoke as possible; if you hold your face over till the whole is wasted, it will have a wonderful effect; but if that is too painful, you may cover your face with a cloth.

*To take away Spots from the Nails.*

Take two drachms of Venice turpentine and one drachm of myrrh, mix them together over a slow fire in an earthen vessel, and then let the mixture cool; spread a small piece of it upon leather, and keep it all night upon your nails; let this be continued for three nights, and the spots will disappear.

*To conceal deep Marks occasioned by the Small-Pox.*

You must boil an ounce of spermaceti in a pint of malmsey till it is entirely dissolved; add to it the juice of a house-leek and that of plantain leaves, with half an ounce of peach kernels; when it is all well mixed together, you must set it to cool; then strain it through a fine cloth, and when you rub the face with it, let it be gently warmed.

*To make a fine Washing Powder.*

Take three or four ounces of the flour of French barley, two ounces of the oil of sweet almonds, six drachms of benjamin, a handful of the leaves of white roses, half an ounce of spermaceti, an ounce of white cha'k powdered, a quarter of an ounce of white tartar, and one scruple of the oil of cloves and lavender; mix all these together, and beat them to powder in a mortar.

*To make a Perfume to carry in your Pocket.*

Take two scruples of the flowers of benjamin, half a scruple of the flowers of roses, one scruple of orange-peel, some grated nutmeg, a scruple of the essence of cinnamon and orange, half an ounce of jessamine butter, and a few grains of musk and amber; beat all these in a mortar till they are properly mixed, then put the powder in a box.

*To make fine Wash-Balls.*

Mix two ounces of sanders with the same quantity of cloves, four pounds of the best white soap cut in small pieces, and twenty grains of musk; dissolve the whole in rose-water, and then make it up into balls.

*To make the Hands soft and white.*

First beat in a mortar two ounces of blanch'd almonds, with four ounces of the flowers of beans; add to them four ounces of Castile soap, with a pint of rose-water; then mix them all up together, and when you use them for your hands, moisten them with warm milk.

*To make an excellent Wash for the Teeth.*

Mix an ounce of bole-armoniac in a gill of Hungary water; put this into a quart of claret, with two ounces of honey, a drachm of allum, an ounce of myrrh, and ten grains of salt of vitriol; then let this mixture stand to settle. When you use it, put a spoonful of it into a cup of water, wash your teeth with it every morning, and it will preserve them clean and white.

*To make a swarthy Complexion appear agreeable.*

First sift the flour out of half a peck of wheat bran; then put to the bran seven or eight new-laid eggs, and six pints of white-wine vinegar; when it is well mixed up, let it distill over a slow fire. After it has stood a day to settle, rub your face with it every day for a fortnight, and then it will look extremely fair.

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F I N I S.



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*Elizabeth Price.*

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The WHOLE ART of  
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*To clarify sugar.*



UT the white of an egg into your preserving pan, with about four quarts of water, and beat it up into a froth with a whisk, then put in twelve pounds of sugar; mix them together, and as soon as it boils, put in a little cold water four or five times, till the scum appears thick on the top; then take it off the fire, and let it settle; then take off the scum, and pass it through your straining-bag.

*Note:* If the sugar doth not appear very fine, you must boil it again before you strain it; otherwise in boiling it to a height, it will rise over the pan.

*To boil Sugar to the degree called smooth.*

Your sugar being thus clarified, put what quantity you have occasion for over the fire, to boil smooth; which you may prove by dipping your scummer into the sugar, and then touching it with your fore finger and thumb; in opening them, you will see a small thread drawn betwixt,  
B which

which immediately breaks, and remains in a drop on your thumb; thus it is a little smooth: then boiling more, it will draw into a larger string; then it becomes very smooth.

*The blown sugar.*

Let your sugar boil longer than the former, and try it thus, *viz.* dip in your scummer, and take it out, shaking off what sugar you can into the pan, and then blow strongly through the holes; and if certain bubbles or bladders blow through, it is boiled to the degree called blown.

*The feathered sugar.*

This is a higher degree of boiling sugar; which is to be proved by dipping the scummer, when it hath boiled somewhat longer; shake it first over the pan, then give it a sudden flurt behind you; if it be enough the sugar will fly off like feathers.

*The crackled sugar.*

This is proved by letting it boil somewhat longer; and then dipping a stick into the sugar, which immediately remove into a pot of cold water, standing by for that purpose, drawing off the sugar that cleaves to the stick; if it becomes hard, and will snap in the water, it is enough; if not, you must boil it till it comes to that degree.

*Note:* Your water must be always very cold, or it will deceive you.

*The carmel sugar.*

This is known by boiling it still longer; and is proved by dipping a stick, as aforesaid, first in the sugar, and then in the water: but you must observe, when it comes to the carmel height it will snap like glass the moment it touches the cold water, which is the highest and last degree of boiling sugar.

*Note:* Observe that your fire be not very fierce when you boil this, lest, flaming up the sides of your pan, it should cause the sugar to burn, and so discolour it.

*To preserve Seville oranges liquid, as also lemons.*

Take the best Seyville oranges and pare them very neatly, put them into salt and water for about two hours, then boil them very tender, till a pin will go into them easily, then drain them well from the water and put them into your preserving pan, putting as much clarified sugar to them as will cover them, laying a trencher or plate on them to keep them down; then set them over a fire, and by degrees heat them till they boil; let them have a quick-boil, till the sugar comes all over them in a froth; then set them by till next day, when you must drain the syrup from them, and boil it till it becomes very smooth, adding some more clarified sugar; put it upon the oranges, and give them a boil; then set them by till the next day, when you must do as the day before. The fourth day drain them, and strain your syrup through a bag and boil it till it becomes very smooth; then take some other clarified sugar, boil it till it blows very strong, and take some jelly of pippins, as I shall hereafter express, with the juice of some other oranges; after they are preserved as above directed, take two pounds of clarified sugar, boil it to blow very strong; then put one pint and a half of pippin jelly, and the juice of four or five oranges; boil all together; then put in the syrup that has been strained and boiled to be very smooth, and give all a boil; then put your oranges into your pots, or glasses, and fill them up with the above made jelly; when cold, cover them and set them by for use.

*Note:* Be sure in all your boilings to clear away the scum, otherwise you will endanger their working; and if you find they will swim above your jelly, you must bind them down with the sprig of a clean whisk.

*To draw a jelly from pippins.*

Take the fairest and firmeest pippins, pour them into fair water, as much as will cover them, set them over a quick fire and boil them to mash; then put them on a sieve over an earthen pan, and press out all the jelly, which jelly

strain through a bag, and use as directed in the oranges before-mentioned, and such others as shall be hereafter prescribed.

*To make orange marmalade, also lemon.*

Take six oranges, grate two of the rinds of them upon a grater, then cut them all, and pick out the flesh from the skin and seeds; put to it the grated rind, and about half a pint of pippin jelly; take the same weight of sugar as you have of this meat so mingled; boil your sugar till it blows very strong; then put in the meat, and boil all very quick till it becomes a jelly, which you will find by dipping the scumner and holding it up to drain; if it be a jelly, it will break from the scumner in flakes; and if not it will run off in little streams; when it is a good jelly, put it into your glasses or pots.

*Note:* If you find this composition too sweet, you may in boiling, add more juice of oranges; the different quickness they have, makes it difficult to prescribe.

*To preserve oranges with marmalade in them, and lemons.*

Pare your oranges as before; make a round hole in the bottom, where the stalk grew, the bigness of a shilling; take out the meat and put them into salt and water for two or three hours, then boil them very tender and put them into a clarified sugar; give them a boil the next day, drain the syrup and boil it till it becomes smooth; put in your oranges and give them a good boil; when a little cool, drain them, and fill them with a marmalade made as before directed, putting in the round piece you cut out; with the syrup, some other sugar and pippin juice, make a jelly and fill up your pots and glasses.

For variety, take three or four of your preserved oranges, take off the tops, cut them so as to look like little cups, and fill them with this marmalade; they both eat pretty, and make a variety.

*To preserve green oranges.*

Take the green oranges, slit them on one side, and put them into a brine of salt water, as strong as will bear an egg.

egg, in which you must soak them at least fifteen days; then strain them and put them into fresh water, and boil them tender; then put them into fresh water again, shifting them every day for five days together, then give them another scald, and put them into a clarified sugar; then give them a boil, and set them by till next day; then boil them again; the next day add some more sugar, and give them another boil; the day after boil the syrup very smooth, pour it on them and keep them.

*Note:* That if at any time you perceive the syrup begin to work, you must drain them and boil the syrup very smooth, and pour it on them; but if the first proves sour, you must boil it likewise. Green lemons are done after the same manner.

*Note also,* If the oranges are any thing large, you must take out the meat from the inside.

*To make a compste of oranges.*

Cut the rind off your oranges into ribs, leaving part of the rind on; cut them into eight parts, and throw them into boiling water; when a pin will easily go through the rind, drain and put them into as much sugar, boiled till it becomes smooth, as will cover them; give all a boil together, adding some juice of oranges to what sharpness you please; you may put a little pippin jelly into the boiling; when cold, they make pretty plates,

*The Dutchess of Cleveland's receipts to preserve lemons, citrons and oranges.*

Take good lemons, fair and well coloured, and scrape a little of the uppermost rind; take out the seeds and the juice; lay them in spring water, shifting them twice a day for a day or two; then boil them, to be tender, with a pound and a quarter of double refined sugar, and a pint and three quarters of spring water; take the scum off, and put in your lemons; have ready a pint of pippin water; boil it first with half a pound of sugar, and put it to them; then boil it to a jelly, and put in the juice of your lemons; then let them boil but a little after, and put them into your glasses, but be sure to cover them with syrup.

*How to take out the seeds.*

You must cut a hole in the top, but it must be a little one, and take them out with a scoop; dry them, before you put them into your syrup, with a clean cloth.

*To make orange rings and faggots.*

Pare your oranges as thin and as narrow as you can; put the parings into water whilst you prepare the rings, which are done by cutting the oranges, so pared, into as many rings as you please; then cut out the meat from the inside, and put the rings and faggots into boiling water; boil them till they are tender, then put them into as much clarified sugar as will cover them; set them by till the next day, then boil them all together, and set them by till the day after; then drain the syrup and boil it till very smooth, then return your oranges into it, and give all a boil; the next day boil the syrup till it rises up to almost the top of your pan; then return your oranges into it, give them a boil and put them by in some pot to be candied, as hereafter mentioned, whenever you shall have occasion.

*Zest of China oranges.*

Pare off the outward rind of the oranges very thin, and only strew it with fine powder sugar, as much as their own moisture will take, and dry them in a hot stove.

*To candy orange, lemon and citron.*

Drain what quantity you will candy clean from the syrup, wash it in luke-warm water, and lay it on a sieve to drain; then take as much clarified sugar as you think will cover what you will candy; boil it till it blows very strong, then put in your rings and boil them till it blows again; then take it from the fire, let it cool a little, and, with the back of a spoon, rub the sugar against the inside of your pan, till you see the sugar becomes white; then with a fork, take out the rings one by one, and lay them on a wire grate to drain; then put in your faggots, and boil them as before directed; then rub the sugar and take them

up in bunches, having somebody to cut them with a pair of scissars to what bigness you please, laying them on your wire to drain.

*Note:* Thus you may candy all sorts of oranges, lemon-peels, or chips; lemon rings and faggots are done the same way, with this distinction only, that the lemons ought to be pared twice over, that the ring may be the whiter; so will you have two sorts of faggots, but you must be sure to keep the outward rind from the other, otherwise it will discolour them.

*To make orange cakes.*

Take six Seville oranges, grate the rinds of two of them, then cut off the rinds of all six to the juice, and boil them in water till very tender; then squeeze out all the water you can, and beat them to a paste in a marble mortar; rub it through a hair sieve, and what will not easily rub through, must be beaten again till it will; cut to pieces the insides of your oranges, and rub as much of them through as you possibly can; then boil six or eight pippins in as much water as will almost cover them; boil them to a paste, and rub it through a sieve to the rest; put all into a pan together, and give them a thorough heat till they are well mingled; then, to every pound of this paste, take one pound and a quarter of loaf sugar; clarify the sugar, and boil it to the crick; put in your paste and the grated peel, and stir it all together, over a slow fire, till it is well mixed, and the sugar all melted; then, with a spoon, fill your round tin moulds, and set them in a warm stove to dry; when dry on the tops, turn them on sieves to dry on the other side; and when quite dry, box them up.

*Lemon cakes.*

Take six thick rined lemons, grate two of them, then pare off all the yellow peel, and strip the white to the juice, which white boil till tender, and make a paste exactly as above.

10 The WHOLE ART of

*To preserve white citrons.*

Cut your white citrons into what sized pieces you please; put them into water and salt for four or five hours; then wash them in fair water, and boil them till tender; drain them, and put them into as much clarified sugar as will cover them, and set them by till next day; then drain the syrup, and boil it a little smooth; when cool, put in your citrons; the next day boil your syrup quite smooth, and pour on your citrons; the day after boil all together, and put it into a pot to be candied, or put it into jellies, or compose it as you please.

*You may make fine citron of green melons.*

Cut them all long ways into quarters, scrape out the seeds and inside, and preserve and candy the same as above, only with this difference, boil them three times up in the syrup.

*Note:* You must look over these fruits kept in syrup, and if you perceive any froth on them, you must give them a boil; and if they should become very frothy and sour, you must first boil the syrup, and then all together.

*To make orange clear cakes.*

Take the best pippins, pare them into as much water as will cover them, and boil them to a mash; then press out the jelly upon a sieve, and strain it through a bag, adding juice of oranges to give it an agreeable taste; to every pound of jelly take one pound and a quarter of loaf sugar, boil it till it cracks, and then put in the jelly and the rind of a grated orange or two; stir it up gently over a slow fire, till all is incorporated together; then take it off and fill your clear cake glasses; what scum arises on the top, you must carefully take off before they are cold; then put them into a stove, and when you find them begin to crust upon the upper side, turn them out upon squares of glasses and put them to dry again; when they begin to have a tender candy, cut them into quarters, or what pieces you please, and let them dry till hard; then turn them on sieves, and when thorough dry, put them in your boxes.

*Note.*

*Note:* As they begin to sweat in the box, you must shift them from time to time, and it will be requisite to put no more than one row in a box, at the beginning, till they do not sweat. Lemon colour cakes are made with lemons as these.

*To make orange flower paste.*

Boil one pound of the leaves of orange flowers very tender; then take two pounds and two ounces of double-refined sugar in fine powder, and when you have bruised the flowers to a pulp, stir in the sugar by degrees, over a slow fire, till all is in and well melted; then make little drops and dry them.

*To preserve orange flowers.*

Take the orange flowers just as they begin to open, put them into boiling water, and let them boil very quick till they are tender, putting in a little juice of lemon, as they boil, to keep them white; then drain them, and dry them carefully between two napkins; then put them into clarified-sugar, as much as will cover them; the next day drain the syrup, and boil it a little smooth; when almost cold, pour it on the flowers, and the next day you may drain them and lay them out to dry, dusting them a very little.

*To put them in jelly.*

After they are preserved, as before directed, you must clarify a little more sugar, with orange flower water, and make a jelly of codlins, which, when ready, put in the flowers, syrup and all; give them a boil, scum them, and put them into your glasses or pots.

*To make orange flower cakes.*

Take four ounces of the leaves of orange flowers, put them into fair water for about an hour, then drain them and put them between two napkins, and, with a rolling-pin, roll them till they are bruised; then have ready boiled, one pound of double-refined sugar, to a bloom degree; put in the flowers, and boil it till it comes to the same degree again; then

then remove it from the fire, and let it cool a little; then, with a spoon, grind the sugar to the bottom or sides of the pan, and when it becomes white, pour it into little papers or cards, made in the form of a dripping-pan, and, when quite cold, take them out of the pans, and dry them a little in a stove.

*To make pomegranate clear cakes.*

Draw your jelly as for the orange clear cakes, then boil it in the juice of two or three pomegranate seeds, and all with the juice of an orange and lemon, the rind of each grated in; then strain it through a bag, and to every pound of jelly, put one pound and a quarter, boiled till it cracks, to help the colour to a fine red; put in a spoonful of cocheneal, prepared as hereafter directed, and then fill your glasses, and order them as oranges.

*To preserve cocheneal.*

Take one ounce of cocheneal and beat it to a fine powder; then boil it in three quarters of a pint of water to the consumption of half; then beat half an ounce of roach alum, and half an ounce of cream of tartar, very fine, and put them to the cocheneal; boil them all together a little while, and strain it through a fine bag, which put into a phial and keep for use.

*Note:* If an ounce of loaf sugar be boiled in with it, it will keep from moulding what you do not use immediately.

*To make pippin knots.*

Take your pippins and weigh them, then put them into your preserving pan; to every pound put four ounces of sugar, and as much water as will scarce cover them; boil them to a pulp, and then pulp them through a sieve; then, to every pound of the apples weighed, take one pound of sugar clarified; boil it till it almost cracks, then put in the paste and mix it well over a slow fire; then take it off, and pour it on flat pewter plates, or the bottoms of dishes, to the thickness of two crowns, and set them in the stove for three or four hours; then cut it into narrow slips, and turn it

up into knots to what shape or size you please; put them into the stove to dry, dusting them a little; turn them, and dry them on the other side, and, when thorough dry, put them into your box.

*Note:* You may make them red, by adding a little cocheneal; or green, by putting a little of the following colour.

*To prepare a green colour.*

Take gumbouge one quarter of an ounce, of indico and blue the same quantity; beat them very fine in a brass mortar, and mix with it a spoonful of water; so you will have a fine green.

*To preserve golden pippins in jelly.*

Pare your pippins from all spots, and, with a narrow-pointed knife, make a hole quite through them; then boil them in fair water about a quarter of an hour; drain them, and take as much sugar as will cover them; boil it till it blows very strong, then put in your pippins, and give them a good boil; let them cool a little, and give them another; then if you have, for example, a dozen of pippins, take a pound of sugar, and boil it till it blows very strong; then put in half a pint of pippin jelly, and the juice of three or four lemons; boil all together, and put to the golden pippins; give them all a boil, scum them, and put them into glasses or pots.

*To preserve pippins for present eating.*

Pare them very thin, and put them into a clean stewpan, faucepan, or preserving-pan, according to the quantity you want; but scoop out the cores, and into every pippin put two or three long narrow bits of lemon peel; take the parings, boil them in water enough to cover the pippins, strain it, and make it as sweet as syrup; pour it on your pippins, and stew them till they are quite tender; they make a pretty plate.

*To dry golden pippins.*

Pare your pippins, and make a hole in them as above; then weigh them and boil them till tender; take them out of the water, and to every pound of pippins take a pound and half of loaf sugar, and boil it till it blows very strong; then put in the fruit, and boil it very quick till the sugar flows all over the pan; let them settle, cool them, scum them, and set them by till the next day; then drain them and lay them out to dry, dusting them with fine sugar before you put them into the stove; the next day turn them and dust them again; when dry, pack them up.

You may dry them in slices, or quarters, after the same manner.

*To green codlins.*

Take your codlins, and coddle them gently, close covered; then peel your codlins, and put them into cold water, setting them over a slow fire till they are green, close covered; they will be two or three hours doing.

*To dry apples or pears.*

First boil them in new ale wort, on a slow fire, for a quarter of an hour, then take them out and press them flat, and dry them in your oven, or stove; put them up in papers, in a box, and they will keep all the year.

*To make black caps of apples.*

Pare them, lay them in your pan, strew a few cloves over them, a little lemon peel cut very small, and two or three blades of cinnamon, with some coarse sugar; cover the pan with brown paper, set them in an oven with the bread, and let them stand till the oven is cold.

*To make a compote of boonchretien pears.*

Pare your fruit, and cut them into slices, scald them a little, squeezing some juice of lemon on them, in the scalding, to keep them white; then drain them, and put as much clarified sugar as will just cover them; give them  
a boil

a boil, and then squeeze the juice of an orange or lemon, which you best approve of, and serve them to table when cold.

*A compote of baked wardens.*

Bake your wardens in an earthen pot, with a little claret, some spice, lemon peel, and sugar; when you use them, peel off the skin and dress them in plates, either whole or in halves; then make a jelly of pippins, sharpened well with the juice of lemons, and pour it upon them; when cold break the jelly with a spoon, and it will look very agreeable upon the red pears.

*To stew pears purple.*

First pare your pears, then cut them in two, or whole; lay them in a stew-pan, and boil the parings in water, just sufficient to cover them; strain it off, and make it as sweet as syrup; pour it over your pears, and lay a pewter plate on them, putting on the cover of the stew-pan close, and let them stew over a slow fire for half an hour, or till they are quite tender, and they will be a fine purple.

*To rock candy violets.*

Pick the leaves off the violets, then boil some of the finest sugar till it blows very strong, which pour into your candying pan, being made of tin in the form of a dripping pan, about three inches deep; then strew the leaves of the flowers as thick on the top as you can, and put it into a hot stove for eight or ten days; when you see it is hard candied, break a hole in one corner of it, and drain all the syrup that will run from it, break it out, and lay it on heaps on plates to dry in the stove.

*To candy violets whole.*

Take the double violets, and pick off the green stalks, then boil some sugar till it blows very strong, then throw in the violets, and boil it till it blows again; then, with a spoon, rub the sugar against the sides of the pan till white; then stir all till the sugar leaves them, and then sift and dry them.

*Note:* Jonquils are done the same way.

*To preserve angelica in knots.*

Take young and thick stalks of angelica, cut them into lengths of about a quarter of a yard, and scald them; then put them into water, strip off the skins, and cut them into narrow slips; lay them on your preserving-pan, and put to them a thin sugar, that is, to one part sugar, as clarified, and one part water; then set it over the fire, let it boil, and set it by till next day; then turn it in the pan, give it another boil, and the day after drain it and boil the sugar till it is a little smooth; pour it on your angelica, and if it be a good green boil it no more; if not, heat it again, and the day following boil the sugar till it is very smooth, and pour it upon your angelica; the next day boil your syrup till it rises to the top of your pan, and put your angelica into your pan; pour your syrup upon it, and keep it for use.

*To dry it.*

Drain what quantity you will from the syrup, and boil as much sugar as will cover it, till it blows; put in your angelica, and give it a boil till it blows again; when cold, drain it, tie it in knots, and put it into a warm stove to dry, first dusting it a little; when dry on one side, turn it to dry on the other, and then pack it up.

*To preserve angelica in sticks.*

Angelica, not altogether so young as the other, cut into short pieces, about half a quarter of a yard, or less; scald it a little, then drain it, and put it into a thin sugar as before; boil it a little the next day, turn it in the pan the bottom upwards and boil it, and then finish it as the other for knots.

*Note:* When you will candy it, you must drain it from the syrup, wash it, and candy it as the orange and lemon.

*Angelica paste.*

Take the youngest and most pithy angelica you can get, boil it very tender, and drain and press out all the water you possibly can; then beat it in a mortar to as fine a paste

as may be, and rub it through a sieve; next day dry it over a fire, and to every pound of this paste, take one pound of fine sugar in fine powder; when your paste is hot, put in the sugar, stirring it over a gentle fire till it is well incorporated; when so done, drop it on plates, long or round, as you think proper; dust it a little, and put it into the stove to dry.

*To preserve ringoe root.*

Take your ringoe roots, and parboil them reasonably tender; then pick and peel them, wash them very clean, dry them with a cloth, and put in as much clarified sugar as will cover them; boil them leisurely in a great silver bason that is deep, set on a chafing dish of coals, till you see the rolls look clear and your syrup something thick, betwixt hot and cold, and put them up.

*To preserve sweet-marjoram.*

Take the white of an egg, beat it very well, and take double refined sugar, beaten very fine and sifted; then take the marjoram, and rub it on a glass that is clean, and lay it in form of the glass; so do it with your egg, then seer it with your sugar on it, and lay it on papers to dry.

*To preserve quinces white.*

Pare and core the quinces; to every pound of sugar and quinces, put in a pint of water; boil them together as fast as you can, uncovered: The same way you may preserve pippins white.

*To preserve quinces white or red.*

Core and pare your quinces; those which you would have white, put into a pail of water for two or three hours; then take as much sugar as they weigh, and add as much water as will make a syrup to cover them; boil the syrup a little, then put in the quinces, and let them boil as fast as you can till they are very tender and clear; afterwards take them out, and boil the syrup a little higher alone, and when it is cold put the quinces up in pots; if you would

have them red, put them raw into sugar and let them boile gently, being close covered, till they are red; you must not put them into cold water.

*The jelly.*

Take a quantity of spring water, and put into it as many quinces, thin sliced, and cores and parings, as will conveniently boile to be tender, also a large handful of hartshorn; boile it very fast, keeping it stirring; when it is strong enough tasted, rub it through a jelly bag; this is best when it looks pure white; let your hartshorn be boiled first, add this to your syrup, and boile it all together.

*To preserve apricots green.*

Take the apricots when about to stone, before it becomes too hard for a pin easily to pass through; pare them in ribs very neatly, because every stroke with the knife will be seen; then put them into fair water as you pare them, and boile them till tender enough to slip easily from your pin; drain them, and put them into a thin sugar, that is to say, one part sugar clarified, and one part water; boile them a little, and set them by till next day; then give them another boile, and the day after drain them, boile your syrup a little smooth, and put it upon them without boiling your fruit; let them remain in the syrup four or five days; then boile some more sugar till it blows hard, and add it to them; give all a boile, and let them lie till the day following; then drain them from the syrup, and lay them out to dry, dusting them with a little fine sugar before you put them into the stove.

*To put them up in jelly.*

You must keep them in the syrup till codlins are pretty well grown, taking care to visit them sometimes that they do not sour; which, if they do, the syrup will be lost, by reason it will become muddy, and then you will be obliged to make your jelly with all fresh sugar, which will be too sweet, but when codlins are of an indifferent bigness, draw a jelly from them as from pippins, as you are directed in the foregoing receipts; then drain the apricots from the  
syrup.

fyrup, boil it and strain it through your straining bag; then boil some fugar, proportionably to the quantity of apricots you design to put up, till it blows; then put in the jelly, and boil it a little with the fugar; then put in the fyrup and the apricots, and give them all a boil together till you find the fyrup will be a jelly; then remove them from the fire, scum them well, and put them into your pots or glasses, observing as they cool, if they be regular in the glasses, to sink and disperse them to a proper distance, and, when quite cold, to cover them up.

*To preserve apricots whole.*

Take the apricots when full grown, pare them, and take out their stones; then have ready a pan of boiling water, throw them into it, and scald them till they rise to the top of the water; take them out carefully with your scummer, and lay them on a sieve to drain; then lay them in your preserving pan, and lay over them as much fugar, boiled to blow, as will cover them; give them a boil round, by setting the pan half on the fire and turning it about as it boils; then set it full on the fire, and let it have a covered boiling; then let them settle a quarter of an hour, and pick those that look clear to one side, and those that do not, to the other; boil that side that is not clear, till they become clear; and, as they do so, pick them away, lest they boil to a paste; when you see they look all alike, give them a covered boiling, scum them, and set them by; the next day boil a little more fugar to blow very strong, put it to the apricots, and give them a very good boil; scum and cover them with paper, and put them in a stove for two days; then drain them and lay them out to dry, first dusting the plates you lay them on, and then the apricots extraordinary well, blowing off what fugar lies white upon them; put them into a very warm stove to dry, and when dry on one side, turn and dust them again; when quite dry, pack them up.

*Note:* In the turning them, you must take care there be no little bladders in them; if there be, you must prick them with the point of a penknife, and squeeze them out, otherwise they will blow and sour.

*To preserve apricot chips.*

Split the apricots, and then take out the stones; pare them, and turn them round with your knife; put them into your pan without scalding, and put as much sugar, boiled very smooth, as will cover them; then manage them on the fire as the whole apricots, scum them, and set them in the stove; the next day boil some more sugar very strong, drain the syrup from the apricots, boil it very smooth, put it to the fresh sugar, and give it a boil; then put in the apricots, boil them first round, and then let them have a covered boil, scum them and cover them with paper, then put them into the stove for two or three days; drain them, and lay them out to dry, first dusting them.

*To preserve apricots in jellies.*

Pare and stone your apricots, then scald them a little; then lay them in your pan, and put as much clarified sugar to them as will cover them; the next day drain the syrup, and boil it smooth; then slip in your apricots, and boil as before; the next day make a jelly with codlins, boiling some apricots among them to give a better taste; when you have boiled the jelly to its proper height, put in the apricots with their syrup, and boil all together; when enough, scum them well, and put them into your glasses.

*To make apricot paste.*

Boil some apricots that are full ripe to a pulp, and rub the fine of it through a sieve; to every pound of pulp, take one pound two ounces of fine sugar, beaten to a very fine powder; heat well your paste, and by degrees put in your sugar; when all is in, give it a thorough heat over the fire, taking care not to let it boil; then take it off, and scrape it all to one side of the pan; let it cool a little, then lay it out on plates in what form you please; then dust them, and put them into the stove to dry.

