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A

A Daily EXERCISE for LADIES and GENTLEWOMEN.

Whereby they may learne and practiſe the whole Art of making Paſtes, Preſerues, Marmalades, Conſerues, Tartſtuffes, Gellies, Breads, Sucket-Candies, Cordiall waters, Conceits in Sugar-workes of ſeuerall kindes.

As alſo to dry *Lemonds*, *Orenges*, or other Fruits.

Newly ſet forth, according to the now approued Receipts, vſed both by Honourable and Worſhipfull perſonages.

BY

IOHN MVRREL Profeſſor thereof.

LONDON:
Printed for the widow *Helme*, and are to be ſould at her ſhop in *S. Dunſtans* Church-yard in *Fleetſtreet*. 1617.

TO MY MVCH HONOVRED THE TRVLY VERTVOVS, Mris. ELIZABETH BINGHAM, wife of *Nicholas Bingham* Esquire.

AS there is nothing new vnder heauen; so, nothing old (beside the *Olde of dayes*) can please *Soule*, or *Sense*: Yet

on olde *Grounds* are new *Deſcants* daily, as full of *rarietie*, as *varietie*: that doth pleaſe; the pleaſure of *Man* conſiſting in nothing more, than in euery thing; that is, in change: *varietie* ſtanding more aloofe from *ſacietie*, than *vniformitie*, in whatſoeuer ſenſible.

Wee alter our *Faſhions* and outward *Habits* daily; the *whiteſt Ruffe* being not long ſince thought the pureſt wearing; then the *blew*; and now the *yealow*: So, our *Cookery*, *Paſtry*, *Diſtillations*,

ſtillations, *Conſerues*, and *Preſerues*, are farre otherwiſe now, than not long ſince they were; Daily *Practiſe* and *Obſeruation* finding out eyther what to adde or detract from olde *Formes* in eyther of theſe kindes; or to make new much more pleaſing and profitable. Theſe are all, (or, at leaſt, the moſt) of the neweſt Straine; approued and beloued of thoſe that try them. What elſe they are I referre to your iudgement, and my

ſelfe to your good fauour; euer remaining,

The humble louer of

your manifold vertues,

Io: MVRREL.

The generall Table of this Booke: Whereof the first containeth Pastes, Preserues, Marmalades, Conserues, Tartstuffes, Gellies, &c.

Pastes.

The Table.

Preserues.

To

The Table.

To

Marmalades.

Conserues.

Conserues.

Tartstuffes.

Gellies.

Breads.

Rough Rock Candies.

Sucket Candies.

Cordiall

Cordiall Waters.

Conceits in Sugar-works.

Sugar-Workes of another sort.

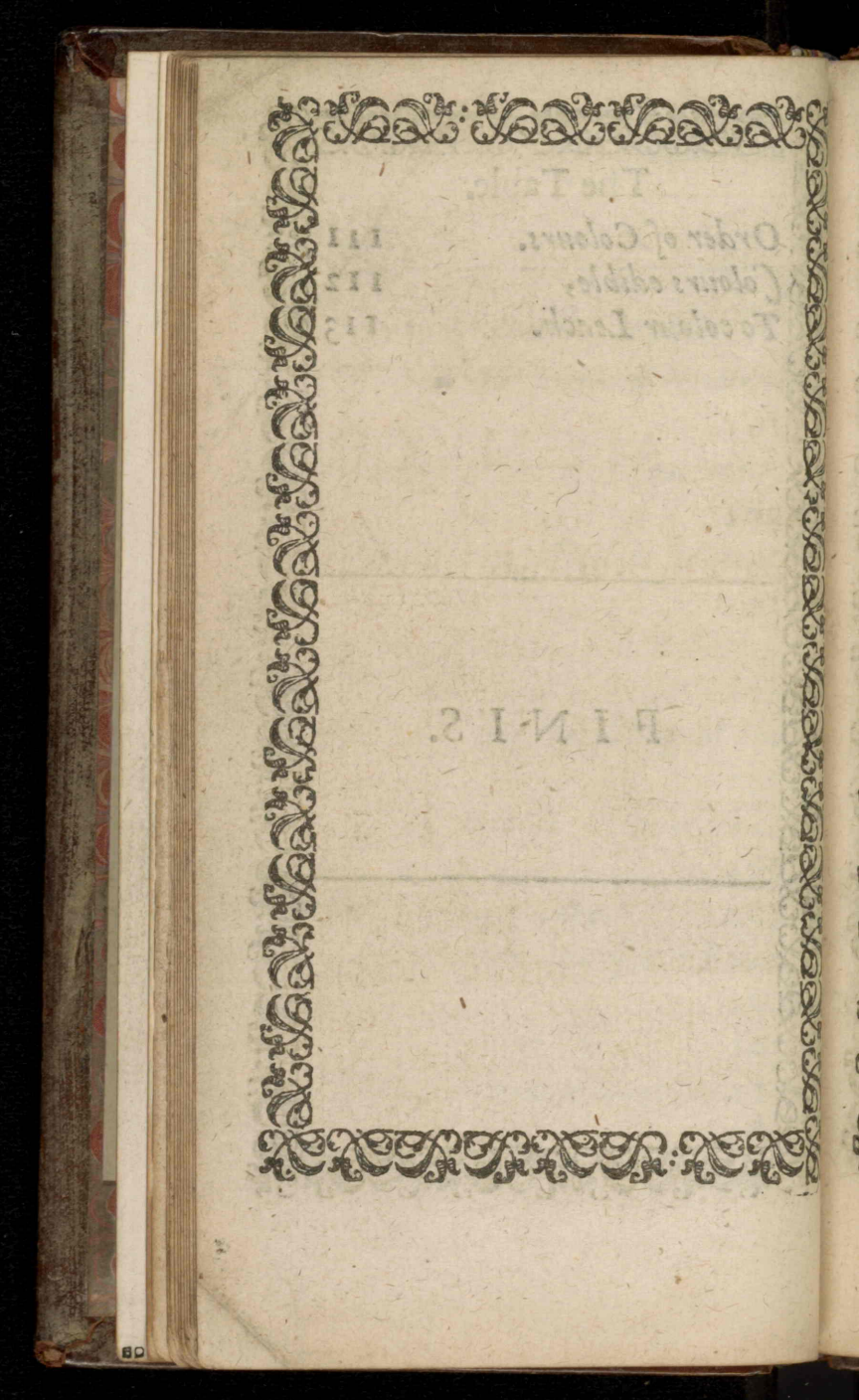
To drie Fruits.

Physicall Receipts.

Order

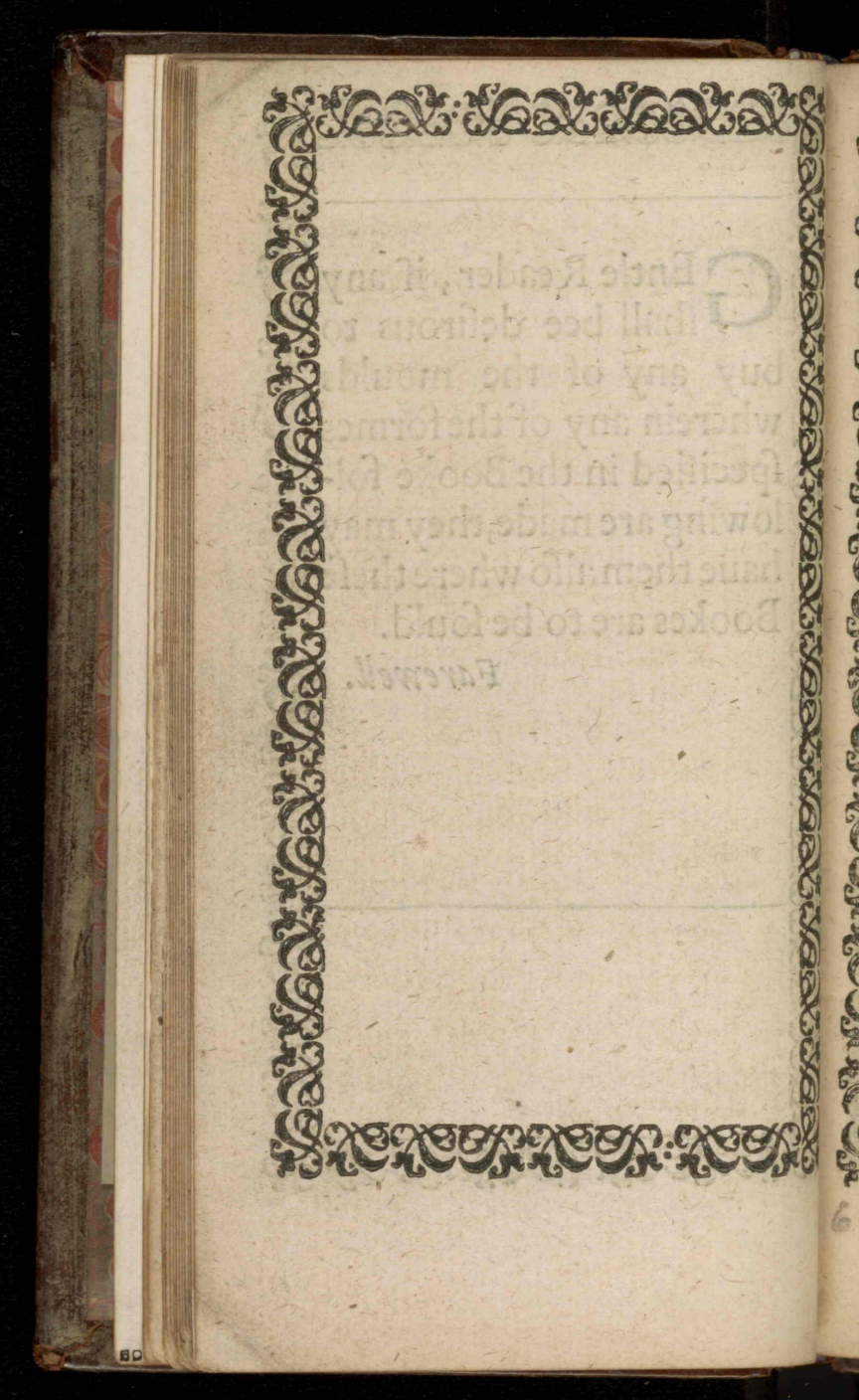
The Table.

FINIS.



GEntle Reader, if any ſhall bee deſirous to buy any of the moulds wherein any of the formes ſpecified in the Booke following are made, they may haue them alſo where theſe Bookes are to be ſould.

Farewell.



Of Paſtes.

To make Paſte of Regia *againſt a Conſumption.*

1

TAke two Quailes, two Roales, two Partridges, a dozen of cock Sparrowes, the brawne of a Capon, roaſt theſe readie to be eaten; take the fleſh from the bone, and beate it fine in an Alabaſter mortar, with two ounces of the pith of Veale growing in the backe, a quarter of a pound of *Piſtaceas*,

ſtaceas, halfe a drachme of Amber-greece, a graine of Musk, halfe a pound of white Sugar-candie beaten fine: put all theſe into an Alabaſter morter, beat it to a perfect Paſte, now and then putting in a ſpoonefull of Goates milke, put in two or three graines of Bezar, when you haue beaten all to a perfect Paſte, make it vp in little round cakes, and ſo bake it vp on a ſheete of paper.

To make Paſte of Genua, *as they doe beyond the Seas.*

2

BOile faire yellow Peare-Quinces tender in their skinnes,

skinnes, and ſo let them ſtand vntill the next day, till they be colde, then pare them, and ſcrape all the pulp from the coare, then take as much pulp of yellow Peaches as the pulp of Quinces doth weigh, and dry it vpon a little chafingdiſh of coales, alwaies ſtirring it, then boile the weight of both theſe pulps in double refined Sugar, and ſo let it boile, alway ſtirring it vntill it come to a candie height, with as much Roſe-water as will melt that Sugar, and put in your pulps, alway ſtirring it in the boiling, vntill it come from the the bottome of the Poſnet,

then fashion it vpon a pie plate, or a sheete of glasse, some like leaues, some like halfe fruits, and some you may print with moulds, set them into a warme Ouen after the bread is drawne, or into a Stoue, the next day you may turne them, and when the stuffe is through dry, you may box it, and keepe it for all the yeere, but be sure it be through dried before you lay it vp in store.

To

To make Marble Paſte of Pome-cittron, an excellent Cordiall paſte.