*To make apricot clear cakes.*

First draw a jelly from codlins, and, in that jelly boil some very ripe apricots, and press them upon a sieve over  
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an earthen pan; then strain it through your jelly bag, and to every pound of jelly take the like quantity of fine loaf sugar, which clarify and boil till it cracks; then put in the jelly, mix it well, and give it a heat on the fire; scum it and fill your glasses; in drying them order them as before directed.

*To make apricot jam.*

Pare the apricots, take out the stones, break them, take out the kernels and blanch them; then, to every pound of apricots boil one pound of sugar, till it blows very strong; then put in the apricots, and boil them very brisk, till they are all broke; then take them off, bruise them well, put in the kernels, and stir them all together over the fire; then fill your pots or glasses with them.

*To preserve nectarins.*

Split the nectarins, and take out the stones; then put them into a clarified sugar, and boil them round till they have well taken sugar; take off the scum, cover them with a paper, and set them by; the next day boil a little more sugar, till it blows very strong, put it to the nectarins, and give them a good boil; take off the scum, cover them and put them into the stove; the next day drain them, and lay them out to dry, first dusting them a little; then put them into the stove again.

*To preserve peaches whole.*

Take the Newington peach, when full ripe, split it and take out the stone; then have ready a pan of boiling water, drop in the peaches, and let them have a few moments scalding; take them out, and put them into as much sugar, only clarified, as will cover them; give them a boil round, then scum them and set them by till the next day; then boil some more sugar to blow very strong, which sugar put to the peaches and give them a good boil; scum them and set them by till the day following; then give them another good boil; scum them and put them into a warm stove for the space of two days; then drain them and lay them out, one half over the other, dust them and put them into the stove; the next day turn them and dust them, and, when thorough dry, pack them up for use.

*How to preserve peach chips.*

Pare your peaches and take out the stones, then cut them into very thin slices, not thicker than the blade of an knife; then, to every pound of chips take one pound and a half of sugar, boiled to blow very strong; throw in the chips, give them a good boil and let them settle a little; take off the scum, let them stand a quarter of an hour, and then give them another good boil, and let them settle as before; then take off the scum, cover them and set them by, and the next day drain them and lay them out, bit by bit; dust them and dry them in a warm stove; when dry on one side take them from the plate with a knife and turn them on a sieve, and then again, if they are not pretty dry, which they generally are.

*How to put them in jelly.*

Draw a jelly from codlins, and when they are boiled enough to take as much jelly as sugar, boil the sugar to blow very strong; then put in the jelly, give it a boil, and put it to the chips; give all a boil, scum them, and put them into your glasses.

*How to preserve peaches in brandy.*

First preserve your peaches whole, with their weight of sugar; do not scald them in water, but boil them into the syrup three times; lay your peaches in a large deep glass for the purpose, take the syrup and pour it over them, with an equal quantity of brandy; cover them close and keep them for use.

Nectarins do the same way.

*To preserve violet plumbs.*

Violet plumbs are a long time yellow, and are ripe in the month of June; they are preserved as follow; put them into clarified sugar, just enough to cover them, and boil them pretty quick; the next day boil them again as before; the day after drain them and take away their skins, which you will find all flown off; then put them into sugar boiled till it blows a little, and give them a boil; the day follow-  
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ing boil some more fugar till it blows a little, and give them another boil; the next day boil some more fugar to blow very strong, put it to the plumbs in the syrup, boil them a little, scum them, the next day drain them and lay them out to dry, observing to dust them before you put them into the stove.

*How to preserve green amber-plumbs.*

Take the green amber-plumbs when full grown, prick them in two or three places, and put them into cold water; set them over the fire to scald, in which you must be very careful not to let the water be too hot, lest you hurt them; when they are very tender, put them into a very thin fugar, that is to say, one part fugar and two parts water; give them a little warm in this fugar, cover them, and the next day give them another warm; the third day drain them, and boil the syrup, adding a little more fugar; then put the syrup to the plumbs, and give them a boil, and the day after boil the syrup till very smooth; then put it to the plumbs, cover them, and put them into the stove; the next day boil some more fugar to blow very strong, put it to the fruit, give all a boil, and put them into the stove for two days; then drain them, and lay them out to dry, first dusting them very well; manage them in the drying as other fruit.

*To preserve fruit green.*

Take pippins, apricots, pear plumbs or peaches, while they are green, and put them in a preserving-pan, or stew-pan; cover them with vine leaves, and then with fine clear spring water; put on the cover of the pan, set them over a clear fire, when they begin to simmer take them off, and carefully with your slice take them out, peel and preserve them as you do other fruit.

*To preserve green orange plumbs.*

Take the green orange plumbs, full grown, before they turn; prick them with a fine bodkin, as thick all over as you possibly can; put them into cold water, as you prick them, and when all are done, set them over a very slow fire  
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and scald them with the utmost care you can, nothing being so subject to break, and if the skin flies they are worth nothing; when they are tender, take them off the fire, and set them by in the same water for two or three days; when they become sour, and begin to fret on the top of the water, be careful to drain them very well, and put them in single rows in your preserving-pan; put to them as much thin sugar as will cover them, that is to say, one part sugar and two parts water; set them over the fire, and by degrees warm them, till you perceive the sourness to be gone, and the plumbs are sunk to the bottom; then set them by, and the next day throw away that syrup, and put to them a fresh sugar of one part sugar and one part water; in this sugar give them several heats, but not to boil, lest you hurt them; cover them and set them in a warm stove, that they may suck in what sugar they can; the next day drain the sugar, and boil it till it becomes smooth, adding some more fresh sugar; pour this sugar on them, return them into the stove, and the day after boil the sugar to become very smooth; pour it upon the plumbs, and give all a gentle boil; scum it and put them into the stove; the day following drain them out of the syrup, and boil some fresh sugar, as much as you judge will cover them, very smooth; put it to your plumbs, and give all a very good covered boiling; then take off the scum, cover them, and let them stand in the stove two days; then drain and lay them out to dry, dusting them very well.

*To preserve the green Mogul plumb.*

Take this plumb when just upon turning ripe, prick, with a penknife, to the very stone on that side where the cleft is, and put them into cold water as you do them; then set them over a very slow fire to scald, and when they are become very tender, take them carefully out of the water and put them into a thin sugar, that is, half sugar and half water; warm them gently, cover them, and set them by; the next day, give them another warm and set them by; the day following drain the syrup and boil it smooth, adding to it a little fresh sugar, and give them a gentle boil; the day after boil the sugar very smooth, pour  
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it upon them, and set them in the stove for two days; drain them, and boil a fresh sugar to be very smooth, or just to blow a little, and put it to your plumbs; give them a good covered boiling, scum them, and put them into a stove for two days; drain them, and lay them out to dry, dusting them very well.

*To preserve the green admirable plumb.*

This is a little round plumb, about the size of a damson; it leaves the stone when ripe, is somewhat inclining to a yellow colour, and very well deserves its name, being the finest green when done, and with a tenth part of the trouble and charge; as you will find by the receipt.

Take this plumb when full grown, and just upon the turn; prick them with a penknife in two or three places, and scald them by degrees till the water becomes very hot, for they will even bear boiling; continue them in the water till they become green, then drain them and put them into a clarified sugar; boil them very well, and let them settle a little; then give them another boil, if you perceive they shrink and take not the sugar in very well; prick them with a fork all over, as they lie in the pan, and give them another boil; scum them, and set them by; the next day boil some other sugar, till it blows, and put it to them; give them another boil, set them in the stove for one night; and the next day drain them and lay them out, first dusting them.

*To preserve yellow amber plumbs.*

Take these plumbs when full ripe, put them into your preserving pan, and put to them as much sugar as will cover them; give them a very good boil, let them settle a little, and give them another boil three or four times round; scum them, and the next day drain them from the syrup; return them again into the pan, boil as much fresh sugar to blow as will cover them, and give them a thorough boiling; scum them, set them in the stove for twenty-four hours, and drain them; then lay them out to dry, after having dusted them very well.

*Note:*

*Note:* In the scalding of green plumbs, you must always have a sieve in the bottom of your pan to put your plumbs in, that they may not touch the bottom; for those that do, will burst before the others are any thing warm.

*To put plumbs in jelly.*

Any of those sort of plumbs are very agreeable in jelly, and the same method will do for all as for one: I could make some difference, which would only help to confound the practitioner, and swell this treatise in many places; but as I have promised, so I will endeavour to lay down the easiest method I can. To avoid prolixity, and proceed as above, (*viz.* plumbs in jelly) when your plumbs are preserved in their first sugar, and you have drained them in order to put them in a second, they are then fit to be put up in liquid, which must be thus: Drain the plumbs, and strain the sugar through a bag; make a jelly of some ripe plumbs and codlins together, by boiling them in just as much water as will cover them; press out the juice and strain it; to every pound of juice boil one pound of sugar to blow very strong, and put in the juice; boil it a little, put in the syrup and plumbs, and give all a good boil; then let them settle a little, scum them and fill your glasses or pots.

*To make clear cakes of white pear plumbs.*

Take the clearest of your plumbs, put them into a gally-pot, and boil them in a pot of boiling water, till they are enough; then let the clear part run from them, and to every pound of liquor, add as much sugar, boiled to a candy height; then take it off, put the liquor to it, and stir all together till it be thoroughly hot, but not boiled; then put it in glasses, and dry them in a stove with a constant warm heat.

*To preserve green figs.*

Take the small green figs, slit them on the top, put them in water for ten days, and make your pickle as follows; put in as much salt into the water as will make it bear an egg; then let it settle, take the scum off, and put the clear brine

brine to the figs; keep them in water for ten days, then put them into fresh water, boil them till a pin will easily pass into them, then drain them and put them into other fresh water, shifting them every day for four days; then drain them, put them into clarified sugar, give them a little warm, and let them stand till the next day; warm them again, and when they are become green give them a good boil; then boil some other sugar to blow, put it to them, and give them another boil; the next day drain and dry them.

*To preserve ripe figs.*

Take the white figs when ripe, slit them in the tops, put them into a clarified sugar, and give them a good boil; scum them and set them by; the next day boil some more sugar till it blows, pour it upon them, and boil them again very well; scum them and set them in the stove, the day after drain and lay them out to dry, first dusting them very well.

*To candy figs.*

Take your figs when they are ripe, weigh them, and to every pound of figs add a pound of loaf sugar, wetted so as to make a syrup; put the figs in when the syrup is made, that is, melted; let it not be too hot when you put them in; boil them gently, till they are tender, and put them up in pots. To keep them too long candied they lose their beauty; but when you are desirous to use them, and you take any out of the pots, you must take care to add as much loaf sugar, boiled to a candy height, as will cover those remaining in the pots; but before you put the figs into the sugar, they must be washed in warm water, and dried with a clean cloth; let not your syrup be boiled above a syrup candy height; let the figs lie a day or two, then take them up, and lay them upon glasses to dry; they will candy in one hour's lying in the syrup, but it is better that they lie longer.

*To preserve green grapes.*

Take the largest and best grapes before they are thorough ripe; stone them, scald them, and let them lie two days in

the water they are scalded in; then drain them, and put them into a thin syrup, and give them a heat over a slow fire; the next day turn the grapes in the pan, and heat them again the day after; then drain them, put them into a clarified sugar, give them a good boil, scum them, and set them by; the following day, boil more sugar to blow, put it to the grapes, give all a good boil, scum them, and set them in a warm stove all night; the day after drain the grapes, and lay them out to dry, first dusting them very well.

*To preserve bell grapes in jelly.*

Take the long, large bell, or rouson grapes, pick the stalks off, stone them, and put them into boiling water; give them a thorough scald, take them from the fire and cover them down close, so that no steam can come out; then set them upon a very gentle fire, so as not to boil, for two or three hours; take them out, put them into a clarified sugar boiled till it blows very strong, as much as will a little more than cover them, and give all a good boil; scum them; boil a little more sugar to blow very strong, take as much plumb jelly as sugar, and give all a boil; then add the grapes to it, give them a boil together, scum them well, and put them up into your pots or glasses.

*To preserve grapes in clusters, with one leaf, when you gather them.*

Take the great Gascoyne grapes when they are green, before they be too ripe, and prick every one of them; to every pound of grapes add a pound and a quarter of sugar; make a syrup with the verjuice of the grapes strained; when your sugar is made clear and perfect, put in your grapes strained into juice; put them in a deep bason, cover them close, and set them on a pot of scalding water to boil; when your grapes are tender, take them up, boil the syrup a little more, and, betwixt hot and cold, put them in broad glasses or gallypots, (which is better than glasses, as you must lay one cluster over another) then put a paper over them and tie them up.

*To preserve mulberries dry.*

Let the mulberries not be too ripe, but rather a reddish green, and tart; 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 next day; then take them out, drain them from the syrup, and put them up in boxes for use.

*To preserve walnuts white.*

Take the largest French walnuts, when full grown; but before they are hard, pare off the green shell to the white, put them into fair water, and boil them till very tender; drain them and put them into clarified sugar, giving them a gentle heat; the next day boil some more sugar to blow, put it to them and give them a boil; the next day boil some more sugar to blow very strong, put it to the walnuts, give them a boil, scum them and put them by; then drain them and put them on plates; dust them and put them into a warm stove to dry.

*Mrs. Johnson's way of preserving walnuts black.*

Take the smaller sorts of walnuts when full grown, and not shelled; boil them in water till very tender, but not to break, so they will become black; drain them and stick a clove in every one; put them into your preserving-pan, and if you have any peach syrup, or that of the white walnuts, it will be as well or better than sugar; put as much syrup as will cover the walnuts, boil them very well, scum them, and set them by; the next day boil the syrup till it becomes smooth, put in the walnuts, and give them another boil; the day after drain them, and boil the syrup till it becomes smooth, adding more syrup, if occasion; give all a boil, scum them, and put them into the pot for use.

*Note:* They answer much better boiled up with the coarsest Lisbon sugar.

These walnuts are never offered as a sweetmeat, being of use but to purge gently the body and keep it open.

*To preserve garlick.*

Take a head of garlick, peel the cloves, throw them into spring water, give them just a boil, and preserve them as you do your apricots.

*Note:* These are more proper for a cough.

*To preserve cucumbers.*

Take little gerkins, put them in a large deep jug, cover them close down with vine leaves, fill the jug with water, cover it with a plate, set it in the chimney corner, a little distance from the fire, yet so as to keep warm; let them stand so a fortnight, then throw them into a sieve to drain; they will look very yellow, and will stink; throw them into spring water once or twice, to clear them; put them into a large deep stew-pan, or preserving-pan; cover them all over with vine leaves, put in as much clear spring water as will cover them; set them over a charcoal fire, look often at them; and when they are turned a fine green, drain off that water and put them into a fresh cold water; have your syrup made ready thus; to every pound of sugar, add one pint of water, the clear peel of a lemon cut in long threads, an ounce of ginger boiled in water for a quarter of an hour; put the ginger and lemon peel to the sugar and water, boil it to a syrup, throw in your cucumbers, and give them a boil; pour them into the pan you intend to keep them in, let them stand till next day, and boil them again three times; when cold, cover them up, and they make as fine a sweet as is tasted.

At the same time take large green cucumbers, full ripe, and cut them in four, long ways; put them into cold water, cover them with green vine leaves, and set them over a charcoal fire till they boil; take them off, throw them into cold water, and repeat it several times, till they are a fine green and tender; then preserve them as above, or dry them as you do your other candied sweetmeats; either way they answer in tarts, mince-pies, or cakes, as well as citron.

*To preserve green almonds.*

Take the almonds when they are well grown, and make a lye with wood, charsoal and water; boil the lye till it feels very smooth, strain it through a sieve, and let it settle till clear; then pour off the clear into another pan, and set it on the fire in order to blanch off the down that is on the almonds, which you must do in this manner, *viz.* when the lye is scalding hot, throw in two or three almonds, and try, when they have been in some time, if they will blanch; if they will, put in the rest, and the moment you find their skins will come off, remove them from the fire, put them into cold water, and blanch them, one by one, rubbing them with salt; then wash them in several waters, in order to clean them; in short, till you see no soil in the water; when this is done, throw them into boiling water, and let them boil till so tender as a pin may easily pass through them; drain and put them into clarified sugar without water, they being green enough do not require a thin sugar to bring them to a colour; but, on the contrary, if too much heated, they will become too dark a green; the next day boil the syrup and put it on them, the day after boil it till it be very smooth, the day following give all a boil together, scum them and let them lie four or five days; then, if you will dry them or put them in jellies, you must follow the directions as for green apricots.

*Note:* If you will have a compote of either, it is but serving them to table when they are first entered, by boiling the sugar a little more.

*To parch almonds.*

Take a pound of sugar, make it into a syrup, boil it candy high, and put in three quarters of a pound of Jordan almonds blanched; keep them stirring all the while, till they are dry, then crisp them, put them in a box, and keep them dry.

*To make chocolate almonds.*

Take a pound of chocolate, finely grated, and a pound and a half of the best sugar, finely sifted; soak gum dragon

in orange-flower water, and work them into what form you please; the paste must be stiff; dry them in a stove.

You may write devices on paper, roll them up, and put them in the middle.

*To make little things of sugar, with devices in them.*

Take gum dragon steeped in rose water, have some double-refined sugar secred, and make it up into paste; some of your pastes you may colour, with powders and juices, what colour you please, and make them up in what shapes you like; colours by themselves or with white, or white without the colours; in the middle of them have little pieces of paper, with some pretty smart sentences wrote on them; they will in company make much mirth.

*To make white loaves.*

Take double-refined sugar, a little musk, and amber-grease; wet them with the white of an egg, beaten to a froth to the thickness of a paste; when beaten and tempered well together with a wooden spoon, take as much as a filberd, made up round and cut round the middle like a loaf; put them in the oven upon papers, taking care the oven is not too hot, for they must be perfectly white, only a little coloured at the bottom of the sugar; the longer they are beaten with the back of the spoon the better.

*To make sugar of roses, and in all sorts of figures.*

Clip off the white from the red bud, and dry it in the sun; to one ounce of that, finely powdered, take one pound of loaf sugar; wet the sugar in rose water, (but, if in season, take the juice of roses) boil it to a candy height, put in your powder of roses, and the juice of a lemon; mince all well together, put it on a pie plate, and cut it into lozenges, or make it into any figures you fancy, as men, women, or birds; and if you want for ornaments in your desert, you may gild or colour them, as in the wormwood cakes.

*To preserve almonds dry.*

To a pound of Jordan almonds, take half a pound of double-refined sugar; blanch one half of the almonds, and leave the other half unblanched; beat the white of an egg very well, pour it on your almonds, and wet them well with it; then boil your sugar again, dip in your almonds, stir them all together, that your sugar may hang well on them; then put them on plates, place them in the oven after the bread is drawn; let them stay in all night; and they will keep the year round.

*To make almond cakes or figures.*

Boil a pound of double-refined sugar to a thin candy; blanch, with orange-flower water, half a pound of Jordan almonds; add the juice of one lemon, and the peels of two, grated to the juice; first boil your sugar and almonds together, keeping it stirring till the sugar is boiled to a proper height; put in the lemon juice, stir it well together over a slow fire, taking care it does not boil after the juice is in; make this into cakes, or what form or shape you please, and either gilt or plain.

*To make march pans.*

Blanch and beat a pound of almonds with rose or orange-flower water, and, when they are firmly beaten, put in half a pound of double-refined sugar beat and seered; work it to a paste, spread some on wafers, and dry it in the oven; when it is cold, have ready a white of an egg beaten, with rose water and double refined sugar; let it be as thick as butter, and draw your march pan through it and put it in the oven; it will ice in a little time, and keep for use.

If you have a mind to have your march pan large, cut it, when it is rolled out, by a gutter plate, and edge it about like a tart; wafer the bottom, and see as aforesaid when the ice is rising; you may colour, gild, or strew them with somfits, and form them in what shape you please.

*To dry cherries.*

Stone your cherries, and weigh them to eight pounds; put two pounds of sugar, boil it till it blows very strong; put the cherries to the sugar, and heat them by degrees till the sugar is melted, for when the cherries come in, it will so cool the sugar that it will seem like glue, and should you put it in a quick fire at first it will endanger the burning; when you find the sugar is all melted, then boil it as quick as possible till the sugar flies all over them; scum and set them by in an earthen pan, for where the sugar is so thin it will be apt to canker in copper, brass, or silver; the next day drain them, and boil the sugar till it rises; put in your cherries, give them a boil, scum them and set them by till the next day; then drain and lay them out on sieves, and dry them in a very hot stove.

*To preserve cherries liquid.*

Take the best Morello cherries when ripe, either stone them or clip their stalks off; to every pound take a pound of sugar, boil it till it blows very strong; then put in the cherries, and by degrees bring them to boil as fast as you can, that the sugar may come all over them; scum them and set them by, and the next day boil some more sugar to the same degree; put some jelly of currants, drawn as hereafter directed; for example; if you boil one pound of sugar, take one pint of jelly of currants, put in the cherries and the syrup to the sugar, then add the jelly, and give all a boil together; scum them, and fill your glasses or pots, taking care, as they cool, to disperse them equally, or otherwise they will swim all to the top.

*To draw a jelly of currants.*

Wash well your currants, put them into a pan, and mash them; then put in a little water, boil them to a mummy, strew it on a sieve, and press out all the juice, of which you make your jelly.

*Note:* Where white currant jelly is prescribed, it is to be drawn after the same manner, observing to strain it first.

*To make cherry paste.*

Take two pounds of Morello cherries, stone them, press out the juice, dry them in a pan, and mash them over a fire; then weigh them, and take their weight in sugar beaten very fine, heat them over a fire till the sugar is well mixed, then dress them on plates or glasses; dust them when cold, and put them into a stove to dry.

*Mrs. Smith's way of preserving cherries in jelly.*

Take green gooseberries, slice them on the side, that part of the liquor may run out, put them into pots, and put into the pots two or three spoonfuls of water; stop the pots very close, and put them in a skellet of water over the fire, till the gooseberries have made a liquor as clear as water; half a pound of gooseberries will make this liquor; take a pound of cherries stoned, one pound of double refined sugar beaten small; strew some at the bottom of your silver bason, and then a layer of cherries, and cover them over with sugar; keep some to throw over them as they boil, put to the cherries five or six spoonfulls of gooseberry liquor, set them over the fire, and boil them very softly at first, till your sugar is melted, and afterwards as fast as you can; scum it very well and carefully; when your liquor is jelly'd, it will stick upon your spoon, and then put it up; they do best half a pound at a time.

*To preserve cherries the French way.*

Take Morello cherries, hang them by their stalks one by one, where the sun may come to dry them, and no dust can get to them; this must be in autumn; cut the stalks as for preserving, place them one by one in your glasses, scrape so much sugar as will cover them, then fill them up with white wine, set them in a stove to swell, and then use them.

*To preserve cherries a cheap way.*

Take six pounds of cherries and stone them; put half a pound of the best powdered sugar, boil them in a little copper, or other vessel, as most convenient; when you think they

they are enough, lay them one by one on the back side of a sieve, set them to dry in an oven that hath baked things, and when dry put them in a stove to keep them so.

If any liquor be left, do more cherries as above; they will keep well coloured all the year,

*Mrs. Smith's way to candy cherries.*

Take cherries before they are ripe, stone them, and pour clarified sugar boiled upon them.

*To candy apricots, pears, plumbs, &c.*

Cut your fruit in half, put sugar upon them, shake them in a gentle oven close stopp'd up, let them stand half an hour, and lay them, one by one, on glass plates to dry.

*To preserve gooseberries green.*

Take the longest sort of gooseberries the latter end of May, or beginning of June, before the green colour has left them; set some water over the fire, and when it is ready to boil, throw in the gooseberries; let them have a scald, then take them out, and carefully remove them into cold water; set them over a very slow fire to green, cover them close that none of the steam can get out, and when they have obtained their green colour, which will perhaps be four or five hours, drain them gently into clarified sugar, and give them a heat; set them by till next day, and give them another heat; this you must repeat four or five times, in order to bring them to a very good green colour; thus you may serve them to table by way of compote; if you will preserve them to keep either dry or in jelly, you must follow the directions as for green apricots before-mentioned.

*To preserve gooseberries white.*

Take the large Dutch gooseberries when full grown, but before they are quite ripe, pare them into fair water, stone them, put them into boiling water, and let them boil very tender; then put them into clarified sugar in an earthen pan, and put as many in one pan as will cover the bottom, and set them by till next day; then boil the syrup  
a little.

a little, and pour it on them; the day after boil it smooth, and pour it on them; the third day give them a gentle boil round, by setting the side of the pan over the fire, and turning it about as it boils, till they have had a boil all over; the day following make a jelly with codlins, and finish them as you do the others.

*To dry gooseberries.*

To every pound of gooseberries, when stoned, put two pounds of sugar, but boil the sugar till it blows very strong, then strew in the gooseberries and give them a gentle boil, till the sugar comes all over them; let them settle a quarter of an hour, give them another good boil, scum them and set them by till the next day; then drain and lay them out on sieves to dry, dusting them very much; put them before a brisk fire in the stove, and when dry on one side, turn and dust them on the other; when quite dry, put them into your box.

*Gooseberry paste.*

Take the gooseberries when full grown, wash them and put them into your preserving pan, with as much spring water as will cover them; boil them all to a mummy, and strew them on a hair sieve over an earthen pot or pan; then press out all the juice; to every pound of paste, take one pound two ounces of sugar, boil it till it cracks, take it from the fire, put in the paste, and mix it well over a slow fire till the sugar is incorporated with the paste, then scum it and fill your paste pots; give them another scum, and when cold, put them into the stove; when crusted on the top, turn them and set them in the stove again; when a little dry, cut them in long pieces, set them to be quite dry, and, when so crusted that they will bear touching, turn them on sieves, dry the other side, and then put them into your box.

*Note:* You may make them red or green, by putting the colour when the sugar and paste is well mixed, giving it a warm altogether.

*Gooseberry clear cakes.*

Gooseberry clear cakes are made after the same manner as the paffe, with this difference only, that you strain the jelly through the bag before you weigh it for use.

*To dry currants in bunches.*

Stone your currants and tie them up in bunches; to every pound of currants boil two pound of sugar, till it blows very strong; dip in the currants, let them boil very fast till the sugar flies all over them, let them settle a quarter of an hour, and boil them again till the sugar rises almost to the top of the pan; let them settle, scum them and set them by till next day; then drain them and lay them out, taking care to spread the sprigs that they may not dry clogged together; dust them very much and dry them in a hot stove.

*To preserve currants in jelly.*

Stone your currants, clip off the black tops, and clip them from the stalks; to every pound boil two pounds of sugar, till it blows very strong; slip in the currants, give them a quick boil, take them from the fire and let them settle a little; then give them another boil, and put in a pint of currant jelly, drawn as directed before, till you see the jelly will flake from the scummer; then remove it from the fire, let it settle a little, scum them and put them into your glasses, and as they cool take care to disperse them equally.

*To ice currants.*

Take fair currants in bunches, and have ready the white of an egg, well beaten to froth, dip them in, lay them abroad, sift double refined sugar pretty thick over them, and let them dry in a stove or oven.

*Currant paste.*

Wash well your currants, put them into your preserving pan, bruise them, and with a little water boil them to a pulp; then press out the juice, and to every pound take  
twenty

twenty ounces of loaf sugar, boil it to crack, take it from the fire, and put in the paste; then heat it over the fire, take off the scum, and put it into your paste pots, or glasses, then dry and manage them as other pastes.

*To preserve barberries.*

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

*To dry barberries.*

Stone the barberries, and use them in bunches; weigh them, and to every pound of berries clarify two pounds of sugar, make the syrup with half a pint of water to a pound of sugar, put your barberries into the syrup when it is scalding hot, let them boil a little, and set them by with a paper close to them; the next day make them scalding hot, repeat this two days, but do not boil it after the first time, and when they are cold lay them on earthen plates, strew sugar well over them, the next day turn them on a sieve, and sift them again with sugar; turn them daily till they are dry, taking care your stove is not too hot.

*To preserve or dry samphire.*

Take it in bunches as it grows, put on the fire a large deep stew-pan filled with water; when it boils throw in a little salt, put in your samphire, and when you see it look of a fine beautiful green, take off the pan directly, and with a fork take up the samphire, lay it on sieves to drain, and when cold, either preserve it, or dry it as the barberries; if you frost them they will be very pretty.