3

TAke the yelloweſt Pome-cittrons that you can get, pare them, and cut them in quarters, and take out the meate, and as ſoone as you haue cut and pared a piece, throw it into a baſon of colde water, then ſet on a Pipkin of faire water, and ſo ſoone as it boyleth, take out your pieces, and drie them in a faire cloath, and put them into the ſeething liquor, and let them boile vntill they be tender, but ſhift them three or foure times

in the boyling to take away the bitternesse, powre them into a Colender, and drie them againe in a faire cloath, and stampe them in a stone morter, then boile the weight of the pulp in double refined Sugar vnto a Candie height, and put the pulp into the boiling Sugar, and so let it boile leasurely, alway stirring it, and when it growes stiffe, powre it on a plate or sheete of glasse reasonable thinne in a broad cake, and stoue it, the next day cut it in lozenges, and turne them vpon a sheete of white paper, then wash your glasse or plate, and lay them on againe vntill they be

through

through dry, box them and keepe them all the yeere. If you pleaſe wrap a graine of Muske in a paper, and let it lie in the bottome of the box, it will adde to the pleaſure.

To make Marble Paſte, called the Italian Chippe.

4

TAke Violets, Cowſlips, and Cloue-gilliflowers, dry them and beate them to fine powder, mingle them with double refined Sugar, cearſed through a tiffanie or a lawne Sieue, make it vp into Sugar plate, with a little gum dragon ſteept in Roſe water and milke, when you

haue made your plate, then rowle euery piece thinne, and lay each vpon other, and so rowle them vp in round rowles, as you would rowle vp a leafe of paper, then cut it endwaies, and rowle it as thinne as a paper, and so it will looke finely sheckled like a piece of Marble. In like manner you may make Purslane dishes or trenchers of that stuffe.

To make Paste of Apricockes or Peare-plums.

5

TAke the fairest of these fruits that you can get, and take out the stones, then boile

boile them ſoftly betwixt two diſhes without any liquor, and when they be ſoft, drie them ſomewhat drie, then take them off the fire, and put them vpon a ſheete of white paper, then boile the weight of the pulp in double refined Sugar vnto a Candie height, with as much Roſe-water as will melt it, and put your pulp into the hot Sugar, and if you pleaſe: put a graine of Muske into the boiling, and ſo let it boile vntill it be ſomewhat ſtiffe, then faſhion it vpon a ſheete of glaſſe in what forme you thinke fit, and ſo let it drie in a Stoue or warme Ouen, the next day turne it

and put it into the Ouen or Stoue againe, and when it is through dry, it will looke as cleare as Amber: so you may vse all kinde of Plums.

To make Paste of Pippins, after the Genua *fashion, some like leaues, some like Plums, with stalkes and stones.*

6

TAke and pare faire yellow Pippins, cut them in small pieces, stew them betwixt two dishes with two or three spoonefuls of Rosewater, and when they be boiled very tender, straine them, then boile the weight of the pulp

pulp in double refined Sugar vnto a Candie height, and if you pleaſe put in a graine of Muske, and a quarter of an ounce of fine white Ginger ſearced, and ſo let it boile vntill you ſee it come from the bottome of the Poſnet, then faſhion it on a ſheete of glaſſe in ſome prettie forme as you thinke beſt, and ſtoue it either in a Stoue, or in a warme Ouen. If you deſire to haue any of it red, colour it with a ſpoonefull of Conſerue of Damſons, before you faſhion it vpon your glaſſe or plate, and that will make it ſhew as though it were made of red Plums. If you put a ſtone be-

twixt

twixt two halfes, will ſhew like a Plum, you may keepe Cherrie ſtalkes drie for the ſame purpoſe.

To make Paſte of Eringus *rootes.*

7

TAke halfe a pound of *Eringus* roots newly candied, the youngeſt that you can get, cut them in ſhort pieces like dice, then ſtampe them in a mortar fine, blanch and beate into fine Paſte a quarter of a pound of *Iordane* Almonds, take three ſpoonefuls of Damaske Roſe-water, one ſpoonefull of *Aqua Cœleſtis*, a graine of Muske, two graines

graines of Amber-greece, a graine of Bezar ſtone, then take halfe a pound of *Piſtaceus* (which being crackt and pild, will not be aboue an ounce & a halfe) when you haue taken off the husks, beat them fine, and put them to your Paſte, beat all together in a faire Alabaſter morter, then beat the weight of your pulp in fine Sugar-candy, & put it to the pulp, & ſo beat it againe, then take it out and ſet it on a chafingdiſh of coales, and dry it, alwaies ſtirring it vntill you ſee it turn ſomwhat white and dry, then lay it in little lumps vpon white paper, & ſo dry in a Stoue, & keep it all the yeere.

To

To make an excellent greene Paste without any colouring.

8

QVoddle greene Apples reasonably tender, pill off the outward skinne, and throw all the barke of the Apples into a Posnet of seething water, and so let it boile as fast as it can vntill it turne greene, then take them vp and straine the pulp, then boile the weight of it in Sugar to a Candie height, and put your pulp into the seething Sugar, and let it boile vntill it grow stiffe, then fashion it on a pie-plate, or a sheere of glasse,

glaſſe, and pint it on mowlds, and drie it in a Stoue or a warme Ouen ſome tenne or twelue dayes, that it be perfectly drie, and then you may keepe it all the yeere.

To make Almond Paſte.

9

BLanch and beate *Iordane* Almonds in a ſtone morter, put in now and then a ſpoonefull of Roſe-water to keepe it from oyling, and when they be very fine, put about a pound and a halfe of fine Sugar to two pound of Almonds, halfe a drachme of Muske, and as much Roſe-water as will ſerue to beat it

to

to a perfect Paste, which you may easily guesse by your owne discretion beginning with one spoonefull, and so adding as you shall see fit.

To make Paste of Enula-campana *rootes, an excellent cordiall Paste, and good against the cough of the lungs.*

10

LAy the youngest of these rootes in water, and then boile them tender, shift them three or foure times to take away their bitternesse, pill them, pith them, and beat them in a morter, with the weight of eighteene pence of

these

theſe ſeuerall ſirups, *videlicet*, Maydenhaire, Iſope, and Horehound: when you haue beaten all this fine, draw them through a ſtrainer, with the pap of two roſted Pippins, and a graine of Muske, then dry it a little on a chafingdiſh of coales, vntill you ſee it begin to be ſomewhat ſtiffe, then boile the weight thereof in double refined Sugar vnto a Candie height, and put the pulp into the Sugar, let it boile with continuall ſtirring, vntill it be ſomewhat ſtiffe, then drop it on a plate or ſheete of glaſſe, dry it and keepe it in a Stoue.

Preſerues.

Preſerues.

To preſerue Peare-plums greene.

II

BOile a pound and a halfe of Sugar, with as much water as will melt it, with a pound of the beſt Peare-plummes that you can get, your Plums muſt firſt be waſht and dried in a faire cloath; let them boile ſoftly the ſpace of an houre, and then take them vp, and put them into a ſiluer or an earthen diſh, when they be almoſt

moſt colde, put them into the Sugar againe, and let them boile vntill they be tender, and the corner of the ſtone ſweet, then take them vp, and coole them againe as before, vntill they be almoſt colde, and whilſt they be a cooling boile your ſirupe ſomething thick, and betweene hot and colde, put them vp and keepe them, they will be greene.

To preſerue other Plums greene.

12

TAke your Plums while they be hard vpon the trees, ſcald them in faire water, and take them vp, and

couer

couer them in a preſeruing pan with Sugar, and boile them tender, and then take them vp, and boile the ſirup by it ſelfe vntill it be ſomwhat thick, then betweene hot and colde pot them vp.

To preſerue Cherries.

13

TAke the weight of your Cherries in Sugar, and with a ſiluer ſpoone bruiſe as many other Cherries in a poſnet, boile them vntill the ſirup be ſomewhat red, then ſtraine that liquor through a cuſhion canuas into another faire poſnet, then diuide your Sugar into three parts, and

put

put one part into the red ſirup,& ſo ſoone as the Sugar is melted take it off the fire,& ſcum it cleane, then cut the ſtalkes off the Cherries ſomething ſhort, and croſſe them one by one with a ſharp knife on the end, then put the Cheries into the red liquor, and make them boile as faſt as they can, vntill they riſe vp frothie, then take them off the fire and ſcum them, and then put in the ſecond part of the Sugar into them, & ſet them on the fire againe,& let them boile as faſt as they can, and when they boile vp, take it off and ſcum it, then put in the third part of Sugar, & yet

againe ſet it ouer the fire, and when it riſeth vp frothie, take it off and ſcum it very cleane, then ſet them on the fire vntill it be ſomething thick, you may know when they are enough by dropping a little on a ſawcer on the bottome of it, if it be thicke like gellie; then take them off the fire, and powre them into an earthen platter, and being betweene hot and colde, put them vp in a gally pot, or put them in gallie-pots to keepe all the yeere, but put a piece of white paper on them, and couer them with a piece of parchment or ſoft leather.

To

To preſerue Quinces red.

14

PAre and core yellow Peare-quinces, parboile them in faire water, then clarifie your Sugar, and take to euery pound of Sugar an Ale pint of water, and when your Sugar is clarified, ſtraine it into a preſeruing pan, and put your Quinces into that hot Sugar, and ſo let them boile cloſe couered, now and then ſtirring them, and turning them, to keepe them from breaking, and when you ſee your Quinces tender, and looke very red, take them vp, and boile the ſirupe by it

ſelfe

ſelfe, vntill you ſee it ſome what thicke, then betweene hot and colde, pot them or put them in glaſſes as was ſaid in Cherries.

To preſerue Wardens.

15

PArboile your Wardens reaſonable tender in faire water, let them ſtand vntill they be colde, then pare them and pricke them with a knife two or three pricks in euery Warden, and ſo couer them in clarified Sugar, with a piece of whole Cinamon, a ſlice or two of pared Ginger, and three Cloues, boile them leaſurely cloſe couered, vntill

they

they be red and tender, then boile the ſirupe by it ſelfe.

To preſerue Pippins greene.

16

GAther greene Pippins eſpecially from the water-boughes, and in the ſhadow; quoddle them in two ſeuerall waters, and to euery one of theſe Pippins take a pound of Sugar, clarifie it well and very cleare, and put in your Pippins, and let them boile leaſurely, and they will turne greene as any Leeke. Take them now and then off the fire, and turne them with a ſpoone, and ſet them ouer the fire againe three or foure

times, alwaies turning them, and warming them, and when your Pippins be very tender: take them vp, and boile the ſirupe a little by it ſelfe, then betwixt hot and colde pot them. If you pleaſe you may put in a graine of Muske, and a few Cloues, it will much encreaſe the pleaſure.

To preſerue Pippins of the colour of Amber.

17

PAre and bore a hole through a pound of Pippins as ſmall as a wheat ſtraw, couer them with Sugar in a preſeruing pan (the Sugar being firſt clarified) with a graine

graine of Muske, and a piece of Cinamon, ſo let them boile leaſurely, vncouered, when they be tender, take them out and boile the ſirupe a little by it ſelfe, then pot the Pippins blood warme, & keepe them.

To preſerue Barberries red.

18

TAke out the ſtones from the faireſt Barberries, that you can get, and take foure times their weight in Sugar, then take as much iuice of other Barberries, as wil diſſolue the one part, then put it into a skillet, and diſſolue this part of Sugar vpon the fire, then put in your Bar-

berries, and let them boile vp, then beat the ſecond part of your Sugar, and put it in, and make it boile vp againe, and put in the reſt, and couer it cloſe, and let it boile vntill they be enough, then take them vp and ſcum them, and ſo let them ſtand, and between hot and colde pot them vp.

To preſerue Barberries white.

19

STone the faireſt Barberries that you can get, take foure times their weight in Sugar, then take as much faire water as will diſſolue one part, and put it in a skillet on the fire, and when it is diſſolued,

diſſolued put in your Barberries, and let them boile vp; then put in the other of your parts, beat it firſt and put it in, then let them ſtand, and boile vp againe alwaies vncouered, and put in the reſt, boile it, and ſcum it againe, coole it and pot it.

To preſerue Pippins red.

20

BOre a hole of the bigneſſe of a wheat ſtraw quite through a pound of Pippins, couer them with Sugar in a preſeruing pan, put in a piece of Muske, a piece of Cinamon, and ſo let them boile cloſe couered very leaſurely

vntill they be tender, then boile the ſirupe by it ſelfe, coole it and pot it, and the Pippins blood-warme.

To preſerue white Peare-plums.

21

TAke a pound of the beſt Peare-plums that you get, and with their weight in Sugar, ſet them on the fire with halfe a pint of faire water vntill it be diſſolued, then take it off, let it coole vntill it be but blood-warme, put in your Plums, and let them ſtand about a quarter of an houre vpon a ſoft fire, and let them ſtand vntill their

skinnes

skinnes be broken, then take them off and ſcum them, and let them ſtand vntill they be colde, then ſet them on the fire againe, and boile them a pace vntill they be ſoft, then take them off againe, and ſcum them, coole them, and pot them: if your ſirupe be too thinne, boile it a little by it ſelfe.

To preſerue Orenges or Lemonds rindes.