*How to preserve raspberries liquid,*

Take the largest and fairest raspberries you can get, and to every pound of raspberries take one pound and a half of sugar, clarify it, and boil it till it blows very strong, then put in the raspberries, let them boil as fast as possible, strewing a little fine beaten sugar on them as they boil; when they have had a good boil, that the sugar rises all over them, take them from the fire, let them settle a little, and give them another boil; to every pound of raspberries put half a pint of currant jelly, let them have a good boil, till you see the syrup hang in flakes from your scummer; then remove them from the fire, take off the scum, and put them into your glasses or pots.

*Note:* Take care to remove what scum there may be on the top; when cold, make a little jelly of currants and fill up the glasses; cover them with paper, first wet in fair water and dried between two cloths, which paper you must put close to the jelly, then wipe clean your glasses, and cover the tops of them with other paper,

*Raspberry cakes.*

Pick all the grubs and spotted raspberries away, then bruise the rest and put them on a hair sieve over an earthen pan, put them on a board and weight to press out all the water you can, then put the paste into your preserving pan, and dry it over the fire, till you perceive no moisture left in it, stirring it all the time it is on the fire to keep it from burning; weigh it, and to every pound take one pound and two ounces of sugar, beat to a fine powder, and put it in by degrees; when all is in, put it on the fire and incorporate them well together; take them from the fire, scrape all to one side of the pan, let it cool a very little, then put it in your moulds; when quite cold, put them into your stove without dusting them, and dry it as all sorts of paste,

*Note;* You must take particular care that your paste doth not boil after your sugar is in, for if it does it will grow greasy,

*Raspberry clear cakes.*

Take two quarts of ripe gooseberries, or white currants, and one quart of red raspberries; put them into a stone jug, and stop them close; put it into a pot of cold water, as much as will cover the neck of the jug, then boil them in that water till it comes to a paste, then turn them out in a hair sieve placed over a pan, press out all the jelly, and strain it through the jelly bag; take twenty ounces of double-refined sugar, and boil it till it will crack in the water; take it from the fire, put in your jelly, and stir it over a slow fire till all the sugar is melted; give it a good heat till all is incorporated, take it from the fire, scum it well, and fill your cake glasses; take off what scum is on them and put them into the stove to dry, observing the method directed before for clear cakes.

*Note:* In filling out your clear cakes, and clear pastes, you must be as expeditious as possible, for if it cools it will be a jelly before you can get it into them.

White raspberry clear cakes are made after the same manner, only mixing white raspberries with the gooseberries in the infusion.

*Raspberry clear cakes.*

Take two quarts of gooseberries and two quarts of red raspberries, put them in a pan with about a pint and half of water, boil them over a quick fire to a mummy, throw them upon an earthen pan, press out all the juice, then take that juice and boil it in another quart of raspberries; then throw them on a sieve, and rub all through the sieve that you can; then put in the seeds, and weigh the paste; to every pound, take twenty ounces of fine loaf sugar boiled; when clarified till it cracks, remove it from the fire, put in your paste, mix it well, and set it over a slow fire, stirring it till all the sugar is melted, and you find it is become a jelly; take it from the fire, and fill your pots and glasses whilst very hot; scum them, and put them into the stove, observing when cold to dry them as pastes before.

*Raspberry biscuits.*

Pres out the juice and dry the paste a little over the fire, then rub all the pulp through a sieve, and weigh them: to every pound take eighteen ounces of sugar sifted very fine, and the whites of four eggs; put all in the pan together, and with a whisk beat it till it is very stiff, so that you may lay it in pretty high drops, and when it is so beaten, drop it in what form you please on the back-sides of cards, paper being too thin; if it be difficult to get them off, dust them a little with a very fine sugar, and put them into a very warm stove to dry, and when they are dry enough they will come easily from the cards; but whilst soft they will not stir; then take and turn them on a sieve, let them remain a day or two in the stove, then pack them up in your box, and they will, in a dry place, keep all the year without shifting them.

*Raspberry jam.*

Pres out the water from the raspberries, and to every pound of raspberries take one pound of sugar; first dry the raspberries in a pan over the fire, but keep them stirring lest they burn; put in your sugar, incorporate them well together, and fill your glasses or pots, covering them with thin white paper close to the jam, whilst it is hot, and when cold tie them over with other paper.

*How to make a jam of cherries.*

Take six pounds of cherries, stone them into four pounds of loaf sugar, and let them stand till the sugar is dissolved: then set them on the fire to boil very fast; when you find them stiff, shake in half a pound of sugar more, let it boil till it comes clear from the bottom of your preserving pan, and then it is enough.

*How to keep fruit for tarts all the year.*

Take your fruit when it is fit to pot, and strew some sugar at the bottom of the pot, then fruit, and then sugar; so on  
till

till the pot is full; cover them with fugar, tie a bladder over the pot, then leather, and keep it in a dry place.

*To keep grapes, gooseberries, apricots, peaches, nectarins, cherries, currants, and plumbs, the whole year.*

Take fine dry sand, that has little or no saltness in it, and make it as dry as possible with often turning it in the sun; gather your fruits when they are just ripening, or coming near ripe, and dip the ends of the stalks in melted pitch or bees wax; and having a large box with a close lid, dry your fruit a little in the sun to take away the superfluous moisture, and lightly spread a layer of sand at the bottom of the box, and a layer of fruit on it, but not too near each other; then scatter sand very even about an inch thick over them, and so another layer till the box is full; then shut the lid down close, that the air may not penetrate; and whenever you take out any thing, be sure to mind the placing them even again; so you will have them fit for tarts, or other uses, till the next season; if they are a little wrinkled, wash them in warm water and they will be plump up again: you may use millet instead of sand, if you think it more convenient.

*To keep cherries dry.*

Have ready a new stone jar, very clean and dry, with a mouth just wide enough to put your hand in; gather your fruit when full ripe and quite sound, and with great care lay your cherries in, with their stalks on; have a bung to stop it close, rozin the top all over, tie a string round it, and if you have a well, hang it so down as it may not come near the water, or touch the side of the well, and the well must be close covered; if you have not that conveniency, bury it at least three or four feet deep in the earth.

*To keep figs and stone fruit sound and fit for use all the year.*

Take a large earthen pot, put the fruit into it in layer their own leaves being between them; then boil water and honey, scumming it till no more will rise, make it not too thick of the honey, and pour it warm on them; stop up the vessel close, and when you take them out for use, put

them two hours in warm water, and they will have in a great measure their natural taste.

*To keep strawberries, raspberries, currants, gooseberries, mulberries, and damsons.*

Take new stone bottles, air them well in the sun, or by the fire, to take away the superfluous moisture and prevent its sweating; take off the stalks and put them into the empty bottles, by a fire, that may draw out as much of the air as may be; then suddenly cork them up, and tie down the corks with wires; let the corks be found and not visibly porous, for if they be the air will come in abundantly and corrupt the fruit; then in a moderate cool place cover the bottles with sand, laying them sideways, and the closeness will preserve them.

*To keep grapes on the tree, or when pulled off the tree.*

When they are come to their full growth, before they are quite ripe, make, for every bunch of grapes a bag of white paper, well oiled, close the top that no rain can get into the bag, and they will keep good till after Christmas; or if you pull them when just ripe, and dip their stalks in melted pitch or wax, and hang them in strings across a room, so that they do not touch one another: pears will keep the same way all the year.

*To keep walnuts, or filberds, all the year.*

Gather them when they are ripe, with the green husks on, bury them in dry sand, and mix the filberds with them.

*How to keep all sorts of flowers.*

Gather them on a very fine clear day, at twelve o'clock; have ready a box and a little writing sand, place a layer of sand, then a layer of flowers, and so on, alternately, till the box is full; close the box that no air can get in.

*To green leaves.*

Take little leaves of a pear tree, keep them close stopped in a pail of verjuice and water, and give them a boil in  
some

some syrup of apricots; lay them between two glasses to dry, smooth and cut them in shape of apricot leaves, for little apricot leaves are so tender that they will not endure greening; be sure they be got with stalks, and stick them in the apricots; close up the apricots, as plump and natural as you can.

*A grand trifle.*

Take a very large china dish or glass, that is deep, first make some very fine rich calves foot jelly, with which fill the dish about half the depth; when it begins to jelly, have ready some Naples biscuits, macaroons, and the little cakes called matrimony; take an equal quantity of these cakes, break them in pieces, and stick them in the jelly before it be stiff, all over very thick; pour over that a quart of very thick sweet cream, then lay all round, currant jelly, raspberry jam, and some calves-foot jelly, all cut in little pieces, with which garnish your dish thick all round, intermixing them, and on them lay macaroons, and the little cakes being first dipped in sack.

Then take two quarts of the thickest cream you can get, sweeten it with double-refined sugar, grate into it the rind of three fine large lemons, and whisk it up with a whisk; take off the froth as it rises, and lay it in your dish as high as you can possibly raise it; this is fit to go to the King's table, if well made, and very excellent when it comes to be all mixed together.

*Calves-foot jelly for the above dish.*

Take four calve's feet, set them on the fire in a saucepan, or pot, that holds two gallons of water; let them boil fast till they are boiled to pieces, or two parts wasted, or till this jelly, by taking a little out, be as stiff as glue; then strain it through a sieve, when cold take off the fat at top; then take two quarts of this jelly, one quart of mountain wine, the juice of six very large lemons, half a pound of double refined sugar, and the whites of six eggs, first beat to a froth; mix all together, let it boil, then run it through a jelly bag into a bowl, on a good quantity of lemon peel; then throw what quantity you want into your dish,

dish, pour the rest into a dish, so that you may cut it out when cold to garnish your trifle with.

*The floating island.*

Take a quart of very thick cream, sweeten it with fine sugar, grate in the peel of two lemons, and half a pint of sweet white wine; then whisk it well, till you have raised all the froth you can, pour a pint or quart of thick cream into a china dish, according to the depth of your dish; take two French rolls, slice them thin, and lay them over the cream as light as you can; then a layer of fine clear calves-foot jelly, or hartshorn jelly; then roll them over the currant jelly, then put the French rolls, and whip up your cream, lay it on as high as you can, and what remains pour into the bottom of the dish; garnish the rim of your dish with different sorts of sweetmeats, jellies, and ratafia cakes; this looks very ornamental in the middle of the table.

*Calves-foot jelly.*

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

*Hartshorn jelly.*

Take half a pound of hartshorn shavings, an ounce ising-glass; cut the ising-glass to pieces, and put it and the shavings to five pints of spring water; boil it to less than a quart, over a gentle fire; strain it, and let it stand all night to settle; melt the jelly, squeeze in two large lemons and a half, the whites of seven eggs, half a pint of white mountain wine, and sweeten it to your taste with double-

refined.

refined sugar; then put all these ingredients upon the fire, stir it pretty much till it boils, but boil it very little; stir it well together, scum it through a jelly bag, but let it not run very fast, if it does, put it in again; put lemon peel into the glasses; this quantity will make a dozen and a half of glasses.

*Note:* When they are made for the sick, only sweeten them, and tincture them with saffron.

*Jelly of apples.*

Pare the softer sort of pleasant tasted apples, slice them very thin, take out the cores and seeds, boil a pound of them in a quart of water till a fourth part be consumed; strain it well, and to every pint and half put three quarters of a pound of sugar, with a little mace or cinnamon, and boil it up to a thickness, adding a quarter of a pound of ising-glass; then strain it again and put it up for use.

*Currant jelly.*

Strip off the currants, put them into a jug, set the jug in kettle of water, let it boil an hour, then throw your currants and juice into a fine lawn sieve, press out all the juice, and to every pint of juice put a pound of double-refined sugar; put them in your preserving pan, set it over a charcoal fire, and keep it stirring till it is a jelly, which you will know to by taking a little out to cool; observe to take off the scum as it rises, and when it is jelly'd and very clear, pour it into glasses; when cold, cut round pieces of paper that will just cover the jelly, dip'd in brandy; put white paper over the glasses, twisted round the top, and prick the paper full of holes with a pin.

*Black currant jelly.*

Make it the same as the red currant jelly, only with this difference, make it with the coarsest lump sugar.

*Note:* This jelly is never used in a desert, but is a very good thing for a sore throat.

*Raspberry*

*Raspberry jelly.*

Make it the same way as the red currant jelly, only put one half currants and one half raspberries.

*Everlasting syllabubs.*

Take three pints of the thickest and sweetest cream you can get, a pint of rhenish, half a pint of sack, three lemons, near a pound of double-refined sugar, beat and sift the sugar and put it to your cream, grate off the yellow rind of three lemons, put that in, and squeeze the juice of three lemons into your wine; put that to your cream, beat all together with a whisk just half an hour, then take it up all together with a spoon and fill your glasses.

*A second sort of syllabubs.*

Take a quart of the thickest cream you can get, make it very sweet with double-refined sugar, finely beat; grate in the yellow rind of two large lemons; first fill your glasses one third full of sack, or any white wine sweetened, a little juice of orange just to give it a pleasant tartness, then with a whisk beat it up very well to a froth, take the froth, and with a spoon put it in your glasses as high as you can fill them, so keep it whisking up as long as it will froth, and put it in your glasses; if your cream is thin, beat up the yolk of an egg.

*A mock syllabub.*

Take a pint of sack and a pint of red port, the juice of a large lemon and a Seville orange; grate in the yellow rind of one of the lemons, and a little nutmeg; make it pretty sweet with fine sugar, take two quarts of new milk from the cow, with fine sugar, take two quarts of new milk from the cow, make it blood warm, put it in a jug with a spout, hold it high, and pour it in as if milked from the cow; when it has stood five minutes, have ready a pint of good warm cream, and pour that all over in the same manner; it will be best to eat directly, but very good two or three hours after.

*A whine.*

*A whim-wham.*

Take a pint of sack and half a pound of Naples biscuit, put them in a deep dish or bowl, and let them stand ten minutes; take a quart of cream, whisk it well, pour it over the wine and biscuit, and send it to table directly; it must be made just as you are going to use it.

You must mind to put in as much biscuit as will soak up the wine, and no more.

*Newcastle curd and cream.*

Take new milk, and put it in the bason you intend to go to the table; let it stand till it turns to curds, which may be one or two days after; eat it with cream and sugar, and it is very fine. If your milk is good it will be two days turning.

*Runnet curd and cream.*

Take new milk and sweeten it, grate in nutmeg, and the yellow rind of a lemon; put in runnet enough to turn it to curds, which, if covered, will be in about two hours; then, if there is a quart, pour over it half a pint of thick cream, and send it to table.

*To make snow cream.*

Take a large deep dish, strew the bottom with fine sugar beat to powder; then fill it with strawberries; take some sprigs of rosemary, stick a large one in the middle, and several round about, to resemble a tree; then take a quart of the thickest cream you can get, and the whites of eight or ten eggs; then whisk it up for half an hour, till you have made the froth very strong; let it stand ten minutes, and with a proper thing take off the froth, throw it over your tree, and cover your dish well with it; if you do it well, it makes a grand pile in a desert.

*Almond butter with milk.*

To a quarter of a pound of blanched almonds, very well beat, put some new milk and rose water; take a quart of thick cream, and the yolks of twelve eggs beat very well  
with

with a little of the cream; put the rest of the cream to them, then a quarter of a pint of new milk to the almonds, and strain it into the cream so often that there is no strength left; strain all together into a skillet, set it over a charcoal fire, and stir it till it comes to a tender curd; put it into a strainer, and hang it up till all the whey runs out; then take six ounces of fine sugar, well sifted, and a little rose water, and beat all into butter with a spoon.

*Almond-butter jelly.*

Take a pound of almonds blanched, and beat fine seven yolks of eggs, and strain out the almonds; then set a quart of cream, or more, on the fire, and when it boils up put in a little lemon peel, and the juice of a lemon; put it in a cloth, let it hang a day or two, and put it into dishes.

*Orange butter.*

Take the juice of twelve oranges, the yolks of eighteen eggs, double-refined sugar sufficient to sweeten it to your taste, but not very sweet; set it over a slow fire, stirring it all one way till it grows thick; then put in as much butter as the bigness of a walnut, and a little ambergrease, keep it smooth with stirring, when it is thick put it into little china dishes, being dipt in water first, that it may turn out the easier.

*Fairy butter.*

Take the yolks of two hard eggs, beat them in a marble mortar with a large spoonful of orange-flower water, and two spoonfuls of fine sugar beat to powder; beat all to a fine paste, add a like quantity of fresh butter just taken out of the churn, and force it through a fine strainer full of little holes into a plate.

*To make lech.*

Take a quart of cream, boil it, and in boiling put in some dissolved ising-glass, stir it till it is very thick, and take a handful of blanched almonds; beat them very fine, stir them into the cream, and put into a dish; when it is cold, slice them, and lay the slices on a silver or china dish.

*Junkets.*

Take a quart of new milk and a pint of cream; put it warm together, with a spoonful of good runnet, and cover it with a cloth wrung out of cold water; gather your curd, and put it in rushes till the whey is run out, and serve it either with or without cream.

*Lady Leicester's Spanish pap.*

Take a quart of cream, boil it with mace, then take half a pound of rice, sifted and beat as fine as flour, boil it with the cream to the thickness of a jelly; sweeten it with sugar, and turn it into a shallow dish; when cold, slice it, and you may eat it like flummery, with cold cream.

*Cream Curd.*

Take a pint of cream, boil it with a little mace, cinnamon, and rose water, to make it sweet; when it is as cold as new milk, put in about half a spoonful of good runnet, and when it curds, serve it up in a cream dish.

*To make lemon cream.*

Squeeze nine lemons upon a pound and half of double-refined sugar, fourteen or fifteen spoonfuls of fair water, and set it on the fire till the sugar is all melted; put in the white of nine eggs, strain it, and set it on the fire again; stir it all the while, till you see it begin to thicken; then put in orange-flower water, about four or five spoonfuls; take it off the fire, and put it into your glasses; you must cut some lemon peel in small strings and lay in the bottom, after being boiled tender; this must be done over a charcoal fire.

*Orange cream.*

Do the same as the lemon above.

*A second sort of lemon cream.*

Take one pint of thick cream, set it on the fire, keep it stirring, let it simmer, sweeten it very sweet with double refined sugar, keep it stirring till it is pretty cool, then put

in the juice of half a lemon, with the peel squeezed in to give it a fine bitter; keep it stirring till it is cold, then stir it up high to bring a froth in the dish; this should be made early in the morning against dinner.

*To make clear lemon cream.*

Take a little hartshorn jelly, and put into it the peel of two lemons, taking care there is none of the white; set it over the fire, let it boil, then take the whites of six eggs, and beat them well; take the juice of four lemons, grate in the peel to the juice, let it soak a little while, and afterwards put the juice and eggs together; put in such a quantity of double refined sugar as will sweeten it to your taste; let it boil very fast almost a quarter of an hour, then strain it through a jelly bag, and as it runs through put it in again, till it is quite clear; after which take the peels of the lemons boiled in it, and cut them into each glass; stir it till it is half cold and put it into the glasses.

*To make yellow lemon cream.*

Grate off the peel of four lemons, squeeze the juice to it, and let it steep four or five hours, strain it, and put to it the whites of eight eggs, and the yolks of two well beaten and strained; add thereto a pound of double-refined sugar, a quarter of a pint of rose water, and a pint of spring water; stir all these well together, and set it on a quick fire, but let it not boil, and when it creams it is enough.

*To make Spanish cream.*

Take three spoonfuls of flour of rice scerred very fine; the yolks of three eggs, three spoonfuls of fair water, two spoonfuls of orange-flower water, and mix them well together, then put to it one pint of cream, set it on a good fire, keeping it stirring till it is of a proper thicknes, and then pour it into your cups.

*To make loaf sugar cream.*

Take a pint of jelly of hartshorn, put in a little ising-glass, make it thick with almonds or cream, which you please;

please; sweeten it very well, and put it into tin pots; let it stand till cold, and when you use it, dip the pan in warm water, and take it out whole.

*Imperial cream.*

Take a quart of water, six ounces of hartshorn, put into a stone bottle, close and tied down, fill not the bottle too full, and set it in a pot of boiling water, or in an oven to bake; let it stand three or four hours, strain it through a jelly bag, and let it cool, having ready six ounces of almonds beat very fine; put into it just so much cream as jelly, mix them together, then strain the almonds and cream, and set all together over the fire till it be scalding hot; strain it into narrow bottomed glasses, let them stand a whole day, and turn them out; stick them all over with blanched almonds, or pine apple seeds laid in water the day before you peel them, and they will come out like a flower; then stick them on the cream.

*Almond cream.*

Take almonds blanched in cold water, beat them fine with rose water and ambergrease steeped in them, take the yolks of six eggs, beat your cream, being boiled with mace; put in your almonds, and when well mingled, put in your eggs, taking care that they only simmer; when it is thick take it off; your cream must be an ale pint, half a pound of almonds, and six whites of eggs; garnish with gilded almonds and dried citron.

*Another of the same.*

Boil a pint of cream, beat an handful of almonds very fine with rose water; take the cream off the fire and put it to the almonds, stir them together and strain it, and season it with rose water and sugar, let it boil fast till it is thick, and serve it up.

*Pistachia cream.*

Peel your pistachias, beat them very fine, boil them in cream; if it is not green enough add a little juice of spinage,

nage; thicken it with eggs, sweeten it to your palate, pour it into basons, and set it by till it is quite cold.

*Cold cream.*

Take a pint of sack or rhenish wine, and a good deal of fine sugar; beat fine a quart of good cream, and a lemon cut round, a little nutmeg and cinnamon, and a sprig of rosemary; pour them all together, let them stand a while, and beat them up with a rod till they rise; take it off with a spoon as it rises, and lay it in a pot or glass, and then serve it up.

*Codlin cream.*

Take twenty fair codlins, core them, beat them in a mortar with a pint of cream, strain it into a dish, and put into it some brown bread crumbs, with a little sack, and dish it up; so you may order gooseberries.

*How to make raspberry cream.*

Take the whites of seven eggs, and seven spoonfuls of raspberry mash; put them both in an earthen pan, and beat it well with a spoon till it comes to a cream, or you think it looks white enough, then fill your glasses, this quantity will make about a dozen.

*How to make chocolate cream.*

Take a quart of cream, a pint of white wine, and a little juice of lemon; sweeten it very well, lay in a sprig of rosemary, grate some chocolate, and mix all together; stir them over the fire till it is thick, and pour it into your cups.

*Almond cream.*

Blanch almonds, bruise them small in a mortar, and strain them through a strainer with fair water; strain them again with thick milk, and with a quarter of a pound of sugar; put them into a pot, add a little salt, and set it over the fire; stir it well that it burn not to the pot; when it is boiled take it from the fire, cast a ladle of fair water into it, cover it with a dish, and let it stand; afterwards take a clean  
cloth

cloth of an ell long, let it be held strait and cast the cream upon it with a ladle, draw from under the cloth the water from the cream, pin the four corners together, and hang it up again.

*Steeple cream.*

Take five ounces of hartshorn and two ounces of honey, put them into a stone bottle, and fill it up to the neck with fair water; put in a small quantity of gum arabic, and gum dragon; then tie up the bottle very close, set it into a pot of water with hay at the bottom, let it stand six hours; then take it out, let it stand an hour before you open it, then strain it and it will be a strong jelly; take a pound of blanched almonds, beat them fine, and mix them with a pint of thick cream; let it stand a little, strain it, mix it with a pound of jelly, and set it over the fire till it is scalding hot; sweeten it to your taste with double refined sugar, take it off, put in a little amber, and pour it into small high gally-pots, like a sugar loaf at top; when it is cold pour them out, and lay cold whipt cream about them in heaps, taking care it does not boil when the cream is in.

*Sweetmeat cream.*

Take some good cream, and slice some preserved peaches into it, apricots, or plumbs, sweeten the cream with fine sugar, or with the syrup the first was preserved in; mix all well together, and put it into your basons.

*Stone cream.*

Take a pint and a half of thick cream, boil in it a blade of mace and a stick of cinnamon, with six spoonfuls of orange-flower water; sweeten it to your taste, and boil it till thick; pour it out, and keep it stirring till almost cold, then put in a small spoonful of runnet, and put it in your cups or glasses; make it three or four hours before you use it.

*Clouted cream.*

Take a great quantity of new milk from the cow, scald it in a kettle on a charcoal fire, stirring it, and when it is

just ready to boil, take off and stir it a little; then lade it into a milk pan, and let it stand at least twenty-four hours; then divide the cream with a knife, as it stands upon the pan, and take it off with a skimmer, that the thin milk may run away; then lay it into dishes, one piece upon another, till your dish be as full as you please to have it; keep it twenty-four hours before you spread it.

*Blanched cream.*

Take a quart of the thickest cream you can get, sweeten it with fine sugar and orange-flower water; then boil it, and beat the whites of twenty eggs with a little cold cream, take out the treads, 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; beat it well with a spoon till it is cold, and then put it in your dishes.

*Almond custard.*

Take half a pound of sweet Jordan almonds, and three bitter almonds; blanch and beat them very fine with orange-flower water, and the yolks of six eggs well beat and strained, with a quart of sweet cream; mix all together, and sweeten it to your palate; set it over a slow fire, and keep it stirring one way till it be thick, then pour it into your cups, and if you would have it richly perfumed, put in a grain of ambergrease.

*Orange custard.*

Take the juice of ten oranges, strain and sweeten them to your taste, dissolve your sugar in the juice over the fire; when cold, take six and twenty yolks of eggs, beat them well, and mingle them with a quart of cream; put the juice of ten oranges more in, and strain all together, keeping them stirring all the time they are over the fire, one way, for fear of curding; when it is of a good thickness pour it into your cups.

*Plain*

*Plain custard.*

Take a quart of cream or new milk, a stick of cinnamon, four laurel leaves, and some large mace; boil them all together, and take twelve eggs, beat them well together, sweeten them, and put them in your pan; bake them, or boil them, keeping them stirring all one way, till they are of a proper thicknes.

You should boil your spice and leaves first, and when the milk is cold, mix your eggs and boil it: you may leave out the spice, and only use the laurel leaves, or, in the room of that, four or five bitter almonds.

*A second sort.*

Take a quart of new milk, the yolks of six eggs, beat fine and strained, and half a small nutmeg grated; sweeten all to your palate, and either bake or boil them.

*A third sort.*

Boil a quart of cream, then sweeten it with fine powder sugar, and beat up the yolks of eight eggs, with two spoonfuls of orange-flower water; stir all together, strain it through a sieve, set them on the fire, and keep them stirring all one way till they are of a proper thicknes; then pour them into your cups, and put them soon after in a stew pan, put in as much water as will rise half up the cups, set the stew pan over a charcoal fire, and let it simmer so as to have them of a proper thicknes.

*A cream possét.*

Take twelve eggs, leave out two or three whites, take out all the treads, and beat them very well into the bason you make your possét in; add half a pound of sugar, a pint of sack, and a nutmeg grated; stir it and set it on a chafing dish of coals till it is more than blood warm; take a quart of sweet cream, when it boils pour it into a bason, cover it with a warm plate and a cloth, then set it on a chafing dish of embers till it be as thick as you would have it, and strew on some fine cinnamon.

*Orange leaves.*

Scrape your Seville oranges, and cut off a piece of the top; take out all the meat, and as much of the white as you can without breaking; boil them in water till they are tender, shifting the water frequently and placing hot water in its room; let them stand in that syrup all night, take them out and fill them with a thick custard before it is baked; put on the lids and bake them, and when they are cold send them to the table.

*Almond flummery.*

Take three ounces of hartshorn, put it to boil in two quarts of spring water; let it simmer over the fire six or seven hours till half the water is consumed; or else put it in a jug, and set it in the oven with household bread; then strain it through a sieve, and beat half a pound of almonds very fine, with a quantity of orange-flower water; when they are beat, mix a little of your jelly with it, and some fine sugar; strain it with the rest of the jelly, stirring it till it is a little more than blood warm; then pour it into your basons or cups, and when you use them, stick in almonds cut small.

*Ising-glass flummery.*

Take six ounces of ising-glass, put it in a quart of new milk, sweeten it, set it over the fire, and keep it stirring one way all the time till it is jelly'd; pour it into your basons, and when cold turn it out; you may put in orange-flower water, just as you like it.

*Oatmeal flummery.*

Take oatmeal, steep it in pure clean water till it turns sour, stir it every day, strain it, and then put it in a kettle over the fire; keep stirring it with a wooden stick one way all the time, till it is as thick as a hasty-pudding; then pour it into your basons, and when cold turn it out: you may eat it with milk, ale, or wine sweetened.

*Bloomage.*

*Bloomage.*

Take clear hartshorn and calves-foot jelly, make it pretty sweet, put in a little orange-flower water, a little rose water, a little white wine, and the juice of an orange; put in as much of all the ingredients as will make it palatable, blanch some sweet almonds and pound them in a mortar with the orange-flower and rose water, as much as will turn the bloomage white, and strain it well; stir all together till you find it jelly, which you will know by taking a little out in a spoon; pour it into what thing you please to shape it in, and when cold turn it out and stick it with almonds; if it sticks, dip your bason or glasses in hot water.