22

DRiue off the vttermoſt skinne of your Orenges with a raſp, cut them in two, and take out the core quite and cleane, and let the pils

lie in water three or foure daies, then boile them tender in ſixe or ſeauen waters, leaſt their bitterneſſe be diſtaſtfull, then take them vp, and drie them in a very faire cloath, and put them to as much Sugar clarified as will couer them: let them boile ſoftly ouer the fire halfe an houre at leaſt, and reſt in that ſirupe three or foure daies, after that time heat them throughly, and take them out of the ſirupe, and ſtrengthen it with freſh Sugar boiled therein halfe an houre, coole it, and being blood-warme, pot vp your fruit in it.

To preſerue greene Peaches before they be ſtoned.

23

SCald your Peaches, being ſo young that you may thruſt a pinne through them, rub off the furre with a piece of courſe linnen cloath, then pricke them with a ſharpe knife, and boile them tender in as much clarified Sugar as will couer them, then take them vp and boile the ſirupe by it ſelfe, vntill it be ſomewhat thick, and being blood-warme with cooling, put in your fruit and pot it.

To preſerue greene Walnuts before they be ſhelled.

24

TAke your Walnuts alſo when they may eaſily be pierced with a pin, pare them thinne, and lay them a weeke together in brine, then parboile them very tender in ſeauen or eight waters, then take them vp, and dry them with a faire cloath, and ſticke in euery one two or three Cloues, and couer them in clarified Sugar, and boile them a good houre cloſe couered, then powre them into an earthen pot, and let them ſtand a weeke, & then warme them

them againe, and powre them into a Colender, to let the ſirupe drop from them; then boile the ſirupe by itſelfe vntill it be ſomewhat thicke with freſh Sugar, and being but warme pot them.

To preſerue Damſons.

25

TAke two pounds of the faireſt Damſons, and one pound of hard Sugar, halfe a pinte of faire water, ſet it on the fire vntill it be diſſolued in a preſeruing pan, lay your Damſons in milke-warme water, and put them into the diſſolued Sugar, make a ſoft fire, and when it beginneth

to

to boyle: ſcum it continually an houre long, but let it boile ſoftly vncouered, for breaking the Damſons, then take them out, and lay them in an earthen or ſiluer diſh, and let your ſirupe boile alone, and when they be almoſt colde, put them in againe, and let them boile ſoftly, vntill the kernell be both ſweet and tender, cracke the ſtone, and trie, then take your Damſons vp, and betwixt hot and colde pot them, and put them in glaſſes.

Marmu

Marmulades.

To make Marmulade of Quinces.

26

PArboyle yellowe Peare-quinces tender in their skins, and let them ſtand in a Tray all night, vntill they be colde, then pare them as thin as you can, for the beſt of the Quince groweth next the skin, then ſcrape all the pulp from the core, for it is grauelly, and therefore goe not too neere: then beat the weight of the pulp in double refined Sugar, with one grain

of

of Muske, and three graines of Amber-greece, & as much Damaske Rose-water as will dissolue the Sugar, boile it to a Candie height, then put in your pulp, alwaies stirring it still till it come from the bottome of the Posnet, box it, and keepe it till occasion call for it.

To make rough red Marmalade of Quinces, commonly called lump-Marmalade, that shall looke as red as any Rubie.

27

PAre ripe and well coloured Peare-quinces, and cut them in pieces like dice, parboile

parboile them very tender, or rather reaſonably tender in faire water, then powre them into a Colender, and let the water runne from them into a cleane Baſon; then ſtraine that water through a ſtrainer into a Poſnet, for if there be any grauell in the Quinces, it will be in that water: Then take the weight of the Quinces in double refined Sugar very fine, put halfe thereof into the Poſnet, into the water with it a graine of Muske, a ſlice or two of Ginger tied in a thrid, and let it boile couered cloſe, vntill you ſee your Sugar come to the colour of Claret wine, then vn-

couer it, and take out your Ginger, and ſo let it boile vntill your ſirupe begin to conſume away, then take it off the fire, and pomice it with a ladle, and ſo ſtirre it and coole it, and it will looke thick like tart-ſtuffe, then put in your other halfe of your Sugar, and ſo let it boile, alway ſtirring it vntill it come from the bottome of the Poſnet, then box it, and it will looke red like a Rubie, the putting of the laſt Sugar brings it to an orient colour.

To

To make Marmulade of Wardens a most cordiall Marmulade.

28

BAke the best Wardens that you can get in an Ouen with wheaten bread, or longer time then that, let them stand in an Ouen in an earthen Panne, but beware they be not burnt, then cut them in small pieces like Dice from the core, and beate them in a stone morter, then take the weight of the pulp in fine Sugar, and boile it to a Candie height, and put the pulp into the Sugar boiling hot, with a little beaten

beaten and cearſed Ginger, and a graine of Muske, and ſo let it boile, alway ſtirring it vntill it come from the bottome of the Poſnet, box it, dry it and vſe it.

To make Marmulade of Pippins.

29

PAre greene Pippins, cut them in pieces, and boile them tender betwixt two diſhes, when they be tender ſtraine them, then melt the weight of the pulp in Sugar with Roſe-water, and boile it to a Candie height; put in two or three ſpoonefuls of Cinamon water, a thimble full of beaten

beaten Cinamon, two thimbles full of Fennell ſeede beaten together, throw all together in the boiling Sugar, &c. as in the laſt.

To make red Marmulade of Pippins, orient and cleare.

30

TAke the quantitie of a pound of the aſore-ſaid pulp, and put to it two ſpoonfuls of Conſerue of Bullice, and ſo ſtirre it together, and your pulp will looke as red as a Cherrie, boile the weight thereof in Sugar vnto a Candie height, with two or three ſpoonfuls of Cinamon water,

then

then put in the red pulp into the hot Sugar, and doe as in other Marmulades.

To make Dia Setonia *of Quinces, a cordiall for the stomack.*

31

TAke the iuice of good, large, and ripe Quinces, being well washt, and cleane wipt with a faire cloath, take out the core, and cut the rest in small pieces, and stamp them like crabs, & strain them euen as vergis, to euery pinte of that liquour take halfe a pound of white Sugar-candie, and a graine of Muske, boile it as thicke as Quiddeniock, pot it, and vse it.

Conserues.

Conſerues.

To make Conſerue of Violets.

32

PIcke cleane the blewe ſingle gard in Violets, ſtamp halfe a pound of them fine in an Alabaſter morter, very fine, put two or three ounces of Sugar-candie to the beating of them, and ſo ſoone as your Sugar comes vnto it, it will haue a very pleaſant colour, then lay it on a white paper, and boyle the weight of it in Sugar vnto a Candie height,

and

and put in the pulp, and let it boile a walme or two, and coole it with a siluer spoone, and being almost colde, pot it and vse it.