*To make cheescakes.*

Take a gallon of new milk, set it as for a cheese, and gently whey it; then break it into a mortar, put to it the yolks of six eggs, and four of the whites; sweeten it to your taste, put in a nutmeg, some rose water, and sack; mix these together, set over the fire a quart of cream, and make it into a hafty pudding; mix all together very well, and fill your pattipans just as they are going into the oven, which must be ready immediately to receive them; when they rise well up, they are enough; make your paste; take about a pound of flour and strew three spoonfuls of loaf sugar into it, beat and sifted; rub in a pound of butter, one egg, and a spoonful of rose water, the rest cold fair water; make it into a paste, roll it very thin, put it into your pans, and fill them almost full.

*Potatoe or lemon cheese cakes.*

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

*Mrs.*

*Mrs. Harrison's cheefecakes.*

For the paste use a quart of fine flower, or more, a pound of butter rubbed into the flower, with a quarter of a pound of sugar beat fine, two spoonfuls of orange-flower water; make it into paste and lay it in pattipans for the curd, take the yolks of twelve eggs beat in a pint of very thick cream; when the cream boils up put in the eggs, then take it off and put it in a cloth over a cullender; whey some new milk with runnet for the other curd, when you temper them both together, take a pound of currants, three quarters of a pound of butter, half a pound of sugar, a quarter of an ounce of nutmegs, four spoonfuls of rose water, and bake them quick.

*Lady Leicester's cream cheefe.*

Take a gallon and half of stroakings, and put to it one quart of boiling milk, and one handful of marigold flowers, boiled in water and strained, then put in the runnet as the cheefe comes; whey it gently down and put it in your vat and make your cheefe, then turn it into a dry cloth into the vat, and put it into the press; when there an hour, take it out and shift it into dry cloths, so do five or six times; about five o'clock take it out and salt it, and put it into a dry cloth twice a day for four or five days, then put it into nettles fresh twice a day, and keep it there two or three weeks, then eat it; this is a very good cheefe.

*Cheefe cakes.*

Take tender curds, two gallons of milk, a quart of cream, and force the curd through a canvass strainer; add to this half a pound of good butter, a pint of cream, the yolks of twelve eggs, and two whites, put nutmeg, rose water, and salt to your own taste; then mingle these well together, and add to this a pound of currants washed, plumped, and dried; mix them all together and put them into coffins, and bake them in an oven or hot stove.

*Cheefe.*

*Cheese cakes.*

Take the curd of a gallon of milk, three quarters of a pound of fresh butter, two grated biseuits, two ounces of blanched almonds pounded, with a little sack and orange-flower water, half a pound of currants and seven eggs, some spice and sugar, beat them up in a little cream, till they are very light, and then make 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; and a very little time will bake them.

*To make rice cheese cakes.*

Take a pound of ground rice, and boil it in a gallon of milk, with a little whole cinnamon, till it be of a good thickness; then pour it into a pan, and put about three quarters of a pound of fresh butter in it; then let it stand covered till it is cold; then put in twelve eggs, and leave half the whites out, and a pound of currants, grate in a small nutmeg, and sweeten it to your own palate.

*Fine puff paste.*

To every pound of flour put one pound of butter, and the yolk of an egg. First take a quarter of a pound of the butter, and rub it in finely with the flower, then make a hollow in the middle of your flower, and beat the yolk of your egg very fine or it will spot the crust, then put in as much cold water as will make it into a light paste, work it up light and roll it out, then divide the rest of the butter into five parts, take one and stick it into little bits all over, then shake a little flour all over, and roll it up round, and

cut off a piece at the end, and lay on the middle of the roll, and roll it out again; do this five times and it is the finest puff paste you can make, and it will, when baked, speak finely.

*Fine paste for tarts.*

Take a pound of flour, a pound of loaf sugar beat fine, and a pound of butter, work it up altogether, don't roll it, but beat it well with the rolling pin for half an hour, folding it up and beating it out again, then roll out little pieces, as you want for your tarts.

*Paste for pattipans.*

Take a pound of fine flour, a spoonful of sugar, three quarters of a pound of good butter, rub it all into your flour, then take the yolks of two eggs, the white of one, as much water as will wet it, beat them and pour it into the flour, and work it altogether, then roll it out thin, and it will rise in baking.

*Paste for a pasty.*

Lay down a peck of flour, work it up with six pound of butter and four eggs, and make it into a stiff paste with cold water.

*Paste for a standing crust.*

To a peck of flour put six pounds of butter, lay your flour in a large dish, make a hollow in the middle, put your butter in a saucepan of water on the fire, and when the butter is all melted take it off and put it into the flour hot, and with a wooden spoon or stick work it all together, then with your hands work your paste quick, and pull it all into little pieces, till it is quite cold, then work it up into a stiff paste, and form it into what shape you will, and build your walls for a standing pye. It requires a good deal of strength to work this crust.

*To candy any sort of flowers.*

Pick your flowers from the white part, then boil as much double-refined sugar to candy high, as you think will receive

cive the flowers you do; then put in the flowers and stir them about, till you perceive the sugar to candy about them, then take them off the fire, and keep stirring them till they are cold in the pan you candied them in, then sift the loose sugar from them, and keep them in boxes dry; or you may candy your flowers whole, just as you think best.

*To candy orange flowers.*

Take half a pound of double-refined sugar finely beaten, wet it with orange-flower water, and boil it candy high, then throw in a handful of orange flowers, keeping it stirring, but don't let it boil, and when the sugar candies about them, take it off the fire, drop it on a plate, and set it by till it is cold.

*To preserve hops with gooseberries.*

Take the largest Dutch gooseberries, and cut them across at the head, and half way down, and pick out the seeds clean, but don't break the gooseberries; then take fine long thorns, scrape them, and stick on your gooseberries, put in the leaf of the one, to the cut part of the other, and so till your thorn is full, then put them in a new pipkin with a close cover, and cover them with water, and let them stand scalding till they are green (before your water boils) and while they are greening make a syrup for them, and take whole green gooseberries and boil them in water till they all break, then strain the water through a sieve; to every pound of hops put a pound and a half of double refined sugar, put the sugar and hops into the liquor, and boil them uncovered, till they are clear and green, then take them up and lay them on pye plates, and boil your syrup longer; lay your hops in a very deep gallipot, and when the syrup is cold pour it on them, cover them with paper and keep them in a stove for some time, afterwards in a very dry place.

*To preserve gooseberries whole without stoning.*

Get the largest preserving gooseberries, pick off the black eye, but not the stalk, then scald them, but take great care  
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they don't break, then take them up and throw them into cold water, and to every pound of gooseberries put a pound and a half of double-refined sugar, first clarify your sugar; to every pound of sugar a pint of water; and when the syrup is cold, lay your gooseberries single into your preserving pan, and put the syrup to them, set them on a slow fire, and let them boil, but not too fast, lest they break; when you perceive the sugar has entered them, take them off, cover them with white paper, and set them by till next day; then take them out of the syrup, boil the syrup till it begins to be ropy, scum it, put it to them again, and set them on a gentle fire; let them preserve gently till you perceive the syrup will rope, then take them off, set them by till they are cold, and cover them with paper; boil some gooseberries in fair water, when the liquor is strong strain it off, let it stand to settle, and to every pint of that liquor put a pound of double-refined sugar and make a jelly of it; put the gooseberries in glasses, when cold pour the jelly over them, and the next day paper them; wet and half dry the inside paper, to lie down the closer, put on your upper paper, and set them in a stove.

If you have a mind to make a little tree of them according to art, they will be pretty in a desert.

*How to make wafers.*

Take a pound of fine flour, and eight eggs; beat them well together, put in a penny loaf grated, one nutmeg, two glasses of sack, a spoonful of yeast, better than half a pound of melted butter, and as much milk as will make it thick batter; let it stand three or four hours to rise; they must be well beaten, and when you have rolled them out thin, put them into any shape and bake them.

*A second sort.*

Dry the flour very well, either in a silver basin or pewter, over a charcoal fire; stir it often that it may not burn, and when cold sift it through a hair sieve; then make a thin batter with cream, a little water, sack, cinnamon, and mace beaten and sifted, with double-refined sugar; mix  
and

and beat all well together, and when your irons are clean and very hot rub them with a little butter and a clean rag, then put them on and turn the irons, first one way and then another, till you think they are brown, which will be in a small time; take them off the irons, and roll them about your finger or a stick, and keep them in a tin pot near the fire; you must make them over a quick charcoal fire, or else they will not come off the irons whole.

*To make sugar wafers.*

Sift some fine sugar, put about two spoonfuls at a time in a small silver porringer or silver ladle; wet it with juice of lemon till it be a little thin; put in two drops of sack, with what perfume you like, throw it over a very slow fire; when a thin white skin rises, then stir it, and drop it on square papers as broad as your hands: if you make coloured ones, mix the colours as you do lemons, and make them as thin as you can, which you must do by turning your papers up and down; make it run, and spread it with your fingers; about two spoonfuls will make three or four wafers; they do best upon thin papers, that you may turn them round, and work them together as is used to be done for sugar; place and pin them up at one corner, in a warm place, till they are dry.

It must not be in too hot a place when it comes off.

*To make comfits of various colours.*

If you would have the comfits red, infuse some red saunders into the water, till it is of as deep a colour as you desire it; or if you please, you may use cochineal or fyrup of mulberries;

If green, boil some juice of spinnage with the sugar;

If yellow, put saffron to the water you mix your sugar with.

*Note,* They must all be boiled to a candy height, and then dried in your stove.

*To make bean or almond bread.*

Take a pound of pure white almonds, and blanch them in cold water, taking care you part not the almonds; then take a pound of double-refined sugar, beat and sifted; then do your almonds, and slice them the round way; as you cut them strew on sugar, stirring them all together that they do not stick; be sure you have sugar to the last, and always stir them, for if they cleave to each other they will not be good; they must be put in an earthen basin; put in a small spoonful of carraway seeds, mingle well these together, and add a little gum-dragon, dissolved in rose water and strained, put in also three grains of musk and ambergrease, dissolved in fine sugar, and the froth of two eggs beaten with rose water; make your froth as light as you can, and put in two spoonfuls of fine flour; when these are well mixed, lay them on wafers as broad as macaroons, and the thickness of two flat almonds; open them with a knife or bodkin, lest two or three pieces stick together; lay them as hollow and low as you can to make them appear in the best manner, and the quicker you lay them out the more hollow they will be; put them in a well heated oven, minding they scorch not, which will destroy their beauty; when they are half baked take them out, wash them with the white of an egg, scrape a little sugar over them, and let the egg be beaten to a froth, but let not your sugar be too gross; after set them into the oven about half an hour, then you may take them out, and when cold put them up.

*Note.* We used to lay out bean bread upon whole sheets of wafers, and so cut round to their size; the quantity I used to make, was, one pound of sugar, one pound of almonds, six sheets of wafers, and one pennyworth of gum dragon.

You may leave out either the musk or ambergrease, if you please.

*Now*

*How to make tumblers of almonds.*

Take three ounces of almonds, blanch and cover them over with a cloth from the air, beat them in a stone mortar very fine, and, as you beat them, drop in a little gum-dragon laid in sack, to keep them from oiling; when they are almost beaten enough, take the white of an egg beaten to froth, one pound of double-refined sugar finely beaten, and put it in by degrees, working it with your hands till it is all in a paste; roll it out and bake it upon buttered plates, and set them in an hot oven.

*How to make jumbles.*

Take a pound of fine flour and half a pound of sugar beaten and seered, rub in a piece of butter the bigness of an egg, a little mace finely shred, the yolks of four eggs, and the whites of three of them; beat them with rose water and a few carraway seeds, make it up in paste, with cream, in what shape you please, and bake them. One pound of sugar and ten eggs make them extremely rich.

*Lady Leicester's hollow gamballs.*

Take the white of three eggs, squeeze in the juice of a lemon, and the peel grated in; with a whisk beat it up to a froth, have ready half a pound of double-refined sugar finely sifted, take off the froth as it rises, and put it into the sugar till it be wet and thick like paste, roll it into what form you please, lay them upon paper, and put them in a moderate hot oven.

*To make apricot jumbles.*

Take apricots, pare and slice them into a clean dish, set them on the fire, and with a wooden spoon bruise them so that the pulp may be small; dry them on the coals, keeping them stirring till they are both dry and tough; lay them out in glasses in a stove, for two or three days, so cut them out in long pieces and roll them into rounds and shapes like tumblers; they must be rolled in double-refined sugar, and then dry them well in a stove.

*To make orange tumbles.*

Take four oranges, let the peels be large, with thick rinds; take out all the meat, and boil them in three several waters till they are tender, and the bitterneſs out of them; then squeeze them hard, dry them in a coarſe cloth, beat them in a ſtone mortar till they are come to a pulp, then take as much double-refined ſugar, ſeered, as will work it into paſte, and roll it into what ſhape you think proper.

*To make ſugar of raspberries.*

Take what quantity of fine ſugar you pleaſe, well beaten and ſeered; put it into a baſon, ſet it over hot coals, and have the juice of raspberries infuſed in a pot of water, as you do your common cakes; then throw a little ſugar among the juice, but not too much, that it may not diſſolve the ſugar but dry with it preſently; let it dry as to a candy height, and it will keep all the year.

*To make ſugar cakes.*

Take three pounds of fine flour, dried well and ſifted, and add two pounds of loaf ſugar beaten and ſifted; put in the yolks of four eggs, a little mace, a quarter of a pint of roſe water, and, if you pleaſe, you may diſſolve muſk or ambergreafe in your ſugar; mix all together, make it up to roll out, then bake them in a quick oven, and ſift ſome ſugar on them.

*To make ſugar puffs.*

Take the whites of ten egg and beat them till they riſe to a high froth; put it in a ſtone mortar or wooden bowl, and add as much double-refined ſugar as will make it thick; put in ſome ambergreafe to give it a taſte, and rub it round the mortar for half an hour; put in a few carraway ſeeds, take a ſheet of wafers and lay it on as broad as ſixpence and as high as you can; put them in a moderate hot oven half a quarter of an hour, and they will look as white as ſnow.

*To make seed puffs.*

Take gum-dragon and steep it in rose water; then take some double-refined sugar, seer and wet it with some gum as stiff as paste; work it with a spoon till it becomes white, roll it out upon white paper very thin, and cut it out in shapes with a jiggging iron, and bake it in an oven, taking care not to scorch it.

*How to make little candied cakes.*

Take double-refined sugar finely seered, about a silver ladle full; wet it no more than will make it boil to a candy height, and put in what flowers you please; strew some sugar upon them, glass drop them upon white paper, and take them off hot to avoid their sticking.

*How to make tumblets.*

Take of fine sugar and flour one pound each, eight eggs, with their whites taken out, and beat the yolks with two spoonfuls of rose water; take the quantity of a walnut of butter, which, along with the egg, put to half the quantity of sugar and flour, and mingle in the other half gradually. Some make tumblets thus: take a pound of sugar, and mix to it the white of an egg well beaten; put to it a little grated lemon peel, making it in little balls; put them upon round papers, and do them in a pan over the fire till they are enough.

*Ratafia biscuits.*

Take four ounces of bitter almonds, blanch and beat them as fine as you can; in beating them, put in the whites of four eggs, one at a time, and mix it up with sifted sugar to a light paste; roll the cakes, and lay them on wafer-paper, or on tin plates; make the paste so light as to take it up with a spoon; then bake them in a quick oven.

*How to make sugar biscuits a cheap way.*

Take one pound of fine flour, one pound of powdered sugar, a few almonds blanched and pounded; mix these  
with

with six spoonfuls of rose water, and the yolks and whites of eight eggs that are beat a full hour; when well mixed, put it into small tin pans of various fashions, and bake them only with the heat of the oven after the batch is drawn, and stop the oven very close.

*How to make Savvy biscuits.*

Take eight eggs, separate the whites from the yolks, and beat your whites till they are very high; then put your yolks in with a pound of sugar, beat this for a quarter of an hour, and when your oven is ready, put in one pound of fine flour, and stir it till it is well mixed; lay your biscuits upon the paper and ice them, only taking care your oven is hot enough to bake them speedily.

*Savvy biscuits, a second sort.*

Take twelve eggs, 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-refined sugar well beat and finely sifted; when the eggs and sugar are as thick and white as cream, take a pound and two ounces of the finest flour that is tried, and mix with it; then lay it in long cakes, and bake them in a cool oven.

*Lemon biscuit.*

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

*Macaroons.*

*Macaroons.*

Take a pound of almonds, scald and blanch them, and throw them into cold water; dry them in a cloth, pound them in a mortar, and moisten them with orange-flower water, or the white of an egg, lest they turn to an oil; afterwards take an equal quantity of white powdered sugar, the whites of four eggs, and a little milk; beat all well together, shape them round upon wafer-paper with a spoon, and bake them in a gentle oven on tin plates.

*A second sort of macaroons.*

Take a quarter of a pound of almonds blanched, and three ounces of sugar seered; beat these together with a little of the white of an egg and rose water, till it is thicker than batter; then drop it on wafer-paper and bake them.

*Hard biscuit.*

Take half a peck of fine flour, 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; make it into long rolls, bake them an hour, and the next day pare them round; then slice them into pieces about half an inch thick, dry them in the oven, draw and turn them and dry the other side, and they will keep the whole year.

*To make iced biscuit the French way.*

Take the whites of eight, and the yolks of six eggs, put to them one pound of loaf sugar beat and seered, and beat them two hours; have ready fourteen ounces of fine flour double beat, sifted, and well dried in an oven, or over coals; when your oven is swept and your plates buttered, put in your flour as fast as you can mingle them together, and lay them upon the plates, putting a little musk and ambergrease, finely beat, into them; you must be very quick after your flour is in, and set them in a quick oven; this will make twenty large ones, laying out for each one spoonful.

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*How to make Naples biscuits.*

Take a pound of fine sugar, and three quarters of the finest flour you can get; the sugar must be finely seered, and the flour three times; then add six eggs beat very well, and two or three grains of musk with a spoonful of rose water; heat your oven, and when it is almost hot make them, taking care they be not made up wet.

*To make orange biscuits.*

Take your oranges and water them two days, boil them tender, shift the water they are boiled in, and put them to another that is hot; when they are tender take them up, and put them in a cloth to dry, minding the meat be taken out of the oranges; then take their weight and half of double-refined sugar, finely beaten; let your oranges be beat in a stone mortar, strew your sugar on them as they are beating, and when the pulp is very small, and the sugar taken up with beating, then take it out and lay it on glasses like your paste, minding to be quick in laying it out, for fear it grows rough and dries too fast; set them in an oven after manchets and keep them in a stove to dry; beat the pulp of your oranges very small, or else they will look rough, dark, tough, and harsh.

*A rich great care.*

Take a peck of flour well dried, an ounce of nutmeg, and as much cinnamon; beat the spice well, mix them with your flour, a pound and a half of sugar, some salt, thirteen pounds of currants well washed, picked, and dried, and three pounds of raisins stoned and cut into small pieces; mix all these well together, make five pints of cream almost scalding hot, put into it four pounds of fresh butter, 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 for an hour before the fire, to rise, before you put it in your hoop; mix your sweetmeats  
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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, put two papers at the bottom, flour it, and put in your cake; it must have a quick oven, and will take four hours to bake it; when it is drawn, ice it over the top and sides; take two pounds of double-refined sugar, beat and sifted, the whites of six eggs beat to a froth, with three or four spoonfuls of orange-flower water, and three grains of musk and ambergrease; beat these in a stone mortar with a wooden pestle, till it be as white as snow, and, with a brush or bunch of feathers, spread it all over the cake, and put it into the oven to dry, taking care the oven does not discolour it; when it is cold paper it, and it will keep good five or six weeks.

*A plumb cake.*

Take two pounds ten ounces of the finest flour well dried, two pounds of currants weighed after dried, picked, and washed; three nutmegs finely grated, three or four blades of large mace, ten cloves, a little cinnamon, dried and beat fine; mix all these into the flour, with two ounces of fine sugar, break into the basin the yolks of twelve eggs, and the whites of six; beat into them a pint of very good yeast, not bitter lest it spoil your cake; strain it through an hair sieve into the middle of the flour, set over the fire a pint of new cream, and when it is boiled take it off the fire, put in a pound of new butter cut in thin slices, and as much saffron as will colour the cream; when the butter is all melted and the cream not very hot, then pour into the flour as much as will make it like a pudding, but not too thin; never offer to mould it, but lift it up with your fingers till your flour be wet all over; flour a cloth all over, and lay it before the fire for a quarter of an hour to rise; then put it into a frame well buttered, and with a knife dipt in flour, cut a crease across, and prick it through to the bottom with a bodkin, and set it over a quick fire; set it in a quick oven, bake it a full hour, and draw it gently out of the oven, for shaking any cake will make it heavy; you may, if you please, add six spoonfuls of sack, some ambergrease,

grease, citron and lemon; ice it as soon as drawn, and set it in a proper place; if you follow these directions, it will eat as if a great quantity of almonds were in it; but I seldom put in any citron.

*The icing for the cake.*

Take a pound of the best refined sugar, sift it through a lawn sieve, take the whites of two eggs well beat, with four or five spoonfuls of orange-flower water; put your sugar into the eggs, and never leave beating them till they are as white as snow; cover your cake all over, and stick some thin slices of citron, if you put any in the cake.

This cake hath been made for the best people in England; for it is an admirable one if carefully made.

*A second sort.*

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

*To make a very fine rich plumb cake.*

Take four pounds of the finest flour well dried and sifted, six pounds of the best fresh butter, seven pounds of currants well washed, picked, and rubbed very clean and dry; two pounds of Jordan almonds, blanched, and beat in a marble mortar, with sack and orange-flower water, till they are very fine; take four pounds of eggs, leave out half the whites, and add three pounds of double-refined sugar, beat  
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and sifted through a lawn sieve, with mace, cloves, and cinnamon, of each a quarter of an ounce; three large nutmegs beat fine, a little ginger, of sack and French brandy half a pint of each, sweetmeats to your liking, lemon and citron; take a large broad pan, beat your butter to a cream before any of your ingredients go in, minding to beat it all one way, or it will turn to oil; put in your sugar, beat it well, and work in your almonds; let your eggs be well beat, put in, and beat all together till it looks white and thick; put in your brandy, sack, and spices, and shake your flour in by degrees; when your oven is ready, put in your currants and sweetmeats, and put it into your hoop; it will take four hours baking in a quick oven.

*Note,* As you mix it for the oven, you must be mindful to keep beating it all the time with your hand; and your currants, as soon as cleaned, must be put in a dish before the fire, that they may be warm when mixed. The above quantity bakes best in two hoops.

*An ordinary plumb cake.*

Take three pounds of flour, a little ale yeast, a pint of milk, a pound of sugar, a pound of butter, and a little allspice; make it into dough before you put in the plumbs, and work in as many as you please.

*A pound seed-cake.*

Take a pound of flour, one pound of fine powder sugar, one pound of butter, eight yolks and four whites of eggs, as much carraway feeds as you like; first beat up the butter to a cream with your hands, minding to beat it one way lest it oil; then by degrees beat in your eggs, sugar, and flour, till it goes into the oven; bake it in a quick oven, and it will take an hour and a quarter baking.

*Another seed-cake.*

Take two pounds of flour, two pounds of fresh butter rubbed well in, ten yolks and five whites of eggs, three spoonfuls of cream, and four of ale yeast; mix all together,  
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put it before the fire to rise, then work in a pound of carraway comfits, and bake it in an hour and a quarter.

*A rich seed-cake.*

Take five pounds of fine flour well dried, and four pounds of single-refined sugar beat and sifted; mix these together, and sift them through an hair sieve: then wash four pounds of butter in eight spoonfuls of rose or orange-flour water, and work the butter with your hands till it is like cream; beat twenty yolks and ten whites of eggs, and put them to six spoonfuls of sack; put in your flour, a little at a time; and stirring it with your hand all the time; you must not begin mixing it till the oven is almost hot, and after it is mixed you let it stand some time before you put it into the hoop; when you are ready to put it into the oven, put to it eight ounces of candied orange peel sliced, with as much citron, and a pound and a half of carraway comfits; mix them well and put it into the hoop; it must be a quick-oven, and two or three hours will be sufficient to bake the cake; after which you may ice it if you please.

*Little currant and seed cakes.*

Take two pounds of fine flour, one pound and a half of butter, the yolks of five or six eggs, one pound and a half of sugar, six spoonfuls of rose water, nine spoonfuls of sack, three spoonfuls of carraway seeds, two nutmegs, and one pound of currants; beat the butter with your hand till it is very thin, dry your flour well, put in your carraway seeds, and nutmegs finely grated; afterwards put them all into your batter, with your eggs, sack, and rose water; mingle them well together, put in your currants, let your oven be pretty hot, and as soon as they are coloured they will be enough.

*Liquorice cakes.*

Take hyfop and red-rose water, of each half a pint, half a pound of green liquorice, the outside scraped off, and then beat with a pistle; put to it half a pound of anniseeds, and steep it all night in the water; boil it with a gentle fire till the taste is well out of the liquorice; strain it, put to it  
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three pounds of liquorice powder, and set it on a gentle fire till it is come to the thicknes of cream; take it off, and put to it half a pound of white sugar-candy seered very fine; beat this together as you do biscuit, for at least three hours, and never suffer it to stand still; as you beat it you must strew in double-refined sugar finely seered, at least three pounds; half an hour before it is finished, put in half a spoonful of gum-dragon steeped in orange-flower water; when it is very white then it is beat enough; roll it up with white sugar, and if you will have it perfumed must put in a pastil or two.

*The nun's cake.*

Take four pounds of your finest flour, and mix with it three pounds of double-refined sugar, finely beat and sifted; 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, beat thirty four eggs, leave out sixteen whites and take out the treads from them all; beat the eggs and butter together, till it appears like butter, pour in four or five spoonfuls of rose or orange-flower water, and beat it again; then take your flour and sugar, with six ounces of carraway seeds; strew it in by degrees, beating it up all the while 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.

*Saffron cakes.*

Take a quarter of a peck of fine flour, a pound and half of butter, three ounces of carraway seeds, and six eggs; beat well a quarter of an ounce of cloves and mace together very fine, a pennyworth of cinnamon beat, a pound of sugar, a pennyworth of rose water, a pennyworth of saffron, a pint and half of yeast, and a quart of milk; mix all together lightly with your hands thus; first boil the milk and butter, scum off the butter, and mix it with the flour and a little of the milk, stir the yeast into the rest, and strain it; mix it with your flour, put in your seed and spice, rose water, tincture of saffron, sugar, and eggs; beat all up with your hands very lightly, and bake it in a hoop or pan,

minding 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 chooſe it, and I think it the beſt.

*A rich yeast cake.*

Take a quartern and half of fine flour, fix pounds of currants, an ounce of cloves and mace, ſome cinnamon, two nutmegs, about a pound of ſugar, ſome candied lemon, orange and citron cut in thin pieces, a pint of ſweet wine, ſome orange-flower water, a pint of yeast, a quart of cream, ſome pounds of butter melted and put in the middle; ſtrew ſome flour over it, let it ſtand half an hour to riſe, knead it well together, let it ſtand ſome time before the fire, work it up well, put it in a hoop, and bake it two hours and a half in a gentle oven.

*Little queen cakes.*

Take two pounds of fine flour, a pound and a half of butter, the yolks of ſix eggs, one pound and a half of ſugar, ſix ſpoonfuls of roſe water, nine ſpoonfuls of ſack, two nutmegs, and two pounds of currants; beat your butter with your hand till it is very thin, dry your flour well, put in your ſugar, and nutmegs finely grated, and put them all into your batter, with your eggs, ſack, and roſe water: mingle them well together, put in your currants, let your oven be moderately hot, and they will be baked in a quarter of an hour; take care your currants be nicely waſhed and cleaned.

*Almond cakes.*

Take a pound of double-refined ſugar finely ſeered, a quarter of a pound of the beſt almonds laid in cold water all night and blanched; take the white of an egg, put to it a ſpoonful of roſe water, and beat it to the whiteness of ſnow, letting it ſtand half an hour; beat your almonds, putting thereto a ſpoonful of roſe water, a little at once, and the ſame with the egg; when the almonds are well beat, put the ſugar in by degrees, and minding you wet not the paſte too much whiſt you roll out the cakes; you muſt continue beating.

beating till all be used, and when your cakes are made, lay them severally on papers with some seered sugar over them; bake them in an oven as hot as for your sugar cakes.

*Portugal cakes.*

To a pound of fine flour well dried, add a pound of double-refined sugar finely seered; take a pound of new butter, wash it in rose water, and roll it till it is very soft; throw in the sugar and flour by degrees, till half in, working it with your hands; put in the yolks of six eggs, beat the whites with two spoonfuls of sack, and work in the other half of the flour; when the oven is hot, put in a pound of currants ready washed and dried; your pans must be ready buttered, fill them half full, and scrape some fine sugar over them; the oven must be moderately hot, and set up the stone; you may make them plain.

*Carraway cakes.*

To a pound of flour add a pound of new butter without salt, eight spoonfuls of good yeast, four spoonfuls of rose water, the yolks of three new laid eggs, carraway feeds as many as you please, four ounces of sugar, and some amber-grease; knead all into a paste, make it up into what form you please, and when they come out of the oven strew on sugar.

*Shrewsbury cakes.*

Take two pounds of flour, a pound of sugar finely seered, and mix them together; take out a quarter of a pound to roll them in, then take four eggs well beat, four spoonfuls of cream and two of rose water; beat them well together, mix them with the flour into a paste, roll them into thin cakes and bake them in a quick oven.

*Banbury cakes.*

Take half a peck of fine flour, three pounds of currants, a pound and a half of butter, a quarter of a pound of sugar, a quarter of an ounce of cloves and mace, three quarters of a pint of ale yeast, and a little rose water; boil as much  
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milk as will serve to knead it, and when it is almost cold, put in as much carraway seeds as will thicken it; work it all together at the fire, pulling it to pieces two or three times before you make it up.

*Whetstone cakes.*

Take half a pound of fine flour, and the same quantity of loaf sugar seered, a pound of carraway seeds dried, the yolk of one egg, the whites of three, a little rose water, with ambergrease dissolved in it; mix all well together, and roll it out as thin as a wafer; cut them with a glass, lay them on floured paper, and then bake them in a very slow oven.

*Bean cakes.*

Take weight for weight of fine sugar and blanched almonds cut in long narrow slices; slice some preserved orange, lemon, and citron peel; then beat the white of a new-laid egg, with a little orange-flower water, to a high froth; put so much of the froth into sugar as will just wet it, and with the point of a knife build up your almonds, piling it round as high as you can upon a wafer; let some ambergrease be in your sugar, and bake them after the manner of a manchet.

*To make gum cakes.*

Take gum-dragon, let it lie all night in rose water till it is dissolved, have double-refined sugar beaten and seered, and mix your gum and sugar together; make it up into a paste, then roll some up plain, and some with herbs and flowers; all the paste must be kept separately, your herbs and flowers must be beat small before you make them into paste; but you may use the juice of the flowers and herbs only; I use sweet marjoram, red roses, marrygolds, clove-jilly flowers, and blue-bottle berries, all clipped from the white; when you have made all your colours ready, have to every one a little rolling pin and a knife, or else the colours will mix; first lay a white and then a colour, then a white again, for two colours will not do well; so roll them  
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up, and cut them the bigness of a sixpence, but in what fashion you please, minding that they are rolled very thin.

*To make honeycomb cakes.*

Take your sugar and boil it to a candy height, then put in your flowers, which must be cut; have little papers with four corners ready; then drop some of your candy on the papers, take them off when ready, and if they are rightly done they will look full of holes like honeycombs.

*How to make lemon cakes.*

Take the best coloured lemons, scrape out the blacks, and grate off the peel clean; put the peel into a strainer, wet what sugar you think will serve and boil it to a candy height; then take it off and put in your lemon peel; when it boils take it off, squeeze in a little lemon juice, and drop them on buttered plates or papers; you may put in musk or ambergrease if you please.

*To make lemon, orange, and flower cakes.*

Take sugar finely seered, and wet it with the juice of orange, or any flowers you fancy; there must be no more juice than will make your paste stiff and thick; set it upon the fire, when it begins to boil drop it in little cakes, and they will come off presently; scurvigrafs done thus is good against the scurvy; if it boils you will spoil it.

*Violet cakes.*

Beat your sugar wherein gum hath been steeped, put in the violets and the juice, and so work it well together with seered sugar, and dry them in a stove.

*How to make worm-wood cakes.*

Take one pound of double-refined sugar sifted, mix it with three or four eggs well beat, and drop in as much chemical oil of wormwood as you please; drop them on papers, and you may have them of various colours by pricking them with a pin and filling the small holes with such colours; you must keep your colours separate in small gallipots;

gallipots; for red, take a dram of cochineal, some cream of tartar, and as much allum; tie them up severally in little bits of fine cloth, and put them to steep in a glass of water two or three hours; when you want the colours, press the bags in the water, and mix some of it in a little white of egg and sugar; use saffron for the yellow, prepared as the red; for green, mix blue with the saffron; for blue, put powder blue in water.

*How to make cakes of flowers.*

Boil double-refined sugar to a candy height, and then strew in your flowers and let them boil once up; then with your hand lightly strew in a little double-refined sugar sifted, and then, as quick as may be, put it into your little pans made of card, and pricked full of holes at the bottom; you must set the pans on a cushion, and when they are cold take them out.

*How to make a cake, and leave out either eggs, sugar, or butter.*

Make your cake as you do the pound cake, leave out either the sugar, eggs, or butter; but then you must add thick cream instead of the butter; any of the three left out, the cake will be good.

*Brown almond gingerbread.*

Take a quarter of a pound of blanched almonds, beat exceeding fine with water wherein gum-arabick was steeped, with a few drops of lemon juice, as much cinnamon beat, and some ginger finely grated and seered, as to make it brown; make it sweet, and smooth it well, roll it out, and cut it in square caks rolled very thin; dry it in a stove or before the fire.

*A second sort.*

Take three pounds of flour, a pound of sugar, a pound of butter rubbed in very fine, with two ounces of ginger, and a grated nutmeg; mix these with a pound of treacle and a quarter of a pint of cream warmed together; then make your bread stiff, roll them out, and make them in thin cakes, and bake them in a stove or oven.

*Gingerbread.*

*Gingerbread.*

Take a pound and a half of London treacle, two eggs beat, half a pound of brown sugar, one ounce of ginger beat and sifted, of cloves, mace, and nutmeg, all together, half an ounce; of very fine coriander and carraway seeds half an ounce each; two pounds of butter melted, and mixed together; add as much flour as will knead it into a very stiff paste, and roll it out; cut it into what form you please, bake it in a quick oven on tin plates, and a little time will be sufficient.

*A second sort.*

Take three pounds of fine flour, the rind of a lemon dried and beat to powder, half a pound or more of sugar, and an ounce and a half of beat ginger; mix all these together, and make it stiff by adding and working in treacle; make it into what form you please; you may put candied orange peel and citron in it; and mind you butter your paper it is baked on, and that it is baked hard and firm.

*How to make whigs.*

Take a pound of butter cut in slices and put it into a pint of milk, set it on the fire till it is melted, and take a quarter of a peck of flour, with some cloves, mace, and ginger; then beat four eggs, a quarter of a pint of good yeast, and three or four spoonfuls of sack; when the milk is as warm only as though just from the cow, mix all together to a paste, and let it lie half an hour to rise; then put it to a pound of carraway comfits, mould them into whigs, and bake them on papers; the oven must be hot as for manchets, and they will be almost as long in the baking.

*Light whigs.*

Take a pound and a half of flour, and mix it with a pint of milk made warm; cover it, and let it lie by the fire half an hour; then take half a pound of sugar and half a pound of butter, and work them in the paste, and make it into whigs with as little flour as possible, and if the oven is quick they will rise very much.

*To make artificial fruit.*

First take care at a proper time of the year, to save the stalks of the fruit with the stones to them; then get some neat pretty tins made in the shape of the fruit you intend to make, leaving a hole at the top to put in the stone and stalk, and they must be so contrived as to open in the middle to take out the fruit; there must be made also a frame of wood to fix them in; and in the making of the tins, care must be taken to make them extremely smooth in the inside, lest by their roughness they mark the fruit; as also, that they are made of exact shape to what they represent; because, a defect in either will not only give deformity to the artificial fruit; but likewise rob the artist of the honour she would otherwise acquire, and for which the lady would undoubtedly stand admired.

Then take two cow heels and a calve's foot; boil them in a gallon of soft water, till all boil to rags; when you have a full quart of jelly, strain it through a sieve, put it in a saucepan, sweeten it, put in some lemon peel, with perfume, and colour it to the fruit you intend to imitate; stir all together, give it a boil, and fill your tins; put in your stones and the stalks just as the fruit grows; when the jelly is quite cold, open your tins for the bloom and carefully dust powder blue; an ingenious clever person may make great improvements on this artificial fruit, as it requires great nicety in the doing it; a little practice will perfect them in it.

*To make ice cream.*

Take two pewter basons, one larger than the other; the inward one must have a close cover, into which you put your cream, and mix it with what you think proper, to give it a flavour and colour, as raspberries, &c. then sweeten it to your palate, cover it close, and set it in the larger bason; fill it with ice, and a large handful of salt under and over and round about; let it stand in the ice three quarters of an hour, uncover, and stir it and the cream well together, then cover it again; let it stand half an hour longer, and turn it into your plate; your basons should be three corners.

cornered, that four colours may lie in one plate; one colour should be yellow, another green, another red, and a fourth white; but that depends on fancy, and what you colour them with; as any sort of fruit, saffron or cochineal; and for the green, there are several sorts of juice; all must be well flavoured with different sorts of fruit; the white wants nothing but orange-flower water and sugar, three basons are made at the pewterers for the use above.

Some make their ice cream in tin pans, and mix three pennyworth of salt petre and two pennyworth of roach alum, both beat fine with the ice, as also three pennyworth of bay salt; lay it round the pan as above, cover it with a coarse cloth, and let it stand two hours.

*To make chocolate puffs.*

Take half a pound of chocolate grated, and a pound of double-refined sugar beat fine and sifted; then with the white of two eggs make a paste, and have ready some more sugar to strew on the tins; turn the rough side upwards, and bake them in a slow oven; you may form the paste into any shape, and colour it with different colours.

*To make a pepper cake.*

Take a quarter of an ounce of whole pepper and half a gill of sack; mix and boil them a quarter of an hour, then take the pepper out, put in as much double-refined sugar as will make it like a paste, then drop it in what shape you please, or on plates, and let it dry.

*Oil of oranges.*

Take a pound of sweet almonds well peeled, the flowers of lemons and oranges as much as you please, which you must divide into three equal parts; after this you must put a third part of the flowers upon a white linen cloth in a sieve, strewing upon the said flowers half of the almonds, which you must strew with another third part of the flowers; and then the rest of your almonds, which you must cover with the rest of your flowers, so that the almonds must always be in the middle of the flowers in the sieve; leave them together

together for six days, renewing and changing them every day; then beat the almonds in a mortar, and prefs them in a white linen cloth until they issue out clear oil, then stop it up close in a vessel, and let it stand in the sun eight days.

*Oil of jessamin and violets.*

Take sweet almonds well peeled and beat, with as much jessamin as you please; lay them rank upon rank, and let them lie in a moist place for ten days or more; then take them away and prefs out the oil in a press; this oil serveth for divers things, and in the like manner you may make your oil of violets and other flowers.

*Oil of nutmegs.*

Take of the best nutmegs to the quantity of what oil you will have, cut them in small pieces, and put to them as much malmsey as will cover them; put them in a glass for two or three days, beat them at the fire, and sprinkle them with rose water; prefs them in a press and you will have an excellent oil, good for many things; you must keep it close stopd in a vessel.

*Oil of Benjamin.*

Take six ounces of Benjamin well beat into powder, and dissolved a whole day in a pound of oil of Tartar, and a pound of rose water; then you may distil it with a fine pipe pipe through a limbeck, and keep it as an excellent thing.

*Oil of storax.*

In the like manner is made oil of storax; take what quantity of storax liquid you please, put into rose water two or three days, then distil it as the Benjamin above said; first there issues out oil somewhat foul, and then an excellent oil.

*Oil of myrrh.*

Take eggs hard roasted, cut them in the middle; take away the yolks and fill them up with myrrh beaten into powder; put them in some moist place where the myrrh may

may dissolve by little and little; this oil maketh the face and other parts of the body soft, and takes away all scars.

*Oil of bay salt.*

Put the bay salt in an iron pot, and set it over a charcoal fire till it is dissolved and done running; take it off, lay the salt on a marble, and it will run oil; take four or five drops of this, rub it over your hands and it will take all freckles and roughness off the skin.

*Note.* In making any of these fine oils to perfume the water, you must drop your oil on fugar and then they will mix.

*Fine sweet waters.*

Take four pounds of damask-rose water, of lavender water, and spike water, three ounces each; the water of blossoms of lemons or oranges, the water of the blossoms of a myrtle tree, blossoms of jessamin, and of marjoram, of each half a pound; add of storax calamita, and Benjamin a drachm each, and of musk half a scruple; mingle them well together, and keep it in phials well stoppt six days; then distil it in Balneo Mariæ and keep the water in a glass vessel fifteen days in the sun, and then it will be fit for use.

*Another.*

Take of fresh flowers of rosemary two pounds, damask rose water two pounds, and a scruple of amber; put these into a glass phial well stoppt for ten days, being distilled in Balneo Mariæ, and let it be kept in a glass phial stoppt very close.

*Another.*

Take four pounds of the aforesaid water, two pounds of damask-rose water; and half a scruple of amber; mix these together, and keep them close stoppt in a phial and put it in the sun for a month, and it will be fit for use.

*Another.*

Take four pounds of damask-rose water, with six ounces of lavender water, three pounds of jessamine flowers, and  
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half a scruple of fine musk; keep them ten days in a vessel close stop'd, distil in it Balneo Mariæ, and it will be extremely good.

*Another.*

Take the peels of oranges and green citrons of each half an ounce, a scruple of cloves, and six ounces of the flowers of spike; mix them all together with six pounds of damask-rose water, let them stand in a vessel covered for the space of ten days, distil them in Balneo Mariæ, and they will be extraordinary good.

*Another.*

Take two pounds of damask-rose leaves, half a scruple of good amber, and beat them together: set them upon hot embers two or three days, and steep them ten days in ten pounds of damask-rose water, then distil it, and let it stand in the sun fifteen days.

*Orange water.*

Take the parings of forty oranges of the best sort, steep them in a gallon of sack three days, and distil the sack and peels together in a limbeck; if you would have it very strong distil it in an ordinary rose water still; put it into bottles, and drop in a little white sugar-candy; divide the oranges and sack twice.

*Clove water.*

You may perfume it with any of the above waters.

*Perfumed water.*

Take three handfuls of the tops of young lavender, and as much of the flowers of woodbine, full ripe and plucked from the stalks; then take as much orice roots as two walnuts and a half, an orange peel dried, and as much calamus as one walnut, and beat them all together.

*To make rose cake to burn for perfume.*

Take three ounces and a half of Benjamin, steep it three or four days in damask-rose water, then of leaves half a pound, and beat them as small as for conserve, and put the Benjamin into it, with half a quarter of an ounce of musk and as much civit; beat them all together and make them up in cakes; then put them between two rose leaves, lay them upon papers in a place where no fire is, and turn them often into dry papers; when you use them, lay one on a coal, minding it is not too hot.

*To perfume roses.*

Take damask-rose buds and cut off the whites, then take orange-flower or rose water, wherein Benjamin, storax, lignum rhodium, civit, and musk, have been steeped; dip some leaves therein, and stick a clove into every rose bud; dry them betwixt two papers, and they will fall asunder; this perfume will last seven years.

*How to make fine sweet water.*

Take sweet marjoram, lavender, rosemary, muscovy, maudillon balon, fine walnut leaves, damask roses, and pinks, of all a like quantity, and enough to fill the still; then take of the best orange and damask rose powder, and storax, of each two ounces; strew one handful or two of the powder upon your herbs, and distil them upon a soft fire; tie a little musk in a piece of lawn, and hang it in a glass your water drops into; when it is all distilled, take out the cake, and mix them with the powders that are left; lay them among your cloaths, or with sweet oils, and burn them for perfumes.

*Some perfume roses thus.*

Take your rose leaves, cut them from the whites, and sprinkle them with the aforesaid water, putting some powder of cloves among them, and when dry, put them up in bags to sweeten your cloaths.

*Another way.*

Take your rose leaves, and as you pull them lay them so that they touch not one another, turning them every day; when they are very dry put them up in a wide mouthed glass, and tie them up close; these roses thus dried will keep their perfect colour.

*How to make Hungary water.*

Take rosemary flowers, and put a good quantity of them into a wide mouthed glass; then put to them no more spirit of sack than will be strong of your flowers, cork them close, and let stand ten days at least, stirring it frequently; then distil it in a limbeck, and keep it for use.

*Lavender water.*

Take a quart of spirits of wine and put in the essence.

*How to make ratafia.*

To every gallon of brandy put a quart of the best orange-flower water, and a quart of good French wine; you must also take care your brandy is extremely fine and of a good age; put in four hundred apricot stones, and a pound and a quarter of white sugar-candy; just crack the stones, and put them in, with the shells, into a bottle; stop it very close, seal it down, and put it in the sun for six weeks; take it in every night, and in wet weather, and whenever you take it in, or set it out, shake it well about; after the time is expired, let it settle, and rack it off when it is perfectly fine.

*Surfeit water.*

Take a gallon of brandy, half a pound of white sugar-candy beat small, one pound and a half of raisins of the sun stoned, a quarter of a pound of dates shred, a quarter of a pound of whole mace, with an ounce of nutmeg sliced, half an ounce of anniseeds, carraway seeds, and coriander seeds; half an ounce of cardinum bruised, and as many poppies as will colour it well; these all mixed together, add a large sprig of angelica, rue, worm-wood, spermiat,

spermint, balm, rofemary, marygolds, fage, clove-jelly flowers, burrage, cowflips, and rofemary flowers, of each a handful; let them stand nine days close stopped, then strain it through a jelly-bag, and bottle it up.

*Note,* To the ingredients above prescribed, put a gallon of brandy, and let it stand nine days; distil it in a limbeck, and it will make an excellent water: I infuse these things in a wide mouthed glass.

*Plague water.*

Take. rosa folis, agrimony, betony, scabius, centaury tops, scordium, balm, rue, wormwood, mugwort, celandine, rofemary, marygold leaves, brown fage, burnet, carduus, and dragons, of each a large handful; angelica roots, piony roots, tormentil roots, elecampane roots, and liquorice, of each one ounce; cut the herbs, slice the roots, and put them all into an earthen pot; add to them a gallon of white wine, and a quart of brandy; let them steep two days close covered, then distil it in an ordinary still over a gentle fire, and sweeten it as you think proper.

*Walnut water.*

Take a peck of walnuts in July and beat them pretty small, putting to them two quarts of clove-jelly flowers, two quarts of poppy flowers, two quarts of cowslip flowers dried, two quarts of marygold flowers, two quarts of fage flowers, and two quarts of burrage flowers; add to these, two ounces of mace well beat, two ounces of nutmegs bruised, and an ounce of cinnamon well beat; steep all these in a pot, with a gallon of brandy and two gallons of sack; let it stand twenty-four hours, and distil it off.

*Juniper berries.*

Take of the best juniper berries twelve ounces, proof spirits 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; powerfully provokes urine, and is therefore a good diuretick

in the gravel and the jaundice; you may distil it a second time, only by adding the same quantity of berries..

*Cardamum water.*

Take pimento, carraway and coriander seeds, and lemon peel, of each four ounces; proof spirits three gallons, and a sufficient quantity of water; distil it, and sweeten it with one pound and a half of sugar; this is a cheap and good cordial, and may be used in all cases where a stomachic cordial is necessary.

*Nutmeg water.*

Take and bruise half a pound of nutmegs, an ounce of orange peel, spirits of wine rectified three gallons, and a sufficient quantity of water; distil and sweeten them with two pounds of loaf sugar. It is an excellent cephalic and stomachic cordial, it helps the memory and strengthens the eyesight.

*Mint, balm, or pennyrial water.*

Take four pounds of dried mint, (three pounds of any of the other herbs are sufficient) two gallons and a half of proof spirits, and three gallons of water; distil them, and sweeten the water with one pound and a half of sugar.

*Citron water.*

Take eighteen ounces of the best lemon peel bruised, nine ounces of orange peel bruised, nutmegs bruised one quarter of a pound, and three gallons of proof spirits; macerate and distil them, sweeten the water with two pounds of double-refined sugar, and keep it for use.

*A second sort.*

Take the outward yellow rind of twelve lemons, and half an ounce of cardamum seeds a little bruised; let these steep three days in the best French brandy, close stopp'd; in the mean time take of double-refined sugar one pound and a half, and boil it with a pint and a half of spring water; boil it gently to a syrur, scum it, and when it is cold mix

It with brandy, adding the juice of three lemons; let it run through a fair bag once or twice, till it is fine and clear; then put it into pint bottles.

*Note,* You must be mindful that the brandy is free from adulteration, and the lemons favour not the least of sweetness, or are any ways musty.

*Cinnamon water.*

Take two pounds of cinnamon and bruise it, half a pound of citron and orange peel, a quarter of an ounce of coriander seed steeped two days in three gallons of Malaga sack; distil them in a worm still, and sweeten it with sugar dissolved in red-rose water; this water has been highly esteemed for the taste.

*Orange water.*

To every two quarts of sack add twelve oranges, chop and steep them twelve hours; distil them in a glass still, sweeten it with very fine double-refined sugar dissolved in red-rose water; put one handful of angelica into the still with the oranges.

*Milk water.*

Take balm, mint, carduus, angelica, rue, wormwood, rosemary, of each half a pound, and sweeten them; distil them with two gallons of milk just taken from the cow, in a limbeck, with an iron pot; put in with the herbs a quart of water, first heat it, then carefully pour in the milk all round on the herbs, by a pint at a time, till all be poured in; this must be done in an iron pot covered with the still head, and shut close; when it boils, lower the fire a little.

*N. B.* Do not put quite the quantity of mint and wormwood, but as much of the balm and sweet meadow as will make up the quantity.

*Clary water.*

Take a quart of burrage water, put it in an earthen jug, and fill it with two or three quarts of clary flowers, fresh gathered; let it infuse an hour over the fire in a kettle of water;

water; then take out the flowers, and put in as many fresh flowers, and so do for six or seven times together; then add to that water, two quarts of the best sack, a gallon of fresh flowers, and two pounds of white sugar candy beat small; distil it off in a cold still, mix all the water together, and when it is distilled sweeten it to your taste with the finest sugar; this is a very wholesome water, and extremely pleasant tasted if corked well and kept close.

*Lady Herwet's water.*

Take red sage, betony, spermint, unset hyssop, setwel, thyme, balm, pennyrial, calendine, water cresses, heart's ease, lavender, angelica, germander, calamita, tamarisk, coltsfoot, avens, valerian, saxifrage, pimpernal, vervain, parsley, rosemary, favory, scabius, agrimony, mother thyme, wild marjoram, Roman wormwood, carduus benedictus, pellitory of the wall-field daisies, with their flowers and leaves, of each of these herbs a handful; after they are pickled and washed, add of rue, yellow comfrey-plaintane, camomile, maiden hair, sweet marjoram, and dragons, a handful of each, before they are washed or picked; of red-rose leaves and cowslip flowers half a peck each: rosemary flowers a quarter of a peck; hartshorn two ounces, juniper berries one drachm, China roots one ounce; comfry roots sliced, anniseeds, fennel seeds, caraway seeds, nutmegs, ginger, cinnamon, pepper, spikenard, parsley seeds, cloves, and mace, aromaticum rosarum, three drams; safafra sliced half an ounce, elecampane roots, melliot flowers, calamus aromaticus, cardamums, lignum aloes, rhubarb sliced, thin galingal, veronica lodericum cubeb grains, of each of these two drachms; the cordial bezoar thirty grains, musk twenty-four grains, ambergrease twenty grains, flour of coral two drachms, flour of amber one drachm, flour of pearl two drachms, four leaves of gold, two drachms of saffron in a little bag, and white sugar-candy one pound; wash the herbs and hang them in a cloth till dry; cut and put them into an earthen pot, and in the midst of the herbs put the seeds, spices and drugs, all being well bruised; then put thereto such a quantity of sherry sack as will cover them,  
and

and let them steep twenty-four hours; then distil it in a limbeck, and make two distillings of it, and from each draw three pints of water; mix all together, and put it into quart bottles; then divide the cordials into three parts, and put into each bottle of water a like quantity; shake it often together at the first, and the longer you keep it the better it will be; there never was a better cordial in cases of the greatest illness; two or three spoonfuls almost revive from death.

*To make treacle water.*

Take the juice of three walnuts, four pounds of rue, carduus, marygolds, and balm, of each three pounds; roots of butterbur half a pound, roots of burdock one pound, angelica and masterwort of each half a pound, leaves of fcordium six handfuls, Venice treacle and mithridate of each half a pound, old Canary wine one pound, white wine vinegar six pounds, juice of lemons six pounds; distil these in a limbeck, and on any illness take four spoonfuls upon going to bed.

*Palsy water.*

Take of sage, rosemary, and betony flowers, each half a handful; burrage and buglois flowers, of each half a handful; lillies of the valley and cowslip flowers of each four or five handfuls; steep these in the best spirit of sack, and add some balm, spike flowers, mother wort, bay leaves, leaves of an orange tree, and their flowers; then put in citron peel, piony seeds, and cinnamon, of each half an ounce; nutmegs, cardamums, mace, cubeds, yellow Sanders, of each half an ounce; lignum aloes one drachm; make all these into powder, and add half a pound of jujubes with the stones taken out; then add pearl prepared, Smaragde's musk, and saffron, of each ten grains; ambergrease one scruple; red roses dried one ounce, and as many lavender flowers, stripped from their stalks, as will fill a gallon glass; steep all these a month, and distil them in a limbeck very carefully; after it is distilled, hang it in a bag with the following ingredients; pearl, Smaragde's musk, and saffron, of each ten grains; ambergrease one scruple,

scruple; red roses dried, red and yellow sanders, of each one ounce; hang them in a white sarnet bag in the water, close stopped.

*Histerical water.*

Take zedoary, roots of lovage, seeds of wild parsnips, of each two ounces; roots of single piony four ounces, mistleoe of the oak three ounces, myrrh a quarter of an ounce, and castor half an ounce; beat all these together, and add to them a quarter of a pound of dried millepedes; pour on them three quarts of mugwort water, and two quarts of brandy; let them stand in a close vessel eight days, and distil it in a cold still; draw off nine pints of water, sweeten it to your taste, and mix all together. This is an excellent water to prevent fits, or to be taken in faintings.

*Black-cherry water for children.*

Take six pounds of black cherries, and bruise them small; then put to them the tops of rosemary, sweet marjoram, spearmint, angelica, balm, and marygold flowers, of each a handful; dried violets one ounce, anniseeds, and sweet fennel seeds, of each half an ounce bruised; cut the herbs small, and mix all together; distil them off in a cold still, and you will find it an excellent water for children, giving them two or three spoonfuls at a time.

*Lady Allen's water.*

Take of balm, rosemary, sage, carduus, wormwood, dragons, scordium, mugwort, scabius, tormentil roots and leaves, angelica roots and leaves, betony flowers and leaves, centaury tops, pimpnel, wood or other forrel, rue, agrimony, and rosa folis, of every one of these half a pound; liquorice four ounces, and elecampane roots two ounces; wash the herbs, shake and dry them in a cloth; shred them, slice the roots, put all in three gallons of the best white wine, and let them stand close covered two days and nights, stirring them morning and evening; then take out some of the herbs, lightly squeezing them with your hands

hands into the still; fill the still with the herbs and the wine, let them stand twelve hours in a cold still, and distil them through a limbeck till the herbs and wine are out; mix the water of each still together, sweeten it, preserving some unsweetened as a preservative to women in their illness. This is a most excellent water.

*How to make all sorts of herb waters.*

Gather your herbs on a very fine clear day, chop them well, and put them in an earthen pan; wash them with sack, or if you do not chuse that expence wash them with water, let them stand twenty-four hours, distil them in a cold still over a gentle fire, and you may put a piece of white sugar-candy into the bottom for it to drop on.

*Orange-mint water.*

Take a still full of orange mint, distil it in a cold still, and in the water put fresh orange-mint; distil it again, and put your bottles into the still unstopped: a spoonful of this water put into a glass of spring water, will perfume it as excellently as the orange-flower water.

*To make bitters.*

Take a quarter of a hundred of Seville oranges, peel them, and put the clear peel to a gallon of brandy, a quarter of an ounce of saffron, one ounce of cochineal, half an ounce of genetian root, and half an ounce of snake root; let them lie in the brandy for a month, pour it clear off, and it will be fit for use.

*Cherry brandy.*

Take of black and morello cherries a like quantity; fill your jar or bottle full; to every dozen of cherries put in half a pound of either plumb or apricot kernels, fill it up with French brandy, and the longer it stands the better it will be.

*Currant brandy.*

Fill the bottle or pan with the fruit as above, then fill it up with brandy.