To make Conserue of Barberies.

33

IN the heat of the day gather the fairest red Barberies, pick them cleane, and put them into a deepe pot, and set in boiling water vntill they be tender, then straine them through a cushion canuas, and boile thrice their weight in double refined Sugar to a Candie height, and coole it a little, and put in your pulp,

and

and boile it halfe an houre, coole it againe vntill it be blood-warme, and then pot it vp.

To make Conserue of Roses in the best manner.

34

CVt off the white of red Rose-buds, stamp them very fine in a stone morter, beat their weight in fine Sugar, & put it to your flowers, and beat them together in a stone morter a whole houre together at the least, vntill they be very fine, then boile it in like quantity of Sugar vnto a Candie height, and put your pulp into the boiling

Sugar,

Sugar, when it hath boiled a while, coole it againe with your ſpatter, and wring in the iuyce of a Lemond.

To make Conſerue of Gilliflowers.

35

GAther red Cloue-Gilliflowers in the heat of the day, clip them very ſhort, one leafe into eight or nine pieces at the leaſt, for the ſhorter you clip them, the ſooner they will be beaten fine: then beat them with the quantity of halfe their weight in double refined Sugar, vntill the pulp be inough, which you may eaſily know both

by

by taſte and feeling, then boile the ſame quantitie of the ſame Sugar to a Candie height, with as much Roſewater as will melt it, and put your pulp into the boiling Sugar, ſtirring it continually vntill it be thicke, then pot it and keepe it for vſe.

To make Conſerue of Cowſlips, good againſt Melancholy.

36

GAther them in the heat of the day, & clip only the yellow flower, then take twiſe their weight in fine Sugar, and beate the flowers with one halfe of it, vn-

till the pulp be very fine, and boile the other part to a *Manus Christi* height, and put the beaten flowers into the boiling Sugar, and let it boile with continuall ſtirring, vntill it grow ſomething thick, coole it vntill it be but warme, and pot it.

37

TO make Conſerue of Marigoldes being the ſame vertue, with the laſt Conſerue, is to worke with Marigolds altogether, as with the Cowſlip, without any difference.

To make Conserue of Damsons.

38

TAke a pottle of Damsons, prick them, & put them into a pint of Rose-water, and as much Claret-wine, couer them, and let them boile in an other vessell of hot water two houres or more, then incorporate them well together with a great spoone, and when they be tender, coole them and straine them, and set the pulp ouer the fire, and put thereto a sufficient quantity of Sugar, guessing it by your taste, & let the pulp boile vntill it looke of a Damson colour.

Tart-ſtuffes.

To make an excellent Tart-ſtuffe of Damſons, to laſt all the yeere.

39

TAke a pottle of Damſons and good ripe Apples pared and cut into quarters, put them into an earthen pot, couer your pot with a piece of courſe Paſte, and bake it in an Ouen with Manchet, and ſtraine it through a ſtrainer, ſeaſon it with Cinamon, Ginger, Sugar, and Roſe-water, and boile it thick.

To

To make an excellent Tart-ſtuffe of Prunes.

40

PVt ſixe faire Pippins pared and cored vnto two or three pound of Prunes, & a pinte of Claret-wine, ſtew them tender, and ſtrain them, ſeaſon them with Cinamon, Ginger, and Sugar, and a little Roſe-water.

To make white Tart-ſtuffe.

41

TAke a quart of ſweete Creame, the white of ten Egs, ſtraine them, & boile the ſtuffe with quartered Nutmegs, a piece of whole Mace, a graine of Muske, then boile

it with continuall ſtirring, when it growes thicke like Curds, hang it on a naile in a cloath, to dreine out the Whay, then take out the whole ſpice, and ſtraine it, ſeaſon it with Sugar.

To make yellow Tart-ſtuffe.

42

DRiue the yolks of tenne Egges through a ſtrainer, with a quart of ſweet Creame, ſeaſon it with Cinamon, Ginger, and Sugar, and a little Roſe-water, and let it boile, with continuall ſtirring, vntil it be thick enough.

Gellies

Gellies.

To make Quiddoniock.

43

TAke out the kernels from eight Peare quinces, the faireſt and yelloweſt that you can get, boile them in a quart of ſpring water vnto a pinte, put in a quarter of a pinte of Damaske Roſe-water, and one pound of fine Sugar, and ſo let it boile vntill it come to a deepe colour, then drop a drop on the bottome of a ſawcer, and if it ſtand; take it off the fire, and let it runne through a gelly-bagge into a

Baſon, ouer a chafingdiſh of coales to keepe it warme, and fill your boxes with a ſpoon, but couer them not till they be colde. If you would haue it printed, then you muſt haue moulds of the very ſame bigneſſe with your boxes, wet your mould with Roſe-water, and let it runne into them, and when it is colde turne it into your boxes, or elſe if they ſhould be dry, your Gellie would not come out.

To make Chryſtall Gellie.

44

TAke a knuckle of Veale, and two paire of Calues-feet, flay the feet, and take-out the

the fat betweene the clawes, wash them in two or three warme waters, & lay them all night in faire water in an earthen pan or pot, the next day boile them tender in cleare spring-water from a gallon to three pintes, & let that liquor stand in an earthen Bason, then pare off the top and bottome, & put to it some Rose-water, season it with double refined Sugar, and put to it halfe a dozen spoonefuls of oyle of Cinamon, and as many of Ginger, and likewise of Nutmeg and Mace, one grain of Musk in a piece of lawne tied in a thrid, put all this being boiled into a siluer or earthen

diſh, and when it is colde ſlice it and ſerue it in on glaſſe Plates.

To preſerue Lemonds to lie in quaking Gellie.

45

FIrſt, purge away their bitterneſſe, by boiling, and ſhifting them ſeauen or eight times in the boiling, then boile a pinte of Apple-water, and a pound of Sugar, and ſcum it, & take it off when you ſcum it, then put in your Lemond rindes into the hot liquor, and boile them leaſurely in that hot ſirupe, vntill they be tender, and being almoſt colde, pot it.

To make Gellie of Pippins of Amber colour.

46

PAre and core eight Pippins, boile them in a quart of ſpring water, from a quart to a pinte, put in a quarter of a pint of Roſe-water, one pound of Sugar, and boile it vncouered vntill it come to a deeper colour, drop a drop on a piece of glaſſe, & if it ſtand, then it is enough, then let it run through a gellie bag into a veſſell on a chafingdiſh of coales, and while it is warme fill your moulds or boxes with a ſpoone, and let it ſtand till it be colde.