*Raspberry*

*Raspberry brandy.*

Do the same way as you do the currant brandy.

*Sir John Cope's scrub.*

Take two gallons of brandy, two dozen of Genoa lemons, and peel the yellow rines very thin; throw away all the whites of the rinds, slice the lemons, and throw away the stones; then let the yellow rind, and the lemons so sliced, infuse in the brandy five or six days; let them drain through a thick flannel, and put to the brandy a gallon of white wine or rhennish, with six pounds of white sugar; bottle it up, and let it be close sealed.

*Sir John Cope's cider, good and fit for drinking in two or three days.*

Take the usual quantity, pound them, and pour three gallons of water on each bushel; put them into a tub, or any other wooden vessel, with a spigot near the bottom; let them infuse twenty-four hours, then, without pressing or jogging the vessel, draw off the liquor into bottles, which after two or three days will be clear and fit to drink, but it will be too brisk if kept much longer; I suppose it may be convenient to fasten a small basket, such as brewers use, to the end of the fossel, to keep the apples from stopping it; this liquor is most properly called pumparkine, and not cyder, and has been tried with one bushel of apples by Sir John Cope.

*Mr. Bentham's cyder.*

Take your apples and beat them in a wooden trough till they are well mashed; then put them into a clean hair bag, and squeeze and press out the juice, and let it run into a clean vessel; so put it up into a barrel you intend to keep it in: it is best to be thick; I made three kilderkins and ten gallons of cider with ten bushels of pippins and fourteen bushels of other apples; you must clay up your vessel, as you do beer, the next morning.

*How to make perry.*

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

*Ujquebaugh.*

Take ten gallons of good malt spirits, anniseeds one pound, cloves two ounces; nutmegs, ginger, and carraway seeds, each four ounces; coriander seeds four ounces; distil them in a still with a worm, put it into a vessel, and add to it Spanish liquorice bruised, raisins of the sun stoned, of each two pounds; cinnamon four ounces; dates stoned and the white skin taken off, four ounces: if you intend it to be yellow, put in two ounces of saffron, five pounds of white or brown sugar-candy; keep it close nine or ten days, stir it once a day, and, if you would have it green, leave out the saffron, and add either angelico or green corn sufficient to give it a fine colour; a week after, put in three grains of ambergrease and musk; after standing ten days, put a flannel into a large sieve, set the sieve under a funnel, and strain it into the cask; let it stand till it is fine, bottle it off, and the older you keep it the better.

*Wormwood water.*

Take the outward rinds of a pound and a half of lemons, one pound of orange peels, tops of dried wormwood, and winter cinnamon, of each half a pound; flowers of camomile four ounces; little cardamums not hulked, cloves, cubebs, and camels hay, of each one ounce; cinnamon, nutmegs, carraway seeds, each two ounces; spirits of wine six quarts, spring water four gallons and a half; infuse all these together three or four days, distil them in a Balneo Mariæ, and it will prove an excellent stomachic cordial.

*Simple wormwood water.*

Take one pound of dried wormwood, four ounces of carraway seeds bruised, and three gallons of spirits of wine; infuse and distil them in one pound and a half of sugar, and bottle it for use.

*Snail water.*

Take comfry and fuccory roots, of each four ounces; liquorice three ounces; leaves of harts tongue, plantain ground ivy, red nettles, yarrow, brookline, water cresses, dandelion, and agrimony, of each two large handfuls; gather the herbs in dry weather, do not wash them, but wipe them with a clean cloth; then take five hundred snails cleaned from their shells, but not scoured; a pint of the whites of eggs beat up to a water; four nutmegs grossly beat, and the yellow rind of one lemon and one orange; bruise all the roots and herbs, and put them with the other ingredients in a gallon of new milk, and a pint of Canary wine; let them stand close covered eight and forty hours; distil them in a common still over a gentle fire; it will keep a good year, and must be made at spring or autumn; for three months only stop the bottles with paper, then cork them; when you use this water, put an equal quantity of milk.

*To make cheap mead.*

Take the honey out and add as much water to the honey-combs as they will sweeten; let it stand to be well mixed, boil it well, and scum it; when an egg will swim at the top it will be sufficiently boiled; then put it into a wooden vessel, let it stand till cold, and bottle it in stone bottles; you may boil it either with lemon thyme, rosemary, or cowslips.

*How to make common mead.*

Take a gallon of honey, eight gallons of water, a quarter of a pound of ginger sliced, and six whites of eggs beat  
with

with the shells; put all these into a convenient vessel to boil, and let them boil till a fourth part of the liquor be wasted, scumming it all the time; to each gallon of water put a handful of rosemary; when your liquor is sufficiently boiled, put in the remainder of your ingredients; and when all is boiled, strain your liquor through a hair sieve, and let it stand till it is thoroughly cold; then put a pint of ale yeast to the vessel, then put in the liquor, and if the weather is cold let it stand two or three days before you bottle it.

*Frontinian mead.*

Fifty pounds of honey, fifty pounds of Belvedera raisins, fifty gallons of water; boil these about fifteen minutes, keeping it well scummed; pour it into the working tub, and put into it a pint of ale yeast, letting it work till the yeast begins to fall; when taken clear off tun it, with the raisins, and throw into the cask a quart of white elder-flowers; take care to attend it in change of weather, let it continue in the cask twelve months, and then fine it down with wine fining, and bottle it off.

*A fourth sort of mead.*

To each gallon of water take a pound and a half of honey, boil them with an handful of sweet marjoram, sweet bryer, and bay leaves, with a sprig of rosemary, a few nutmegs quartered, mace, cloves, and cinnamon; tie the spices up in a cloth, boil all together a full hour, and scum it all the time; when boiled, put it into a pale or other wooden vessel proportionable, and work it with about a spoonful of yeast to each gallon; turn it when it works to the top, and when fine bottle it; a week after you have bottled it, if you find it not clear, rack it, and let it stand three or four days longer.

*To make cider or perry as clear as rack water.*

Take two quarts of cider, half a pint of milk, and put them both in a hippocras bag; when it looks clear bottle it up, and in one month it will be fine, sparkle, and ripe for drinking.

*How to make a most excellent wine, called Briton's wine.*

Take currants red and white, gooseberries red and green, mulberries, raspberries, and strawberries of different sorts, cherries of different sorts, but none of the little black ones; grapes, black and white; all the fruit must be thoroughly ripe, and take an equal quantity of each, put them into a mash-tub, and bruise them lightly; take golden pippins, and nonpareils, chop and bruise them well, and mix them with the others; to every two gallons of fruit put one gallon of spring water; boil all twice a day for a fortnight, then press it through a hair bag into another vessel, and have ready a wine hog-head; put into the hog-head one hundred raisins of the sun with their stalks, fill it with the strained juice, lay the bung on lightly, and when it has quite done hissing and working, put in one gallon of right French brandy and stop the vessel close; let it stand six months, then peg it and see if it be fine, and if it is, bottle it; if it be not fine, stop it up for six months longer, and then bottle it; the longer it is kept the better it will be, and it is necessary you put in half a dozen bay leaves along with your French brandy.

You may alter the flavour of your wine by different sorts of raisins, as Belvedera, Sumerner, Malaga, or with the raisins of the sun.

*Note,* When you have drawn off the wine, throw the raisins into a still, and that will produce you fine brandy.

*Raisin wine.*

First get a good white-wine cask, and in every hog-head put two hundred weight of raisins with their stalks on; fill it up with water, let it stand till it has done working, and put to it two quarts of French or raisin brandy; when it has quite done working, stop it up, and let it stand six months; then peg it, and if it proves fine, bottle it; then take the lees, distil them, and they will produce you a fine brandy; or you may make fine vinegar of the lees. Malaga raisins make a sweet wine; raisins of the sun a dry wine; Belvedera raisins make fine cape wine; and each having a different flavour,

*Elder*

*Elder wine.*

When the elders are pretty ripe take the berries from the stalks, put them in a jug, stop it close, and set it in a kettle of water; after it has boiled an hour strain your juice, and to every pint of juice add half a pound of fine sugar boiled to a thin syrup; and to every gallon of raisin wine, made as above, put a pint of the syrup; let it stand till it is fine, and bottle it, if your raisin wine is ready.

*To give your raisin wine different flavours.*

Put into your cask a few walnut leaves; into your sweet wine a few bay leaves, just to give a flavour; and to another a few elder flowers.

*To make them like red port.*

Take twelve gallons of black wine, two gallons of French brandy, the rest raisin wine; this will serve for a hoghead.

*To make it like Madeira wine.*

Take a walnut, peel off the outside, chop the walnut and steep it in half a pint of red wine; then pour it to a bottle of the dry wine, and so proportionably to a greater quantity.

*To make an excellent grape wine.*

Take ripe grapes gathered on a clear day, put them in a fine canvas, and gently press them so as not to break the stones; strain the liquor well, let it settle in a cask, and draw off the clear liquor into a well seasoned vessel; stop it close for forty-eight hours, and give it vent by boring a hole at the top of the cask, and stopping it occasionally with a peg; in two or three days stop it close, and it will be fit for drinking in a quarter of a year and not before, and will prove but very little inferior to your best French wine. To season your vessel use scalding hot water, and dry it with a rag dipped in brimstone, and fix it to the bung-hole with the cork.

*Engliſh malmſey.*

Take of Engliſh galengal and cloves each one drachm, beat them to powder, infuſe them a day and a night in a pint of aqua vitæ in a wooden veſſel kept cloſe covered, 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 veſſel.

*To make grape wine.*

When ever your vines are well grown ſo as to bring full clusters, be careful to diſencumber them of ſome part of their leaves that too much ſhade the grapes, but ſo that the ſun may not too ſwiftly draw away the moiſture and wither them; ſtay not till they are full ripe, for then ſome will be over ripe, ſome burſt, ſome rot; but every two or three days pluck off the ripeſt grapes, and place them in a ſhady place to dry, not too thick, leſt they contract a heat thereby and grow muſty; ſo do from day to day, till you have got a ſufficient quantity; then put them into an open veſſel, and gently prefs them, taking care not to break the ſtones, ſince you will thereby hurt the wine by making it bitter.

*Note,* In foreign countries it is uſual to prefs down the grapes with the feet, or with a wooden trencher; but I always uſe my hands for that purpoſe, as being the more decent way.

Having thus bruifed the grapes to a maſh, and a tap placed at the bottom of your caſk, tie a hair cloth over the faucet, and ſet it running; take out the pulp, and gradually prefs it in a ſide-refs till the liquor is ſufficiently drained; then, having a new veſſel well ſeaſoned and aired, with a lighted rag, dipped in brimſtone, burn it till it becomes dry; pour the liquor in through a ſieve funnel to ſtop the dregs, and put a pebble at the bung-hole, that thereby it may ferment and clear itſelf; after it has thus ſtood for ten or twelve days, draw it gently off into another caſk, well ſeaſoned, that the lees may remain in the firſt; ſtop this as before, and when it has paſſed over its ferment,

ferment, which you may tell by its calmness, and the pleasantness of its taste, cover it up; and in this manner of your ordinary white grapes you may make a good white wine; of the red, a good claret; and if your claret wants colour, then you may heighten it with a little brazil boiled in about a quart of it, and strained very clear; the white grapes, if not too ripe, give a good rhenish taste, and are wonderfully cooling; and a sort of Muskadel grapes produce a curious sweet wine, little inferior to Canary, and altogether as pleasant and wholesome; so that with a small charge, labour, and industry, we might well furnish ourselves with what we are beholden to strangers for, at a much greater expence, besides their unwholsomness to the English constitution.

*Cowslip wine.*

Boil eight gallons of water and twelve pounds of sugar one hour; scum them, and take them from the fire; pour into the liquor one peck of cowslips well picked, and let them stand till luke warm; afterwards put in the juice of twelve or fourteen lemons, with some peel to lie in while it stands covered with a cloth, which must be four days; strain off the liquor, press the juice from the cowslips, and mix all together; after which, let it stand twenty-one days in a great glass bottle, and, when clear, bottle it up.

*To make wine of quinces.*

Clean your quinces with a coarse cloth, grate them with a grater, press them thro' a linen strainer, and afterwards through a flannel; to every gallon of liquor put three pounds of double-refined sugar, and when it is melted, pour it off as long as there is a settlement at the bottom; continue melting and clearing of it for twenty-four hours, and then put it in a vessel; let it stand a week, and bung it up, if it has done working; you then may either draw it off in bottles, or let it be put into another vessel, and keep for use.

*To make Morella cherry wine.*

Let the cherries be very ripe, pick off the stalks, and bruise the fruit without breaking the stones; put them in an open vessel together, let them stand twenty-four hours, and press them; to every gallon put two pounds of fine sugar, put it in your vessel, and when it has done working stop it close; let it stand three or four months, then bottle it, and in two months it will be fit to drink.

*To make apricot wine.*

Take three pounds of sugar and three pounds of water, let them boil together, and be well scummed; put in six pounds of apricots pared and stoned, let them boil till they are tender, take them off, and, when the liquor is cold, bottle it up; you may, if you please, after you have taken out the apricots, let the liquor boil very little with a sprig of flowered clary in it; the apricots make very good marmalade and are very good for present spending.

*To make damson wine.*

Gather your damsons, dry and weigh them, and bruise them with your hand; put them into an earthen stein that hath a faucet, and to every eight pounds of fruit put a gallon of water; boil your water, scum it, and put it to your fruit scalding hot; let it stand two whole days, draw it off into a vessel fit for it, and to every gallon of liquor put two pounds and a half of fine sugar; let the vessel be full, stop it close, and the longer it stands the better; it will keep a year; the small damson is best, and when you bottle it off you may put a small lump of fine sugar to every one.

*To make birch wine.*

In March bore a hole in a tree and fix a faucet in the hole, and it will run three days without hurting the tree; then stop the hole with a peg, and the next year draw off the same quantity; put to every gallon of the liquor a quart of good honey, stir it well, boil it an hour, scum it, and put in a few cloves and a piece of lemon peel; when it is almost cold,

old, put to it so much ale yeast as to make it work like new ale; let it work six weeks or more, and bottle it off; it will be fit to drink in a month's time, and will keep good a year or two; you may use sugar instead of honey, the quantity of two pounds to every gallon, or something more if you intend to keep it long; this is a very wholesome as well as pleasant liquor; an opener of obstructions, good against the pthific and the spleen, as also the scurvy, and the stone; it will abate heat in a fever, and hath been given with good success.

*To make sage wine.*

Boil twenty-six quarts of spring water a quarter of an hour, and when it is blood warm, put twenty-five pounds of Malaga raisins picked, rubbed, and shread; add to it half a bushel of red sage finely shread, and a poringer of ale yeast; stir all well together, and let it stand in a tub for six or seven days, close covered, stirring it well once a day; then strain it out, and put it in a rundlet; let it work three or four days, stop it up, and, after standing six or seven days, put in a quart or two of fine Malaga sack, and when fine bottle it off.

*N. B.* All other fruit wine you may make according to the different receipts above described.

*Bitter wine.*

Take two quarts of strong white wine, infuse in it one drachm of rhubarb, a drachm and a half of gentian root, Roman wormwood, tops of cardus, centaury, camomile flowers, of each three drachms; yellow peel of oranges, half an ounce of nutmegs, mace, and cloves, of each one drachm; infuse all these forty-eight hours, strain it, and drink a glass an hour before dinner.

*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 as by seeing it done; however, observe this, let it be done then when the wind is full north, and the weather clear and temperate, that the air may the better  
agre.

agree with the constitution of the wine, and may make it take more kindly, as it is proper to be done in the increase of the moon.

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

Take powders of sulphur two ounces, and half an ounce of calamus; incorporate them well together, put them into a pint and a half of burrage water, and let them steep therein a considerable time; draw off the water, and melt the sulphur and calamus in an iron pan, and dip in as many rags as will soak it up; put the rags into a cask, rack off the wine, put in a pint of rose water, and stop up the hoghead; roll it up and down for half an hour, and then let it continue still two days; by ordering it thus, any red or Gascoigne wine will have a pleasant scent and taste.

*To keep wine from souring.*

Boil a gallon of wine with some beaten oyster shells and crabs 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 a pleasant lively taste; a stone of unflaked lime will also keep your wine from souring.

*Milk punch.*

Take two quarts of water, one quart of milk, half a pint of lemon juice, and a quart of brandy; sugar it to your taste, put the milk and water together a little warm, then add the sugar and lemon juice, and stir it together; put in the brandy, and run it through a flour bag till it is fine; you may bottle it and it will keep a fortnight or more.

*Milk punch for present drinking.*

To two quarts of water put two quarts of French brandy, a dozen and half of lemons, three quarters of a pound of double-refined sugar, and three pints of new milk; strain it frequently through a jelly-bag, till it is clear and fine; you must make it two or three days before you use it, and may bottle it off, but it will preserve its goodness for a time.

*Quince*

*Quince wine.*

Clean the quinces with a coarse cloth, then grate them, and press them through a linen strainer to clear them from the gross thicknes, and then through a flour strainer; to every gallon of this liquor put two pounds of single refined sugar, let it settle, and pour it off; this do several times till there is no sediment; then pour it into your vessel, and let it remain unstopped six days; then keep it six months, and bottle it off, if it is fine; if not pour it into another.

*Note.* You must observe, as an unexceptionable rule, that all English wines must be kept in cool cellars.

*Birch wine, as made in Sussex.*

Take the sap of birch fresh drawn, boil it as long as any scum rises, and to every gallon of liquor put two pounds of good sugar; boil it half an hour, scum it clean, and when almost cold, set it with a little yeast spread on a toast, and let stand five or six days in an open vessel, stirring it often; then take a barrel exactly big enough to hold the liquor, burn in a lighted match, and stop in the smoak; shake out the ashes, and pour in a pint of sack or rhenish, working it well about; pour in your wine, stop it close for six months, and if it be perfectly fine you may then bottle it off.

*Black cherry wine.*

Boil six gallons of spring water one hour, bruise twenty-four pounds of black cherries, but not break the stones, and pour the water boiling hot over them; stir the cherries well in the water, and let them stand twenty-four hours; strain off the liquor, and to every gallon put two pounds of good sugar and let it stand a day longer; pour it off clean into your vessel, stop it close, and when it is very fine draw it off into your bottles.

*Red cherry wine, as made in Kent.*

When your red cherries are full ripe, strip off the stalks and stamp them, as apples, till the stones are broke; put  
the

the mash into a tub, cover it up close for three days, put, and press it in a cider press, and let the liquor run into a tub; let it stand covered for three days, take off the scum very carefully for fear of its breaking, and pour it into another tub to clear it of the lees; let it stand two days more, scum it, and if your cherries are sweet, put only one pound and a half of sugar to each gallon of liquor; stir it well together, cover it close, and let it rest till the next day; pour it carefully off the lees, let it rest another day, and then pour it into the vessel in which you design to keep it; bung it up, keep it seven or eight months, and, if fine, bottle it off; if it be not fine, draw it off into another vessel to fine. This wine, if made agreeable to these my well experienced directions, will keep a year in bottles.

*How to improve cider, and make it perfectly fine.*

When it is first made, put six ounces of stone brimstone into a hoghead, to give it a colour; put a gallon of good French brandy, highly tintured with cochineal; beat one pound of allum, and three pounds of sugar-candy, and put them to it when you stop it up; when it is fine bottle it, and it will be perfectly good.

*How to make beer, wine, or any other liquors fine.*

Set your vessel on two boards the length of the barrel, lay upon them a large quantity of bay salt, and fix the barrel on the salt; let it thus stand a fortnight, and it will be perfectly fine; this certainly clears the liquor preferable to ising-glass, and is much neater, being only put to the outside of the vessel; it ought at all times to be observed, that all liquors whatever ought to be fined before they begin to fret, or they will never be good.

*Compound parsley water.*

Take parsley roots four ounces, fresh horse-raddish root, and juniper berries, of each three ounces; the tops of St. John's wort, biting arsmart, and elder flowers, of each two ounces; the seeds of wild carrots, sweet fennel, and

parsley, of each one ounce and a half; mix these ingredients together, bruise them; and add thereto two gallons of French brandy, and two gallons of soft water; let them steep in the still three or four days, and draw it off: this is an excellent remedy for the gravel.

*Compound horse-raddish water.*

Take the leaves of the two sorts of scurvy-grass, fresh gathered in the spring, of each six ounces; add four ounces of brookline and water-creffes, and of horse-radish two pounds; of fresh arum root six ounces, winter birk and nutmeg of each four ounces, dried lemon peel two ounces, and of French brandy two quarts, and draw all off by distillation; this water is good in both dropical and scorbutic cases.

*Compound piony water.*

Take eighteen piony roots fresh gathered, six ounces of bitter almonds, the leaves of rosemary, rue, wild thyme, and flowers of lavender dried, of each three ounces; of cinnamon, cubebs, seeds of angelica, coriander seed, carraway, and anniseeds, each half an ounce; one gallon of rectified spirits of wine, with five gallons of soft water, and draw off three gallons by distillation. This is good in all nervous disorders.

*Compound scordium water.*

Take of citrons, sorrel, goats rue, and scordium, of each one pound, and London treacle two ounces; distil them in a limbeck, with two quarts of spirits of wine, and a sufficient quantity of water; of this you may draw off one gallon.

*Anniseed water.*

Take twelve ounces of anniseeds, three gallons of proof spirits, one gallon and a half of spring water; infuse them all night in a still, and with a gentle heat draw off what runs smooth and clear; sweeten it with two pounds of brown sugar, and if you would have it very fine, distil it again, and add some more anniseeds.

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*Carraway*

*Carraway water.*

Take three gallons of proof spirits, and of water half a gallon; add to them half a pound of carraway feeds bruised, distil and sweeten the juice with a pound and half of brown sugar.

*Cardamum water.*

Take carraway feeds, coriander feeds, pimento, and lemon peel, of each four ounces; mix them with three gallons of proof spirits, a gallon and a half of spring water; distil them, and sweeten the water with one pound and a half of sugar.

The three foregoing waters are each of them very cheap, and a most wholesome cordial.

*Strong palsey water.*

Take the spirits of five gallons of the best old sherry sack distilled in a limbeck; add to it cowslip flowers, the flowers of burrage and bugloss, and of the lillies of the valley, each a handful; also rosemary flowers, sage, and betony flowers, the same quantity; these must all be procured in their season, and put into some of the spirits aforesaid, in an open mouthed quart glass; let them remain in the spirits till you are ready to distil the waters, and carefully stopped up; take lavender flowers in their season, strip them from their stalks, and fill a gallon glass with them; pour to them the remainder of your spirits, and cork them close as before; let them be in the sun six weeks, and put these and the rest of the flowers in the two glasses; then add balm, motherwort, spike flowers, bay leaves, and orange leaves, of each half an ounce; cut and put them to the former flowers and spirits, and distil them together in a limbeck, and make three runnings of it; first, a quart glass, which will be exceeding strong; then a pint glass, which will be almost as good; and then a third pint, or as much as will run, for when it runs weak, which you may know by its taste and the colour being whiter, you will have drawn about that quantity; mix your runnings together, and take  
citron,

citron, or the yellow rind of a lemon peel, six drachms of spice seeds, and of cinnamon one ounce, with nutmegs, mace, cardamums, and yellow saunders, of each half an ounce; of lignum aloes one drachm; make these into a gross powder, adding a few jujubs that are fresh, stoned, and cut small; put these ingredients into a large sarsnet bag and hang it in the water as aforesaid; take two drachms of prepared pearls, of ambergrease, musk, and saffron, one scruple each; red roses dried one ounce; these may be put in a bag by themselves, and hug in the spirits as the other; close it well, that no air gets in, and let it rest six weeks; take out the water, press the bags dry, and keep the water in narrow mouthed glasses, and stop it up.

*The use of this water.*

It is so strong and powerful that it cannot be taken without the assistance of some other thing; but when dropt on crumbs of bread and sugar, you must take it the first thing in the morning, at four in the afternoon, and the last thing at night; you must not eat for an hour either before or after you take it; it is exceeding efficacious in all swoonings, weakness of heart, decayed spirits, palsies, apoplexies, and both to prevent and help a fit; it will also destroy all heaviness and coldness in the liver, restores lost appetite, and fortifies and surprisngly strengthens the stomach.

*The second water, to be made on the ingredients of the first.*

When the first water has ran what is strong, there will remain a smaller sort at the bottom of the limbeck, take and press the herbs and flowers, and put them into a gallon and half of the best sherry, and let them stand close stopped five weeks; distil them, and let the liquor run as long as it remains strong, pour it into a glass where the sarsnet bags are, and let them be in this second liquor six weeks, close stopped; then you may use it as the former.

*Note,* This is to bathe any part affected with weakness.

*Syrup of roses.*

Take a gallon of soft water, put it into an earthen pan, and throw in as many rose leaves as will soak it up; cover them close, set them on a slow fire, and when they begin to simmer take it from the fire and let them stand till next day; strain them, set the liquor on the fire, and when it boils put in as many rose buds as will soak it up; let it stand till the next day, and strain it off again; repeat this, day after day, till there is not above a pint and a half of water left; put this into a long pipkin proper to make your syrup in; set it on the fire, when it boils put in a pound and a half of sugar, scum it, let it boil, and when it is cold bottle and keep it for use.

*Syrup of colts-foot.*

Take of colts-foot six ounces, maiden hair two ounces, hyssop one ounce, liquorice-root one ounce; boil them in two quarts of spring water till one fourth is consumed, then strain it, and put to the liquor two pounds of fine powder sugar; clarify it with the whites of eggs, and boil it till it is nearly as thick as honey.

*Balsamic syrup of tolu.*

Take six drachms of the balsam of tolu, and boil it to twenty ounces of spring water till the half is consumed, taking care not to scum them; then add twenty ounces of the best refined sugar, make it to a syrup without further boiling, and when it is cold strain it off.

*Syrup of tolu.*

Boil half an ounce of pearl barley in three several waters, strain off the last water, and when it is settled, take three pints of it and two ounces of tolu; let it simmer till almost a pint is wasted, and put in two pounds and a half of sugar, boiling it gently to a syrup to what thicknes you please, and when almost cold strain it.

*Syrup of mulberries.*

Take the clear juice of mulberries, to each quart of clear juice put one pound of white sugar, and make it into a syrup over a slow fire.

*Syrup of poppies.*

Take two pounds of corn-poppy flowers, and four pounds of warm spring water; let them stand to infuse twenty-four hours, then strain them, and add fresh flowers to the water, letting the water be warm when you put them in; let them stand close covered till next day, strain it off, and with an equal quantity of sugar boil it to a syrup.

*Syrup of violets.*

Take one pound of fresh pickled violets, boil five half pints of soft water, and pour it over the violets; let it stand close covered in a well glazed earthen vessel for twenty-four hours, and dissolve in it twice its own weight of white sugar, so as to make a syrup without boiling.

*Syrup of clove jilly-flowers.*

Gather the flowers early in the morning, pick them clean, and cut the white from the red; to a quart of flowers put two quarts of spring water, let it stand for two days in a cold place, and after boil it till it comes to a quart; strain it off, and put in half a pound of double-refined sugar, and boil it up again for three or four minutes; pour it into a china bowl, let it stand to cool, and when it is quite cold scum it, put it into bottles, cork them well, and tie them down with leather.

*Syrup of buckthorn.*

Gather your berries in the heat of the day, and set them in an earthen pot into the oven; then squeeze out the juice, and put the juice of one peck of berries to two pounds of Lisbon sugar, and boil them together a quarter of an hour; then let it cool, and bottle it.

*Syrup for a cough or asthma.*

Take a handful of unſet hyſſop, a handful of colts-foot flowers, a handful of black maiden hair, and two handfuls of white horſe hound; boil theſe in three quarts of water, and when half is boiled away take it off, and let the herbs ſtand in it till they are quite cold; ſqueeze the herbs very dry, ſtrain the liquor, and boil it a quarter of an hour; ſcum it well, and to every pint put in half a pound of white ſugar, and boil it; when it becomes a ſyrup put it to cool, and bottle it off; do not cork the bottles, but tie papers over them, this is an exceeding fine ſyrup for a cough, by taking a ſpoonful both night and morning, and one whenever the cough is troubleſome.

*A ſecond ſyrup.*

Take one ounce of conſerve of roſes, one ounce of brown ſugar candy, and two of Raiſins of the ſun, cleared of their ſtones; to theſe add ſome flower of brimſtone, mix them together, and take a ſpoonful night and morning.

*Syrup of baſam.*

Put an ounce of baſam of tolu into a quart of ſpring water, and boil them two hours; put in a pound of white ſugar candy finely beat, and boil it half an hour longer; take out the baſam, ſtrain the ſyrup twice through a flannel bag, and when it is cold bottle it; this ſyrup is excellent for a cough, by taking a ſpoonful at night, and a little whenever your cough is troubleſome.

*Barley ſyrup.*

Take a pound of freſh barley, put it in water, and when it boils throw the water away; ſo do a ſecond water; put to the barley a third water, the quantity of fix quarts, and boil it while one third is conſumed; ſtrain out the barley, and put to the water a handful of ſcabious, tormentil, hyſſop, agrimony, hore-hound, maiden hair, ſanicle, and betony; burrage, buglofs, roſemary, marigolds, ſage,  
violets,

violets, cowslips, of these a pint each when picked; a pound of raisins of the sun stoned; half a pound of figs cut; a quarter of a pound of dates stoned, and the white skin next the stone taken off; half a pound of green liquorice; carraway seeds, fennel seeds, and anniseeds, of each one ounce; hartshorn, ivy, elecampane roots, of each one ounce; fennel roots, asparagus roots, couchgrafs roots, polipodium roots, oak-parsley roots, of each one handful; after they are cleaned, bruise the liquorice and seeds, and slice your roots; put the afore-named ingredients into your barley water, let them boil very softly close covered twelve hours, afterwards strain it and press the juice from the ingredients, and let it stand twenty-four hours; take the liquor off clear, and add to it half a pint of damask-rose water, and half a pint of hyssop water, with a pint of the juice of colts-foot clarified; a drachm of saffron, three pints of the best virgin honey, and as many pounds of sugar as there are quarts of liquor; boil this an hour and a half, keeping it clean scum'd, then bottle it, cork it well, and preserve it for your own proper use.

*Note,* This syrup is good for an old cough; and three spoonfuls, night and morning, mixed with the same quantity of wine or sack, is sufficient to take.

*A second way to make syrup of violets.*

Pick the violets from the greens, and sift them clean; then to every four ounces of violets add half a pint of water and one pound of coarse sugar; first take the water and put into it half the sugar; set it over the fire, clarify and scum it well; stamp your violets in a marble mortar, and when they are well beat, infuse them in the clarified syrup for some time, minding the syrup is not too hot when you put in the violets; when they have infused a while strain them, and preserve some of the juice in another vessel, and let it stand by; put in the rest of the sugar, set it again on the fire, scum it and keep it stirring; when it hath boiled softly some time, put in the rest of the juice, and one drop of the juice of lemon; set it once more, for a small time on the fire, and when cold put it up for use.

*Syrup.*

*Syrup of mash-mallows.*

Take of the fresh roots of mash-mallows two ounces, and parsley roots one ounce; liquorice root, the tops of mash-mallows and mallows, and figs, of each half an ounce; raisins stoned two ounces; sweet almonds blanched one ounce; let all these sleep one day in three quarts of clear barley water, and boil it to two quarts; press out the decoction, and when grown fine by standing in the liquor, dissolve one ounce of gum arabic, and four pounds of fine sugar, and make it into a syrup.

*Another way.*

Take four ounces of mash-mallow roots, grass roots, asparagus roots, liquorice, raisins stoned, of each half an ounce; the tops of mash-mallows, pellitory, pimpernel, faxifras, plantain, maiden-hair, white and black, of each one handful; red sisars, one ounce of each; bruise all these, and boil them in three quarts of water while they come to two; then put to it four pounds of white sugar to make it a syrup, and clarify every pint with the white of an egg, or ising-glass.

*Syrup of Saffron.*

Take a pint of balm water and a pint of the best Canary, half an ounce of English saffron; open the saffron, and put it into liquor to infuse, and let it stand close covered so as to be hot and not boil, and continue so for twelve hours; then strain it out as hot as you can, and add to it three pounds of double-refined sugar, and boil it till it is well incorporated; when cold bottle it; a spoonful in any simple water or wine is a high cordial.

*Syrup of buckthorn.*

Take three quarts of the clarified juice of buckthorn berries, four pounds of brown sugar; make them into a syrup over a gentle fire, and, while it is warm, mix it with a drachm of the distilled oil of cloves dissolved on a lump of sugar, for it will not dissolve in the syrup.

*Note,*

*Note,* Take great care you have the true buckthorn, as there are many spurious ones; they may be known by the number of feeds; the genuine buckthorn having four; the alder buckthorn has only two, and the cherry buckthorn one only.

*Another syrup for a cough or asthma.*

Take pennyroyal and hyssop water, of each half a pint, slice to them a small stick of liquorice and a few raisins of the sun stoned; let them simmer a quarter of an hour, and make it into a syrup with brown sugar-candy; boil it a little, and then put in four or five spoonfuls of snail water, and give it a second boil; when it is cold bottle it, and take a spoonful morning and night, with three drops of balsam of sulphur put into it.

*Another, and a valuable one.*

Take a handful of maiden-hair, a handful of oak-lungs, and a handful of fresh moss; boil these in three pints of spring water till it comes to a quart; strain it out, and put to it six pennyworth of saffron tied up in a rag, adding thereto a pound of brown sugar-candy; boil the liquor up to a syrup, and when cold bottle it.

*Note,* You may take a spoonful of this syrup, as often as you find your cough troublesome.

There are many more syrups, but too many for this book; but these mentioned are the most choice ones, not only in themselves, but as the directions in them contained, are an invariable guide to the lady in the other various kinds of syrups.

*To make conserve of hips.*

Gather your hips before they grow soft, cut off the heads and stalks, slit them in half, and take out all the seed and white; put them in an earthen pan, stir them every day lest they grow mouldy, and let them stand till they are soft enough to rub through a coarse hair sieve; they are a dry berry, and rub through with some difficulty; add to them their weight in sugar, and mix them well

well together without boiling, keeping it in gallypots for use.

*Conserve of red roses.*

Take red-rose buds, bruise them in a marble mortar, adding by degrees fine powder of sugar sifted, to the quantity of three pounds; beat them till no particles arise, and till the whole becomes a firm and solid mixture.

*Conserve of orange peel.*

Take the clear rind of oranges, steep them in water of a moderate heat till they are tender; then strain the water from them, pound them in a marble mortar, and strain them through a sieve; then bring the pulp to a proper consistence over a gentle fire, and add to it thrice its quantity of sugar, and let it be reduced into a conserve by beating it in a mortar.

*Conserve of quince.*

Pare the quince, take out the coars and seeds, then cut them into small pieces, boil them till they are soft; to eight pounds of quince put in six pounds of sugar, boil them to a consistence.

*To make robe of elder.*

Take a peck of elderberries and bake them in an earthen pan, squeeze the juice out, and put it in a silver or tin stew-pan, then set it on a gentle fire, it will be three days stewing; you must stir it often, and when you see it so thick that you may cut it with a knife it is enough, then put it in gallypots for use, whilst it is hot.

*To make spirit of clary.*

Take a gallon of good sack, a pint of the juice of clary, a pound of clary-flowers, as many clove jilly-flowers, and half as many arch-angel-flowers, as many comfry-flowers, and as many flowers of lillies of the valley, let these steep in the sack all night, then put it into a glass still, the softer it distils, the stronger it will be; you must take great care to keep

keep in the spirit, by pasting the still every where; let it drop through a bag of good ambergrease upon as much sifted white sugar-candy as you think will sweeten it; it is a very high cordial.

*To make spirit of carraways.*

To a quart of true spirits of sack, put two pounds of good smooth sugared carraways, bruise them, and put them into a bottle, with a grain of the best ambergrease, pour the spirit on them, and seal the cork very close; set it in the sun for a month, strain it off, and keep it always close stopp'd for use.

*Cordial of black cherry water.*

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 handfuls of clove-jilly-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 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 off as much as runs good, sweeten it with sugar-candy to your taste.

*A very rich cherry cordial.*

Take a stone pot that has a broad bottom, and a narrow top, and lay a row of black cherries and a row of very fine powdered sugar, do this till your pot is full, measure your pot, and for every gallon it holds, put a quarter of a pint of true spirit of wine; you are to pick your cherries clean from foil and stalks, but not wash them; when you have thus filled your pot, stop it with a cork, and tie first a bladder, then a leather over it; and if you fear it is not close enough, pitch it down close, and then bury it in the earth six months, or longer; then strain it out, and keep

it close stopped for your use; it will revive when all other cordials fail.

*To make rhubarb tarts.*

Take stalks of English rhubarb, that grow in the gardens, peel and cut it the size of gooseberries; sweeten it, and make them as you do gooseberry tarts: how to make the crust you have in the Art of Cookery.

These tarts may be thought very odd, but they are very fine ones and have a pretty flavour; the leaves of rhubarb are a fine thing to eat for a pain in the stomach, the roots for tincture, and the stalks for tarts.

*Angelica tarts.*

Take the stalks, peel them, cut them into little pieces, pare some golden pippins or nonpareils, of each an equal quantity; first take away the parings of the apples and the coars, boil them in as much water as will cover them, with a little lemon peel and fine sugar till it is like a very thin syrup, then strain it off, and set the syrup on the fire again with the angelica, let it boil about ten minutes, then when the crust is ready, lay a sliced apple and a layer of angelica, so on till the pattypans are full, and bake them, filling them first with the syrup.

*To preserve damsons or bullace.*

Put your damsons in a pot, to two quarts put a pound of fine sugar, and bake them in a slow oven two hours, then set them in a cool place a week, and pour over them as much rendered beef suet as will be an inch thick, it must be put on hot every time you take any out; and they will keep all the year.

*Another way to do them.*

Make a syrup of water and sugar, gather the fruit before they are ripe, and put them into the cold syrup; then set them on a slow fire, and keep them stirring gently round,  
till

till they are a little coddled, but not broke, put all into a pot that has a little mouth, and when cold, pour on more till it is an inch thick on the top, and set it by.

*To make anniseed biscuits.*

To every twelve pounds of dough, put twenty ounces of butter, a pound of sugar, two ounces of anniseeds, with a little rose water, and what spice you think fit, and bake it in a moderate oven.

*To keep gooseberries.*

Gather them on a very fine day when full grown, before they are ripe, pick them, have ready nice clean bottles, fill them to the neck, then cork them, and rosin the top of the bottle that no air can get into it, then set them in a kettle of water, up to the neck, over a slow fire; when the water is scalding hot, rake out the bottles, and the next day dig a hole in the earth, and put your bottles in; cover them up with the earth again, and keep them for winter; some keep them only in a dry place, but the earth keeps them better.

*A very rich almond cream, called steeple cream.*

Make a very strong jelly of hartshorn; and that it may be so, put half a pound of good hartshorn to five pints of water; let it boil near half away; strain it off through a jelly bag; then have ready, beaten to a very fine powder, six ounces of almonds, which must be carefully beat up with one spoonful of orange-flower water, with six or eight spoonfuls of very thick cream: then take near as much cream as you have jelly, and put both into a skillet, and strain in your almonds, sweeten it to your taste with double-refined sugar; set it over the fire and stir it with care constantly till it is ready to boil; so take it off, and keep it stirring till it is near cold; then pour it into narrow bottomed drinking glasses, in which let it stand a whole day; when you would turn it out, put your glasses into warm water for a minute, and it will turn out like a sugar loaf.

*To make orange posset.*

Squeeze the juice of two Seville oranges and one lemon into a china basin that holds about a quart, sweeten this juice with the syrup of double-refined sugar, put to it two spoonfuls of orange-flower water, and strain it through a fine sieve, boil a large pint of cream, with some of the orange peel cut thin; when it is pretty cool, pour it into a basin of juice through a flannel, which must be held as high as you can from the basin, it must stand a day before you use it; when it goes to table, stick slips of candied orange, lemon, and citron peel on the top.

*To make black caps, the best way.*

Take a dozen and a half of very large French pippins, or golden rennets, cut them in half and lay them with the flat side downwards; lay them as close to each other as you can, press the juice of a lemon into two spoonfuls of orange-flower water, and mix them all together; shred some lemon peel into it, and grate some double-refined sugar over it; put them into a quick oven, and half an hour's baking will be sufficient.

*To make Newport cream cheese.*

You must get a vat made a quarter and a half high, the bottom nor top must not be fastened, and it must be made four square, with holes all over them; then take two quarts of good thick cream, two quarts of stroakings, and a gallon of new milk, and set it with runnet, as for common cheese; when it is come, take out the curd with a china faucer, and put it into the vat, strewing a little clean dry salt thereon; fill up the vat, till all the cheese is in, press it as other cheese, let it stand in the vat two or three days, till all is out, and turned often while it is in, salt it two days; when you take it out you must let it dry without rubbing, and make it in May: if you desire it exactly four square, let the vat be full a quarter and a half high, and the square want an inch of a quarter.

*To make a pretty sort of flummery.*

Put three large handfuls of oatmeal ground small, into two quarts of fair water, let it sleep a day and night, then pour off the clear water, and put the same quantity of fresh water to it; strain it through a fine hair sieve, and boil it till it is as thick as hasty pudding; stir it all the while, that it may be extremely smooth, and when you first strain it, before you set it on the fire, put in one spoonful of sugar, and two of good orange-flower water, when it is boiled enough, pour it into shallow dishes for your use.

*To make cracknels.*

To a quart of flour take a pound of butter, half a nutmeg grated, the yolks of four eggs beat, with four spoonfuls of rose water; put the nutmegs and eggs into the flour, and wet it into stiff paste, with cold water, then rowl in the batter and make them into shape; put them into a kettle of boiling water, when they swim, take them out with a skimmer, and throw them into cold water; when they are hardened lay them out to dry, and bake them on tin plates.

*Right Dutch wafers.*

Take four eggs, and beat them very well; then take a good spoonful of fine sugar, one nutmeg grated, a pint of cream, and a pound of flour, a pound of butter melted, two or three spoonfuls of rose water, and two good spoonfuls of yeast; mix all well together, and bake them in your wafer-tongs on the fire, or in an oven.

*The nun's biscuit.*

Take the whites of six eggs, and beat them to a froth, take also half a pound of almonds, blanch and beat them with the froth of the whites of your eggs as it rises; then take the yolks with a pound of fine sugar; beat these well together, and mix your almonds with your eggs and sugar; then put in a quarter of a pound of flour, with the peel of two lemons grated, and some citron finely shred; bake them

them in little cake pans in a quick oven, and when they are coloured turn them on tins to harden the bottoms; but before you set them in the oven again, strew some double-refined sugar on them finely sifted; remember to butter your pans, and fill them but half full.

*To make oil of eggs.*

Take eight large eggs, and new laid, boil them hard; then take the yolks out; be careful not to put any white of the eggs in, and break them small, and let them stand to be cold; then have a quick fire ready, and put them in an iron ladle, with a bit of hog's lard, the bigness of a walnut; you must stir it with a stick cut flat at the end, and when it begins to melt, keep stirring as fast as you possibly can; in a moment before it turns to oil, it will dry; you must have a cup ready to pour it in as fast as you see a drop of oil come, with that quantity of eggs you will have a tea cup of oil, if you stir quick, if not, you will not see a drop of oil.

*To make tumbles.*

To a pound of fine flour, a pound of double-refined sugar, and two ounces of coriander seeds, the yolks of two eggs, and wet it stiff with a little rose water; then rowl them out the bigness of your finger, and make them in the form of a figure of eight; then put them on tins and bake them in a slow oven; watch them all the time, about ten minutes will bake them.

*To make currant scrub.*

Take white currants full ripe, mash them with your hands, then strain them through a hair sieve, and to one gallon of rum or brandy, put five pints of the currant juice, and a pound of lump sugar; cover it up close, and let it stand two or three days, stirring it twice a day; then run it through a jelly bag: it is best to put half the spirits to the juice, and add the other half when you bottle it off.

*To preserve beet roots.*

Boil your beet roots for four hours, till you see it quite soft; then make a syrup of a pint of spring water and half a pound of sugar, and boil the beet root in it, for a quarter of an hour; then put it in gallypots for use. When you want to use them for sauce, soak them in warm water for ten minutes or more, and slice them into oil and vinegar.

*To dry artichocks red.*

Boil your artichocks in water till you see they are soft; then take them out, and pound some cochineal very fine, and mix in fresh water, and boil them again a quarter of an hour; then dry them in bags for a quarter of an hour.

*To preserve apples red all the year.*

Get a dozen of pippins or pearmanes, pare them, put a quart of water to them, one pennyworth of cinnamon stick, grate part of a lemon rind, and some cochineal steeped in water, half a pound of loaf sugar; then send them to oven; tie over them a paper, and after that a coarse paste; don't forget to scope a hole in the middle of the apples to let the liquor through them; let them stand in a slow oven, when you think they are enough, take them out of the oven, take off the paper, and let them stand in the syrup; in the morning drain it from them, and put to it a little water, a pound, or a pound and half of sugar, as you would have a quantity of syrup for them, and when you have scum'd them well, clear it with the white of an egg, when that is done put in your apples again, and let them boil in the syrup till it be clear, then put in as much cochineal as will make them of a good colour; sometimes take the apples out lest they should break, and let the syrup be boiling and scum it often; when your apples are half enough, let them stand in the syrup all night, and in the morning set it over the fire, which must be of charcoal; let it boil up, then take the apples out, and put them in again; when your syrup is boiled to a thicknes for keepng, and your apples a

good colour, shred your lemon peel, and put in it half an ounce of candied orange cut in thin slices; put your apples into the pot you design to keep them in, and when your syrup is half cold put it on your apples, and put them up for use.

*To pickle cauliflowers red.*

Get the best you can, let your water boil with a little salt in it, then put in your cauliflowers, the faster it boils the whiter it will be, do not let it be too much done; then let it cool, and prepare your pickle; for red, you must take alliga, salt, and some of your colouring, and spice in it; if you would have them white, take white wine vinegar, salt and spices, having the white of your cauliflower; your pickle being cool, you put them into it keeping them for use.

*To pickle turnips.*

Pare and cut them in slices, put them into boiling water, and let them boil a little while, but not too much, take them out and cut them into what form you please; then put them into alegar and salt for some days; then take them out and wipe the pickle from them, boil the alegar and some of your colouring with spices, and when they are cold put them together, and keep them for use.

*To make violet drops.*

Take an ounce of violets and cut the whites from the leaves, and prick them very well, a quarter of a pound of sugar, as much water as will make a candy; when your candy is ready, put in your flowers, and let them just have a boil; then drop them on paper and they will grow hard soon.

*To get mildew out of linen.*

Scrape some chalk and mix it pretty thick with water, dip the cloth in it, and hang it in the sun to dry, repeat this till it is out.

*To make clove-jilly-flower wine.*

To every gallon of water add two pounds and a half of sugar, boil it half an hour, scum it well, and pour it boiling hot upon the flowers, picked all from the stalks, let it stand till cold; then put in four or five spoonfuls of yeast, or according to the quantity you make; let it stand three days, stir it every twelve hours; when you barrel it, strain it through a flannel, stop it close and bottle it in three weeks; put into every bottle a clove and bit of sugar; don't cork it close for some time.

*To pickle carrots.*

Take them of a middle size, the yellowest you can get, half boil them, and cut them in what shape you please, and let them lie to cool; then take as much vinegar as will cover them, boil a pennyworth of saffron in a bit of muslin, with a little salt; when your pickle is cold put them into a pot, cover them up close, let them stand all night, then pour out the pickle, and boil it with Jamaica pepper, mace, cloves, and salt; when cold pour it on the carrots, and keep it for use.

*To keep walnuts all the year moist.*

Gather your nuts in a very dry day, and take care they don't lay on the ground to be bruised; as you gather them, put them into a deep earthen pot, when full, cover them with a paper, and then with a leather, and over that a wet bladder; set them in a dry place.

BILLS OF FARE.

SEVERAL families have desired I would, in my Book of Confectionary, give them a few bills of fare of little deserts, fit for private families; but as it is a thing depends entirely on fancy, and indeed, what they have to set it out with, and the season of the year for fruits, &c.

I am

I am at some loss how to give directions in writing; but as it may be a little guide to the young and unexperienced, I have given them in the best manner I can, agreeable to the method they are now set out; ice cream is a thing used in all deserts, as it is to be had both winter and summer, and what in London is always to be had at the confectioners.

Giving directions for a grand desert would be needless, for those persons who give such grand deserts, either keep a proper person, or have them of a confectioner, who not only has every thing wanted, but every ornament to adorn it with, without giving any trouble to the family, when supposed to be taken up with other affairs; though every young lady ought to know both how to make all kind of confectionary and dress out a desert; in former days, it was looked on as a great perfection in a young lady to understand all these things, if it was only to give directions to her servants; and our dames of old, did not think it any disgrace to understand cookery and confectionary.

But for country ladies it is a pretty amusement, both to make the sweet-meats and dress out a desert, as it depends wholly on fancy and but little expence.

## Lemon Cream

Peaches.

Plumbs

Plain ice  
cream.

A large dish  
with figures  
and grass or  
moss about  
it, and  
flowers  
only for shew.

Raspberry ice  
cream.

Apricots.

Nectarins.

Syllabubs.

Colour'd wafers.	Peaches in Brandy.	Heart biscuit.
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Compote of pears.	A dish or falver, a dish of jellies, in- termix'd with wet sweet- meats;	Compote of chestnuts.
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Savoy biscuit.	White wafers.
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Morella cherries  
in brandy.

A ghizzard cream.

Lemon cream  
in glasses.

Colour'd sweet-  
meats in glasses.

Ratafia drops

High flowers,  
images, &c.  
dress'd with  
grafs, moss,  
and other or-  
naments ac-  
cording to  
fancy.

Sponge biscuits.

Wet sweet-meats  
in glasses.

Jellies.

A floating island

The above middle frame should be made either in three parts or five, all to join together, which may serve on different occasions; on which suppose gravel walks, hedges, and variety of different things, as a little Chinese temple for the middle, or any other pretty ornament; which ornaments are to be bought at the confectioners, and will serve year after year; the top, bottom, and sides are to be set out with such things as are to be got, or the season of the year will allow, as fruits, nuts of all kinds, creams, jellies, whip syllabubs, biscuits, &c. &c. and as many plates as you please, according to the size of the table.

All this depends wholly on a little experience, and a good fancy to ornament in a pretty manner; you must have artificial flowers of all sorts, and some natural out of a garden in summer time do very well intermixed.

As ghizzard cream is not in the fore part of the book, I shall give it here: take the skins of three large ghizzards of fowl or turkey; put them into a quart of cream, sweeten it and spice it as you like, boil all together, then strain it into your dish, and it will be fine and thick,

## Lemon cream.

Peaches.

Plumbs.

Plain ice cream.

A dish only  
for shew,  
with figures,  
&c. &c.Raspberry  
cream.

Apricots.

Nectarins.

Syllabubs.

Fruit.

Ice cream.  
with thick cream  
poured over them.

Fruit.

Profiteroles

One large dish  
in the middle  
of jellies,  
cream,  
and  
syllabubs.

Profiteroles

Ice cream  
Fruit.

Ice cream  
Fruit.

Ice-cream of  
different sorts.

Raisins

Raisins

Jellies and biscuits.

Dry'd apples.

Chefnuts.

Sweat  
meats  
wet and  
dry.

Almonds and  
raisins.

Stew'd  
pears.

Jellies and biscuits.

Jellies

Jellies

Ice cream  
the next column.

Stew'd pippins  
with thick cream  
poured over them.

Pot oranges.

Postatia nuts.

Wet and dry  
sweet meats,  
and jellies  
both red and  
white, in-  
termix'd,  
adorn'd  
with flowers.

Ice cream.

Ice cream.

Walnuts.

Ratafia cakes.

Pears stew'd purple  
with fine  
ratafia cream,  
pour'd over them.

---

Ice cream.

Stewed pippins.

Little pot oranges.

Compo of pears.

A  
Grand  
Trifle.

Compo of chefnuts.

Postatia nuts.

Nonpareil.

Ice creams,  
different colours.

Ice cream,

Fruit,

Fruit

Two salvers one  
above another,  
whip'd syllabubs  
and jellies inter-  
mix'd with crisp'd

Creams.

almonds, and  
little ratafia  
cakes, one little  
one above all,  
with preserv'd  
orange or pine  
apples, little  
bottles with

Little cakes

Fruit.

flowers to adorn  
it, and knicknacks  
strew'd about the  
salver.

Fruit

Large Seville  
oranges sliced  
with double re-  
fin'd sugar  
&rew'd over

Almonds  
and raisins.

Ice cream,  
different colours.

N

Whip'd syllabubs.

Golden  
pippins.

Filberts.

Chestnuts.

Jellies, lemon  
cream, and  
sweet meats  
both wet and  
dry, piled up-  
on salvers  
with crisp'd  
almonds, and  
knicknacks.

Large oranges  
slic'd and  
sugar strew'd  
over.

Plumbs.

Nonpareils

Bloomage.

Ice cream.

Whip'd syllabubs.

---

Jellies.

Fruit.

Fruit.

Almond  
flummery.

A high salver  
with syllabubs,  
a little rais'd  
above  
with a pre-  
served orange  
or lemon.

Almond  
creams.

Fruit.

Jellies.

Fruit.

Whip'd syllabubs.

Bloomage,  
stuck with  
almonds.

Ice cream.

Chestnuts.

Two falvers  
one above an-  
other, on the  
bottom one  
jellies, the  
top a large  
glass cup co-  
ver'd with  
rasberry  
cream.

Dry'd  
cherries

Ice cream.

Almond flummery.

Whip'd syllabubs.

As to all sorts of little biscuits, almonds, knicknacks,  
throwed in the middle of the falver, or wet sweet-meats in  
little glasses; you intermix it according as you fancy.

Jellies.

Peaches.

Nectarins.

Fiberts.

Green gages.

Whip'd  
syllabubs.

Creams.

Almond  
flummery.

Cherries.

Walnuts.

Fine pears.

Grapes.

Jellies.

---

Ice cream.

Filberts

Dry'd plumbs.

Grapes.

Floating  
island.

Pears.

Nonpariels.

Walnuts.

Ice cream.  
different coloure.

Ice cream, different colours.

Clear jellies. Whip'd syllababs.

Lemon cream  
in glasses.

Nonpareils.

In the middle a  
high pyramid  
of one falver  
above another,  
the bottom one  
large, the next  
smaller, the  
top one less;  
these falvers  
are to be fill'd  
with all kinds  
of wet and dry  
sweet-meats  
in glass, baskets  
or little plates,  
colour'd jellies,  
creams, &c.  
biscuits, crisp'd  
almonds and  
little nicknacks,  
and bottles of  
flowers prettily  
intermix'd, the  
little top falver  
must have a large  
preserv'd Fruit  
in it.

Golden  
pippins.

Bloomage stuck  
with almonds.

Bloomage stuck  
with almonds.

Postalia nuts.

Almonds  
and raisins.

Lemon cream  
in glasses.

Clear jellies  
in glasses.

Whip'd syllababs.

Ice cream, different colours.

Lemon cream, in glasses.

Peaches.

Nectrines.

Ice cream.

Walnuts.

Grapes.

Golden pippins.

Almond flumery stuck  
with almonds.

Two large salvers in the middle one above another, in the top whip'd syllabubs, a garland of flowers rais'd above them, the bottom one fill'd with clear jellies.

Almond flumery stuck  
with almonds.

Nonpareils.

Filberts.

Pears.

Ice cream.

Apricots.

Plumbs.

Lemon cream, in glasses.

*Note,* You are to alter the side plates as you think proper, or with such fruit and things as you can get.

Peaches and Nectarins.

Walnuts.

Plumbs,

Grapes.

Jellies, and  
cream in-  
termix'd

Grapes.

Currants,

Filberts.

Peaches and Nectarins.

---

Rasberries.

Filberts

Goosberries.

Sugar.

Small biscuits.

Red  
cherries.

Two falvers  
one above an-  
other; on the  
top cream, in a  
large glass bowl,  
the bottom  
jellies.

Black  
cherries.

Small  
biscuits.

Sugar.

Currants

Filberts.

Strawberries.

Whip'd syllabubs.

Filberts.

Ratafia cakes.

Jellies.

A large dish of  
fruit of all sorts,  
piled up, and  
set out with  
green leaves.

Jellies.

Ratafia cakes.

Whip'd syllabubs.

Filberts.

Raberrice cream.

Walnuts.

Nonpareils.

Green  
grapes,  
and blackJellies piled up  
on two salvers,  
a large glass in  
the middle.Black  
grapes,  
and green.

Pears.

Filberts.

Goosberry fool.

Lemon cream.

Dry'd cherries.

Dry'd plumbs.

Winter pears.

Jellies.

Grapes.

Postalia nuts.

Almonds  
and raisins

Almond flummery.

Almond flummery,  
stuck with almonds.

Sugar  
in plates.

Postalia  
nuts.

Almond  
cream in  
cups.

One large sal-  
ver in the  
middle fill'd  
with jellies and  
whip'd syllabubs  
and a garland of  
flowers meeting  
a lover.

Small  
cheefe cakes.

Ratafia  
cakes.

Sugar  
in plates.

A bason of cream.