To make Gellie of Pippins as orient as a Rubie.

47

PAre and core eight Pippins, boile them in a quart of ſpring water to a pinte, put to it a quarter of a pinte of Roſe-water, a pound of fine Sugar, boile it ſtill couered, vntill it be both red and readie: in all other things doe as in the Amber-coloured Gellie, remembring alwaies that your moulds be laid in water two or three houres before you vſe them, and drop or knock out the water, but wipe them not, if the Gellie will not eaſily come,

come, but warme the bottome neuer ſo little, and it will come out as you wiſh.

To make Leach of diuers colours.

48

LAy halfe a pound of *Iordane* Almonds in colde water, the next day blanch and beate them in a ſtone morter, put in ſome good Damaske Roſe-water into the beating of them, when they be very fine draw them through a ſtrainer with a quart of ſweete milke from the Cowe, and ſet it on a chafingdiſh of coales, with a piece

of

of Isinglasse, a piece of whole Mace and Nutmeg quartered, a graine of Muske tyed in a piece of lawne, when it groweth thick, take it off the fire, and take out your whole spices, and let it runne through a strainer into a broad and deepe dish, and when it is colde, you may so slice it and serue it in. If you will colour any of it, Saffron is for yellow, greene Wheat for green, Turnsoll is for red, and blew bottles in corne giue their owne colour.

Breads.

Breads.

To make red Ginger-bread, commonly called Leach-lumbar.

49

GRate and dry two ſtale Manchets, either by the fire, or in an Ouen, ſift them through a Sieue, and put to it Cinamon, Ginger, Sugar, Liquorice, Anis-ſeed: when you haue mingled all this together, boile a pint of red wine, & put in your mingled bread, and ſtirre it, that it be as thick as a Haſtie-pudding; then take it out, and coole it, and mould

mould it with Cinamon, Ginger, Liquorice, and Aniseseede, and rowle it thinne, and print it with your mould, and dry it in a warme Ouen.

To make white Ginger-bread.

50

TAke halfe a pound of March-pane-Past made with Almonds, Rose-water and Sugar, and a spoonefull of *Aqua-vitæ*, season it very hot with Ginger, mould it vp stiffe, rowle it thin, and print it with your moulds.

To make Italian *Bisket.*

51

BEat and cearſe a pound of double refined Sugar with 2. grains of Musk, foure of Amber-greece, then ſteepe gum-dragon in Roſe-water, and the white of a new laid Egge, beat it in a ſtone morter to a perfect Paſte, then rub, drie, and duſt an ounce of Aniſe-ſeede, and worke it into the Paſte on a ſheete of paper like to little Manchets, or print it with moulds, and lay it vpon Marchpane Wafers, and bake it in a warme Ouen, it will be light and white.

To

To make an excellent Bread called Ginetoes.

52

TAke halfe a pound of fine Wheat flower, an ounce of powder of Pomecittrons, an ounce of powder of Lemonds, a quarter of an ounce of fine cerſed Ginger, the weight of ſixe pence of the fineſt Baſill, Marioram beaten into powder, make all this into a perfect Paſte as ſtiffe as for Manchet, with a little Ipocras made warme, the yolks of three or foure new laid Egges, a ſawcer full of ſweet Creame, a piece of ſweet Butter as much as an Egge,

Egge, and then rowle it in long rowles, and tie them in ſome pretie faſhion like Sumbals, then throw them into ſeething water, and they will preſently fall downe to the bottome, watch them, and ſo ſoone as you ſee them riſe to the top of the water, take them vp preſently with a ſcummer, and bake them vpon ſheetes of white paper, and when they be three or foure dayes old, throw them into boiling Sugar of a Candie height; then take them vp, and drie them vpon leaues made of Basket-makers twigges in a warme Ouen.

To

To make Prince Bisket.

53

DRie a pound of very fine wheat flower in an Ouen two houres, after the bread hath beene drawne, or the Ouen being warmed, but not heated for the nonce, the flower were best in an earthen Pipkin couered, least it loose the colour, put to it a pound of double refined Sugar beaten and cearsed fine, then take ten new laid Egges, take away fiue of their whites, straine these Egs into a Bason, with a spoonfull of Rose-water, and sixe spoonfuls of scalded Creame, when you haue

all

all in the Baſon, firſt put in your cearſed Sugar, and let it diſſolue by beating it into your Egs, then put in your flower by little and little, vntil both the flower and the other things be incorporated, beat it well together an houre at leaſt, and you ſhall at laſt ſee it turne white, then you muſt haue coffins of white plate indude with butter as thinne as you can, ſo as it be touched in euery place, then take an ounce and a halfe of ſweet Aniſe-ſeed, and one of Coriander, dried rubd and duſted, put the Aniſe-ſeed in the batter, & the batter into the coffins, and bake it an houre at leaſt if you will,

will, you may make Cracknels of the ſame batter, driue it thinne vpon the Plates, and when you take it off, rowle it thinne like a Wafer, and dry them againe in the Ouen.

To make French Macaroones.

54

VVAſh a pound of the neweſt and the beſt *Iordane* Almonds in three or foure waters, to take away the redneſſe from their out-ſide, lay them in a Baſon of warme water all night, the next day blanch them, and dry them with a faire cloath, beat them in a ſtone morter, vntill they be

be reaſonably fine, put to them halfe a pound of fine beaten Sugar, and ſo beat it to a perfect Paſte, then put in halfe a dozen ſpoonefuls of good Damaske Roſe-water, three graines of Amber-greece, when you haue beaten all this together, dry it on a chafingdiſh of coales vntill it grow white and ſtiffe, then take it off the fire, and put the whites of two new laid Egs firſt beaten into froath, and ſo ſtirre it well together, then lay them on wafers in faſhion of little long rowles, and ſo bake them in an Ouen as hot as for Manchet, but you muſt firſt let the heat of the Ouen

paſſe

paſſe ouer before you put them in, when they riſe white and light, take them out of the Ouen, and put them in a warme platter, and ſet them againe into the warme Ouen, & ſo let them remain foure or fiue houres, and then they wil be throughly dry, but if you like them better being moiſt, then dry them not after the firſt baking.

To make Naples *Biſket.*

55

BEat and cearſe a pound of double refined Sugar, a quarter of a pound of Almonds, beat them as fine as you would doe for Almond milke,

milke, ſtraine your Almonds with a ſawcer full of ſweete creame, and two or three ſpoonefulls of the beſt Roſe-water, then take your aforeſaid powder of Sugar, two or three graines of Muske, foure of Amber-greece, put in three or foure ſpoonefulls of baked flower, and ſo beate it in a ſiluer baſon into batter with a ſiluer ſpoone, and put it into little long coffines, and ſet them againe a drying in a diſh, vntill they be readie, box them and keepe them.