*To keep walnuts all the year.*

Take your walnuts full ripe, and peel them; then dry them well in the sun for a week or more, rub them often with a cloth till you see no mould on them; then keep them in a bag, in a dry place, and when you want any for a desert, crack and peel them quite clean, but take care that you keep the nut whole, or in quarters; then put them in some spring water, warm as you may bear your finger in it; let them stand three of four hours, then shift them in cold spring water, and let them stand all night; the next day, when you go to set your desert put them in glasses, and they will be crisp and fine as when fresh gathered.

*To make oil of filberts.*

Take the large Barcelona filberts, crack them, heat a pair of tongs red hot, and hold the kernel in them tight over a cup, and out of one nut you will have three or four drop

drops of oil; heat your tongs every time you take a fresh nut, and with a pint of nuts you will have half a small tea-cup full of oil.

*To make oil of paper.*

Take a sheet of strong writing paper, and roll it cross ways, roll a large pin in the corner for the oil to drop out, set the top a fire, and hold it over a cup, and there will come out three or four drops.

*Compound of oils for family uses, are made of oil of olives, and other simples, herbs, flowers, roots, &c.*

The way of making them is thus; having bruised your herbs or flowers, you would make your oil of, put them in an earthen pot, and to two or three handfuls of them pour on a pint of oil, cover the pot with paper, set it in the sun about a fortnight or less, according as the sun is in hotness; then having warmed it very well by the fire, take out the herbs and press them very hard, adding the oil that comes out to the other in the pot; put in as many more herbs, set them in the sun as before; the oftener you repeat this, the stronger your oil will be: at last when you conceive it strong enough, boil both herbs and oil together, I mean, the last herbs, till the juice be consumed, which you will know by its leaving its blushing, and the herbs will be crisp; then strain it whilst it is hot, and keep it in a stone bottle, or a glass vessel for use.

*To make syrup of water cresses.*

Take a peck of water cresses, bruise them a little, put two quarts of water to them, and let them stand twenty-four hours; boil them up for a little while; then squeeze them, and put in a pound of the finest sugar you can get, and boil it together till it comes to a quart; be careful not to boil it in a copper saucepan, and when it is cold put in half a pint of good rum, and bottle it for use.

*To make a syrup of nettles.*

Take a quantity of nettles and pound them, and squeeze them through a cloth: to a pint of juice add half a pound of Lisbon sugar, and boil it half an hour; then cool it and bottle it off.

*To keep green peas all the year.*

Gather your peas young, and on a very fine dry day; when the water boils put in your peas, give them two or three boils and drain them; then throw them on a cloth till quite dry; have ready clean bottles, fill them up to the neck; then pour in some beef suet, cork the bottles, tie them down with a bladder and a leather, and dig a hole in the earth, put them in, and cover them till Christmas, or while you want to use them, and let your water boil; put in a piece of butter, and some coarse sugar.

*To keep kidney beans.*

Gather them of a dry day, dry them in the sun, and keep them in papers, in a dry place, and before you use them, lay them in warm water.

*To make ice.*

Put in a pail of water, one ounce of sal ammoniac, and it will all turn to ice; but if the salts are not right, it will not do.

*To make eau de luce.*

Oil of amber one ounce, high rectified spirit of wine four pounds; put them into a bottle, and let them stand four or five days, shaking the bottle often; then put into this spirit four pounds of the choicest amber, finely powdered, and let it digest three days, then you will have a rich tincture of amber fit for use.

That being made, take sixteen pounds of strongest spirit of sal armoniac, and add it to the above tincture, with eight pounds of high rectified spirit of wine.

*How*

*How to use the ordinary still.*

You must lay the plate, then wood-ashes thick at the bottom; then the iron pan, which you are to fill with your ingredients and liquor; then put on the head of the still, make a pretty brisk fire, till the still begins to drop; then slacken it so as just to have enough to keep the still at work, mind all the time to keep a wet cloth all over the head of the still to keep in the steam thereof, and always observe not to let the still work longer then the liquor is good, and take great care you do not burn the still; and thus you may distil what you please; if you draw the still too far, it will burn, and give your liquor a bad taste.

*To make plague water.*

Roots.	Flowers.	Seeds.
Angelica,	Wormwood,	Hart's-tongues,
Dragon,	Suckery,	Whorehound,
Maywort,	Hyfop,	Fennel,
Mint,	Agrimony,	Melolet,
Rue,	Fennel,	St. John-wort,
Carduus,	Cowflips,	Comfery,
Origany,	Poppys,	Featherfew,
Winter-favoury,	Plantain,	Red rose-leaves,
Broad thyme,	Setfoyl,	Wood-forrel,
Rosemary,	Bugloss,	Pillitory of the wall,
Pimpernell,	Voevain,	Hart's-ease,
Sage,	Maidenhair,	Sentory,
Fumetory,	Motherwort,	Scadrink; a good
Coltsfoot,	Cowage,	handful of each
Scabeous,	Golden-rod,	of the above-men-
Burridge,	Gromwell,	tioned things,
Saxafreg,	Dill,	Gentian-root,
Bitony,		Dock-root,
Liverwort,		Butter-bur-root,
Jarmander,		Piony-root,
		Bay-berries,
		Juniper-berries, of
		each of these a
		pound.

One ounce of nutmegs, one ounce of cloves, and half an ounce of mace; pick the herbs and flowers, and shred them a little. Cut the roots, bruise the berries, and pound the spices fine; take a peck of green walnuts, and chop them small, mix all these together, and lay them to steep in sack-lees, or any white-wine lees; if not, in good spirits, but wine-lees are best. Let them lie a week, or better; be sure to stir them once a day with a stick, and keep them close covered, then still them in a limbeck with a slow fire, and take care your still does not burn. The first, second, and third running is good, and some of the fourth. Let them stand to be cold, then put them together.

*To make surfeit water.*

You must take scurvy-grass, brook-lime, water-creffes, Roman wormwood, rue, mint, balm, sage, clivers, of each one handful; green merery two handfuls; poppies, if fresh half a peck, if dry a quarter of a peck; cochineal six-pennyworth, saffron six-pennyworth; anniseeds, carraway-seeds, coriander-seeds, cardamon-seeds, of each an ounce; liquorice two ounces scraped, figs split a pound, raisins of the sun stoned a pound, juniper-berries an ounce bruised, nutmeg an ounce beat, mace an ounce bruised, fennel-seeds an ounce bruised, a few flowers of rosemary, marygolds and sage-flowers; put all these into a large stone jar, and put to them three gallons of French brandy; cover it close, let it stand near the fire for three weeks, Stir it three times a week, and be sure to keep it close stopped, and then strain it off; bottle your liquor, and pour on the ingredients a gallon more of French brandy. Let it stand a week, stirring it once a day, then distil it in a cold still, and this will make fine white surfeit water.

You may make this water at any time of the year, if you live at London, because the ingredients are always to be had, either green or dry; but it is the best made in summer.

*Of the proper season for distilling.*

Flowers of all kinds must be distilled in their proper seasons. To begin with the violet. Its colour and fine-

can only be extracted when it is in its greatest vigour, which is not at its first appearance, nor when it begins to decay. April is the month in which it is in the greatest perfection; the season being never so forward in March, as to give the violet its whole fragrancy.

The same must be observed of all other flowers. And let them be gathered at the warmest time of the day; the odour and fragrancy of flowers being then in their greatest perfection.

The same observation holds good with regard to fruits; to which must be added, that they are the finest, and of the most beautiful colour, especially those from whence tinctures are drawn; they must be free from all defects, as the goods would by that means be greatly detrimented.

Berries and aromatics may be distilled at any season, all that is necessary being a good choice. But in this distillers are sometimes mistaken, as may easily happen without a very accurate knowledge.

*Of sugar spirit.*

I mean by a sugar-spirit, that extracted from the washings, scummings, dross, and waste of a sugar baker's refining-house.

These recrementitious, or drossy part of the sugar are to be diluted with water, fermented in the same manner as melasses or wash, and then distilled in the common method. And if the operation be carefully performed, and the spirit well rectified, it may be mixed with foreign brandies, and even arrack in a large proportion, to great advantage; for this spirit will be found superior to that extracted from treacle, and consequently more proper for these uses.

*Of raisin-spirit.*

By raisin spirits, I understand, that extracted from raisins, after a proper fermentation.

In order to extract this spirit, the raisins must be infused in a proper quantity of water, and fermented in the manner described. When the fermentation is completed, the whole is to be thrown into the still, and the spirit extracted by

by a strong fire; so you see the raisins out of a cask, after the wine is made to do.

The reason why we here direct a strong fire, is, because by that means a greater quantity of the essential oil will come over the helm with the spirit, which will render it much fitter for the distiller's purpose; for this spirit is generally used to mix with common malt goods; and it is surprising how far it will go in this respect, ten gallons of it being often sufficient to give a determining flavour, and agreeable vinosity to a whole piece of malt spirits.

It is therefore well worth the distiller's while to endeavour at improving the common method of extracting spirits from raisins; and perhaps the following hint may merit attention.

When the fermentation is completed, and the still charged with fermented liquor, as above directed, let the whole be drawn off with as brisk a fire as possible; but instead of the cask or cann, generally used by our English distillers for a receiver, let a large glass be placed under the nose of the worm, and the receiver applied to the spout of the separating-glass; by this means the essential oil will swim upon the top of the spirit, or rather low wine, in the separating-glass, and may be easily preserved at the end of the operation.

The use of this limpid essential oil is well known to distillers; for in this resides the whole flavour, and consequently may be used to the greatest advantage, in giving that distinguishing taste and true vinosity, to the common malt-spirits.

After the oil is separated from the low wine, the liquor may be rectified in Balneum Mariæ into a pure and almost tasteless spirit, and therefore well adapted to make the finest compound cordials, or to imitate or mix with the finest French brandies, arracks, &c.

In the same manner a spirit may be obtained from cyder. But as its particular flavour is not so desirable as that obtained from raisins, it should be distilled in a more gentle manner, and carefully rectified in the common manner of rectification; by which means a very pure and almost insi-

pid spirit will be obtained, which may be used to very great advantage in imitating the best brandies of France, or in making the finest compound waters or cordials.

*Of the distilling of simple waters by the alembic.*

The plants designed for this operation are to be gathered when their leaves are at full growth, and a little before the flowers appear, or, at least, before the seed comes on; because the virtue of the simple expected in these waters is often little, after the seed or fruit is formed, at which time plants begin to languish: the morning is best to gather them in, because the volatile parts are then condensed by the coldness of the night, and kept in by the tenacity of the dew, not yet exhaled by the sun.

This is to be understood, when the virtue of the distilled water resides principally in the leaves of plants; as it does in mint, marjoram, pennyroyal, rue, and many more; but the case differs when the aromatic virtue is only found in the flowers, as in roses, lillies of the valley, &c. in which case we chuse their flowery parts, whilst they smell the sweetest, and gather them before they are quite opened, or begin to shed, the morning dew still hanging on them.

In other plants the seeds are to be preferred, as in anise, carraway, cummin, &c. where the herb and the flower are indolent, and the whole resides in the seed alone, where it manifests itself by its remarkable fragrance, and aromatic taste. We find that seeds are more fully possessed of this virtue, when they arrive at perfect maturity.

We must not omit that these desirable properties are found only in the roots of certain plants, as appears in avens and in orpine, whose roots smell like a rose. Roots of this kind should be gathered, for the present purpose, at that time when they are richest in these virtues; which is generally at that season of the year just before they begin to sprout, when they are to be dug up in a morning.

If the virtues here required be contained in the barks or woods of vegetables, then these parts must be chosen for that purpose.

The subject being chosen, let it be bruised, or cut, if there be occasion, and with it fill two-thirds of a still, leaving a third part of it empty, without squeezing the matter close; then pour as much rain or river water into the still as will fill it to the same height; that is two thirds together, with the plant; fit on the head, luting the juncture, so that no vapour may pass through; and also lute the nose of the still-head to the worm. Apply a receiver to the bottom of the worm, that no vapour may fly off in the distillation; but that all the vapour being condensed in the worm, by cold water in the worm-tub, may be collected in the receiver.

Let the plant remain thus in the still to digest for twenty-four hours, with a small degree of heat. Afterwards raise the fire, so as to make the water in the still boil; which may be known by a certain hissing noise, proceeding from the breaking bubbles of the boiling matter; as also by the pipe of the still-head, or the upper end of the worm, becoming too hot to be handled; or the smoaking of the water in the worm-tub heated by the top of the worm; and lastly, by the following of one drop immediately after another, from the nose of the worm, so as to form an almost continual stream. By all these signs we know the requisite heat is given; if it be less than a gentle ebullition, the virtues of the simple, here expected, will not be raised: on the contrary, when the fire is too strong, the water hastily rises into the still-head, and souls both the worm and the distilled liquor; and the plant being also raised, it blocks up the worm; for which reason it is no bad caution to fasten a piece of fine linen before the pipe of the still-head; that, in case of this accident, the plant may be kept from stopping up the worm: but notwithstanding this precaution, if the fire be too fierce, the plant will stop up the pipe of the still-head; and, consequently, the rising vapour finding no passage, will blow off the still-head, and throw the boiling liquor about the still-house, so as to do a great deal of mischief; and even suffocate the operator, without a proper caution: and the more oily, tenacious, gummy, or resinous the subject is, the greater the danger, in case of

this accident; because the liquor is the more frothy and explosive.

Let the due degree of fire therefore be carefully observed, and equally kept up, as long as the water, distilling into the receiver, is white, thick, odorous, sapid, frothy and turbid; for this water must be carefully kept separate from that which follows it. The receiver, therefore, should be often changed, that the operator may be certain that nothing but this first water comes over; for there afterwards arises a water that is transparent, thin, and without the peculiar taste and flavour of the plant, but generally somewhat tartarish and limpid, though somewhat obscured and fouled by white dreggy matter: and if the head of the still be of copper, and not tinned, the acidity of this last water corrodes the copper, so as to become green, nauseous, emetic and poisonous to those who use it, especially to children, and persons of weak constitutions.

The first water above-described, principally contains the oil and presiding spirit of the plant; for the fire by boiling the subject, dissolves its oil, and reduces into small particles, which are carried upwards by the assistance of the water, along with those parts of the plant that becomes volatile with their motion. And, if the vessels are exactly closed, all these being united together, will be discharged without loss, and without much alteration, into the receiver; and, consequently, furnish us with a water richly impregnated with the smell, taste, and particular virtues of the volatile parts of the plants it was extracted from.

The water of the second running, wants the volatile parts above described, and has scarce any other virtue than that of cooling.

And this is the best method of preparing simple waters, provided the two sorts be not mixed together, for both of them would be spoiled by such a mixture.

Hence it plainly appears at what time, with the same degree of fire, quite contrary virtues may arise from a plant; for so long as a milk water continues to come over from such plants as are aromatic, so long the water remains warming and attenuating; but when it comes to be thin and pellucid, it is acid and cooling.

Hence

Hence we may also learn the true foundation for conducting of distillation; for if the operation be stopped, as soon as ever the white water ceases to come over, the preparation will be valuable and perfect; but if, through a desire of increasing that quantity, more be drawn off, and the latter acid part suffered to mix with the first running, the whole will be spoiled, or at least rendered greatly inferior to what it would otherwise have been.

Such is the general method of procuring simple waters, that shall contain the volatile virtues of the plants distilled; some rules are however necessary to render it applicable to all sorts or plants; these rules are the following:

1. Let the aromatic, balsamic, oily, and strong-smelling plants, which long retain their natural fragrance, such as balm, hyssop, juniper, marjoram, mint, origanum, pennyroyal, rosemary, lavender, sage, &c. be gently dried a little in the shade; then digest them, in the same manner as already mentioned, for twenty-four hours, in a close vessel, with a small degree of heat, and afterwards distil in the manner above delivered, and thus they will afford excellent waters.

2. When waters are to be drawn from barks, roots, seeds, or woods that are very dense, ponderous, tough and resinous, let them be digested for three, four, or more weeks, with a greater degree of heat, in a close vessel, with a proper quantity of salt added, to open and prepare them the better for distillation. The quantity of sea-salt is here added, partly to open the subject the more, but chiefly to prevent putrefaction, which otherwise would certainly happen in so long a time, and with such a heat as is necessary in this case, and so destroy the smell, taste, and virtues expected from the process.

3. Those plants which diffuse their odour to some distance from them, and thus soon lose it, should immediately be distilled after being gathered in a proper season, without any previous digestion; thus borage, bugloss, jessamin, white lillies, lillies of the valley, roses, &c. are hurt by heat, digestion, or lying in the air. All these may be done in a common still, but they won't be too strong.

Of

*Of the method of procuring a simple water from vegetables, by previously fermenting the vegetable before distillation.*

By this elegant method we obtain the virtues of plants very little altered from what they naturally are, though rendered much more penetrating and volatile. The operation is performed in the following manner.

Take a sufficient quantity of any recent plant, cut it, and bruise it if necessary; put it into a cask, leaving a space empty at top of about four inches deep; then take as much water as would, when added, fill the cask of the same height, including the plant, and mix therein about an eighth part of honey, if it be cold winter weather; or a twelfth part, if it be warm: In the summer the like quantity of coarse, unrefined sugar might be added instead of honey, or half an ounce of yeast to each pint of water will have the same effect; though most prefer honey for this purpose. When the proper quantity of honey is added to the water, let it be warmed and poured into the cask, and set it into a warm place to ferment for two or three days; but the herb must not be suffered to fall to the bottom, nor the fermentation above half finished. The whole must then be immediately committed to the still, and the fire raised by degrees; for the liquor, containing much fermenting spirit, easily rarifies with the fire, froths, swells, and therefore becomes very subject to boil over; we ought therefore to work slower, especially at first.

By this method there will come over at first, a limpid, unctuous, penetrating, odorous, sapid liquor, which is to be kept separate: after this there follows a milky opaque, turbid liquor, still containing something of the same taste and odour; and at length comes one that is thin, acid, without either smell, or scarce any property of the plant.

The first water, or rather spirit, may be kept several years in a close vessel, without changing or growing ropy. It also excellently retains the taste and odour of the plants, though a little altered; but if less honey were added, less heat employed, or the fermentation continued for a smaller  
time,

time, the distilled liquor of the first running would be white, thick, opaque, unctuous, frothy, and perfectly retain the scent and taste of the plant, or much less altered than in the former case; though the water will not be sharp and penetrating. After this is drawn off, a tartish, limpid, inodorous liquor will come over.

And thus may simple waters be made fit for long keeping without spoiling; the proportion of inflammable spirit, generated in the fermentation, serving excellently to preserve them.

*Of the simple waters commonly in use.*

Simple waters, are not so much used at present as they were formerly, and perhaps one reason for their being neglected, is the bad methods used in distilling them; the process is carried on in the same manner with every herb; though some should be gently dried, and others distilled green; some should be drawn with the cold, and others with the hot still.

The general rule that should be observed with regard to the hot still is, that all herbs should have twice their weight of water added to them in the still; and not above a fourth or a sixth part of it drawn off again; for simple waters have their faints if drawn too low, as well as those that are spirituous.

Some plants, particularly balm, require to have the water drawn from them cohobated, or poured several times on a fresh parcel of the herb, in order to give it a proper degree of strength or richness. Others, on the contrary, abound too much with an essential oil that floats on the distilled water; in this case all the oil should be carefully taken off. Lastly, those that contain a more fixed oil, should be imperfectly fermented, in the manner laid down, before they are distilled; of this kind are caduus, camomile, &c.

The simple waters now commonly made, are orange-flower water, rose-water, cinnamon, fennel-water, peppermint water, spear-mint water, balm water, penniroyal water, Jamaica pepper water, castor water, simple water of orange peel, and of dill seed.

*Of orange-flower water.*

Some degree of attention is requisite to draw a simple and odoriferous water from the orange flowers; the fire must be carefully regulated; for too small a degree will not bring over the essential oil of the flowers, in which their odoriferous flavour consists: and, on the contrary, too strong a fire destroys the fragrancy of the water, and is very apt to scorch the flowers, and give the water an empyreumatic smell. Care should also be taken to fasten the receiver to the end of the worm with a bladder, to prevent the volatile parts from evaporating. The quantity of water, also, should be carefully attended to, if you hope to succeed in the operation. The following receipts will answer the intention.

*Receipt for orange-flower water.*

Take twelve pounds of orange-flowers, and twenty-four quarts of water, and draw over three pints. Or, take twelve pounds of orange-flowers, and sixteen quarts of water; draw over fifteen quarts, carefully observing what has been observed at the beginning, with regard to the regulation of the fire.

*Of pepper-mint water.*

Pepper-mint is a very celebrated stomachic, and on that account greatly used at present, and its simple water often called for.

*Receipt for a gallon of pepper-mint water.*

Take of the leaves of dried pepper-mint, one pound and a half; water two gallons and a half; put all into an alembic, and draw off one gallon, with a gentle fire.

The water obtained from pepper-mint, by distillation in Balneum Mariæ, is more fragrant and more fully impregnated with the virtues of the plant than that drawn by the alembic. The same may be said with regard to that extracted by the cold still; when the cold still is used the  
plant

plant must be green, and if possible committed to the still with morning dew upon it.

*Of spear-mint water.*

Spear-mint is also like pepper-mint, a stomachic, and therefore constantly used.

*Receipt for one gallon of spear-mint water.*

Take the leaves of dried spear-mint one pound and a half; water two gallons and a half; put all into an alembic, and draw off one gallon, by a gentle fire.

This water, like that drawn from pepper-mint, will be more fragrant if distilled in Balneum Mariæ, or the cold still; but if the latter be used, the same caution must be observed of distilling the plant green.

*Receipt for a gallon of Jamaica pepper water.*

Take of Jamaica-pepper half a pound, water two gallons and a half; draw off one gallon, with a pretty brisk fire. The oil of this fruit is very ponderous, and therefore this water is best made in an alembic.

It is a very noble aromatic, and deserves to be used more frequently than it is at present. The simple water drawn from it is a better carminative than any other simple water at present in use.

*Of lemon-water.*

The peel of the lemon, the part used in making this water, is a very grateful bitter aromatic, and on that account very serviceable in repairing and strengthening the stomach.

*Receipt for ten gallons of lemon-water.*

Take of dried lemon peel four pounds, clean proof spirit ten gallons and a half, and one gallon of water, Draw off ten gallons by a gentle fire. Some dulcify lemon-water, but by that means its virtues as a stomachic, are greatly impaired.

*Receipt for ten gallons of compound angelica water.*

Take of the roots and seeds of angelica, and of sweet fennel-seeds of each one pound and a half, of the dried leaves of baum and sage of each one pound; slice the roots and bruise the seeds and herbs, and add to them of cinnamon one ounce, of cloves, cubebs, galangals, and mace, of each three quarters of an ounce, of nutmegs, the lesser cardamom seed, pimento, and saffron, of each half an ounce; infuse all these in twelve gallons of clean proof spirit, and draw off ten gallons, with a pretty brisk fire. It may be dulcified or not at pleasure.

This is an excellent composition, and a powerful carminative; and good in all flatulent cholics, and other griping pains in the bowels. It is also good in naufeas, and other disorders of the stomach.

It may not be amiss to observe here, that in distilling this and several other compositions, abounding with oily seeds, the operator should be careful not to let the faints mix with the other goods, as they would by that means be rendered nauseous and unsightly; he should therefore be careful towards the latter end of the operation, to catch some of the spirit as it runs from the worm in a glass; and as soon as ever he perceives it the least cloudy, to remove the receiver, and draw the faints by themselves.

*Of wormwood water.*

There are two sorts of wormwood water, distinguished by the epithets of greater and lesser.

*Receipt for making ten gallons of the lesser composition of wormwood water.*

Take the leaves of dried wormwood five pounds; of the lesser cardamom seeds five ounces; draw off ten gallons, or till the faints begin to rise, with a gentle fire. It may be dulcified with sugar, or not, at pleasure. This is a good stomachic and carminative; and on that account often called for.

*Of antiscorbutic water.*

The scurvy being very common in England, this antiscorbutic water will be of great use.

*Receipt for making ten gallons of antiscorbutic water.*

Take the leaves of water-creffes, garden and sea scurvy-grafs, and brooklime, of each twenty handfuls; of pine-tops, germander, harehound and the lesser centory, of each sixteen handfuls: of the roots of briony and sharp-pointed dock, of each five pounds; of mustard-seed one pound and a half. Digest the whole in ten gallons of proof spirit, and two gallons of water, and draw off by a gentle fire.

This is a good water for the purposes expressed in the title, viz. against scorbutic disorders. It is also good in tremblings and disorders of the nerves.

*Of compound horse-raddish water.*

Take of the fresh roots of horse-raddish nine pounds, of the leaves of water-creffes and of garden scurvy-grafs, each six pounds; of the outward, or yellow peel of orange, and lemons, each nine ounces; of winter's bark twelve ounces, of nutmegs three ounces. Cut, bruise and digest the ingredients in ten gallons of proof spirit, and two gallons of water, and draw off ten gallons as before. Or, you may take of the leaves of garden and sea scurvy-grafs fresh gathered in the spring, each seven pounds; brook-lime, water-creffes, and horse-raddish-root, of each ten pounds; of winter's bark and nutmegs, each ten ounces; of the outer peel of lemons one pound; of aurum-root fresh gathered two pounds; proof spirit ten gallons, water two gallons. Bruise and slice the ingredients; digest the whole, and draw off ten gallons as before.

Either of the above receipts will produce an excellent water against all obstructions of the kidnies and other viscera. It is also of great service in the jaundice, cachexies and dropfies; and in all scorbutic cases, it is equal to any medicine; as it opens the minute passages, promotes transpiration, and cleanses the skin, and other small glands, which are filled with gross particles, to the detriment of their proper offices.

*For making ten gallons of imperial water.*

Take of the dried peels of citrons and oranges, of nutmegs, cloves, and cinnamon, each one pound; of the roots of cypress, florintine orrice, calamus aromaticus, each eight ounces; of zedoary, galangal and ginger, of each four ounces; of the tops of lavender and rosemary, each sixteen handfuls; the leaves of white and damask roses, of each twelve handfuls. Digest the whole two days in ten gallons of proof spirit, and four gallons of damask rose water; after which draw off ten gallons.

All the ingredients in composition coincide in one intention, and are such as will give their virtues of distillation; circumstances that cannot be said of many other compound waters. It is a very good cephalic, and of great use in all nervous cases. It is also a very pleasant dram, especially if dulcified with fine sugar, and good upon any sudden sickness of the stomach.

*Receipt for making ten gallons of compound piony water.*

Take of the roots of male piony, twelve ounces; of those of wild valerian, nine ounces; and of those of white-bittany six ounces; of piony seed four ounces and a half; of the fresh flowers of lilly of the valley, one pound and a half; of those of lavender, Arabian stachas, and rosemary, each nine ounces; the tops of betony, marjoram, rue and sage, each six ounces; slice and bruise the ingredients, and digest them four days in ten gallons of proof spirit and two gallons of water; after which draw off ten gallons.

*Receipt for two gallons of Eau de Carmes.*

Take of the fresh leaves of Baum four pounds; of the yellow peel, or rind of lemon, two pounds; of nutmegs and coriander seeds each one pound, of cloves, cinnamon, and angelica root, of each half a pound. Pound the leaves, bruise the other ingredients, and put two gallons of fine proof spirit into a large glass alembic, stop the mouth, and place it in a bath-heat to digest two or three days. Then open the mouth of the alembic, and add a gallon of baum water, and shake the whole well together. After this place the alembic in balneum mariae, and distil till the ingredients

are almost dry; and preserve the water thus obtained in bottles well stopp'd.

This water has been long famous both at *London* and *Paris*, and carried thence to most parts of *Europe*. It is a very elegant cordial, and very extraordinary virtues are attributed to it; for it is esteemed very efficacious not only in lowness of spirits but even in apoplexies; and is greatly commended in cases of the gout in the stomach.

*To join china.*

Take oyster-shell powder and the white of an egg, beat it as fine as possible; then mix the powder and the white of an egg, as thick as white paint; then take your china, and lay it on pretty thick; and then hold it close with your hands before a good fire, till the china is hot, and it will be fastened in two minutes, then pour boiling water into it directly; then wipe it dry, and with a penknife scrape it clean on both sides, and it will appear only as a crack; you must be very quick in doing it, otherwise the remainder that is left to join the rest of the china will grow hard and be of no use, if either the heat of the fire or wind comes near it.

*To join glass.*

Take alabaſter, pound it and rub it in a mortar with the pestle; then sift it through a fine rag, and mix it with the white of an egg, as you do for the china; join it, and hold it at a proper distance from the fire, so as not to break the glass; then with a penknife scrape off what sticks without side.

*N. B.* Gum arabic steeped in boiling water, made to a proper thickness, will do the same thing.

*How to make the oyster-shell powder.*

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