To make shell bread.

56

BEate a quarter of a pound of double refined Sugar, cearse it with two or three spoonefulls of the finest, the youlkes of three new laid egs, and the white of one, beate all this together in with two or three spoonefulls of sweete creame, a graine of muske, a thimble full of the powder of a dried Lemond, and a little Annise-seede beaten and cearsed, and a little Rose-water, then baste Muskle-shells with sweete butter, as thinne as you can lay it on with a feather, fill your shells with the batter

and

and lay them on a gridiron or a lattise of wickers into the ouen, and bake them, and take them out of the shells, and ise them with Rose-water & Sugar. It is a delicate bread, some call it the Italian Mushle, if you keepe them any long time, then alwaies in wet weather put them in your ouen.

To make Countesse cakes.

57

TAke halfe a pound of March-pane paste vnbakte, and put it into a stone morter with the youlkes of foure new laid egges, two or three spoonefulls of Rose-water, as much sweet creame,

ſeaſon it with Cloues, Mace, and Nutmegs, beate your egs, ſpices, and nutmegs well together, then ſtraine it with a thimble-full of Coriander; the ſpices being ſo mingled doe ſeaſon, and yet are not ſeene, then grate a Manchet & beat all together in an Alabaſter morter, and powre it on two little round plates, drie them for all the yeare.

To make a fine Sugar cake.

58

BAke a pound of fine wheat flower in a pipkin cloſe couered, put thereto halfe a pound of fine Sugar, foure yolkes and one white of egs.

Pepper

Pepper and Nutmegs, ſtraine them with clouted creame, and with a little new Ale yeaſt, make it in paſt, as it were for Manchet, bake it in a quicke ouen with a breath fire in the ouens mouth, but beware of burning them.

Rough Rock Candies.

To make Rock de Cittron.

59

ROwle into little bals halfe a pound of rawe Marchpane Paste, flat them like Figges, then take preserued Pomecittrons, blauncht Almonds, greene Ginger, cut each of these fruits an inch long, and prick them into the Marchpane stuffe, and set them in an Ouen, dry them, and ise them like a Marchpane, cast on Carrawaies, &c.

To

To rough-Candie Orenges with Sugar.

60

TAke a deepe earthen Baſon, and fiue round wires, according to the bigneſſe of the Pan, lay your Orenge rindes on the loweſt wire, and lay another wire on it, and then lade that wire alſo with your fruit, and lay on the third wire, and lade it alſo, and ſo with the reſt, then couer all with Sugar boiled to a Candie height, and ſet the Pan vpon a ſoft mat or cuſhion ſeauen or eight houres, then poure out all the Sugar that will run from the wires,

and let them drop an houre after, vntill it haue quite done, then take them out, &c.

To rough-Candie ſprigs of Roſemarie.

61

LAy your Roſemarie branches one by one vpon a faire ſheete of paper, then take Sugar-candie beaten ſmal like ſparks of diamonds, and wet it in a little Roſe-water in a ſiluer ſpoone, and lay it as euen as you can vpon euery branch, and ſet them a drying a good way off from the fire, and in one houre they will be dry, then turne them, and candie the other ſide, and when

when both ſides be throughly dry, box them & keepe them all the yeere: they wil appeare to the eye in their natural colour, and ſeeme to be couered with ſparks of diamonds.

To rough-Candie all manner of flowers in their owne colours, taſtes, and ſmels.

62

GAther what flowers you will in the heat of the day, when the Sun hath drawn away all the moiſture from them, & vſe them altogether as the Roſemarie. The like practiſe may be with whole Mace, Nutmegs, ſticks of Cinamon, or any other dry fruit.

Sucket-Candies.

To Sucket Candie greene Lemonds.

63

WAsh this fruit with seething water, dry it, & put it in a warme Ouen, the next day throw them in hot double refined Sugar, boiled to a Candie height, boile them a walme or two, take them vp and dry them in an Ouen, the next day boxe them.

To

To ſucket-Candie greene Ginger.

64

WAſh it, as was ſhewed in the Lemonds, dry it in the Ouen, the next day couer it in clarified Sugar, boiled to a Candie height, &c. but remember that both muſt be firſt preſerued.

To ſucket-Candie greene Walnuts, before they be ſheld.

65

FIrſt, preſerue them as hath beene ſhewed before in the twentie foure Receipt, and then,

then, as the Lemonds and the Ginger, they must be washt from their sirupe, and handled as they.

Peaches, or any other.

66

GReene Plums may be Sucket-Candied after the very same manner, remembring that they be first preserued.

Cordiall

Cordiall VVaters.

To make Aqua-Cœleſtis.

67

TAke ſixe ounces of Cinamon, of Cloues one drachme, of Nutmegs one drachme & a halfe, of Cubebs two drachmes, of Calamus rootes one drachme, bruiſe them all, and keepe them in a faire paper: then take Betonie and Sage flowers, of each a handfull, Marioram and Penniroyall of each a handfull, bruiſe them alſo: then take of theſe powders, *Aromaticum Roſarum* three drachmes, *Diambre Diamargariton frigidum, Diamoſcum*

Diamoſcum dulce, of each a drachme and $\frac{1}{2}$, put all theſe into a gallon of ſpirit of wine, and ſteepe them three dayes and three nights very cloſe couered, and ſhake them well together euery morning and euening, then diſtill them in your Limbecke, and hang an ounce of Saunders in the water.

To make Cinamon Water.

68

TAke one pound of Cinamon, the beſt you can get, bruiſe it well, and put to it a gallon of the beſt Sack, and ſteepe it three daies and three nights, and diſtill it as before.

To

To make Doctor Steuens *Water.*

69

TAke one drachme of Rose-leaues, Borage, Buglosse, Violets, & Rosemarie flowers, of each a drachme and a halfe, of Spicknard a drachme, of Cinamon two ounces, of Ginger an ounce, Cloues and Nutmegs of each halfe an ounce, of Cardamous a drachme and a halfe, Galingall two drachmes, Cubebs a drachme, Pepper three drachmes, Annise-seede, Carraway-seedes and Fennell, of each an ounce, *Lignum* halfe a drachme, Corall and Pearle

in

in fine powder, of each a drachme, bruise these and put them in a pottle of *Aqua-vitæ*, and a quart of excellent good Sack, vsing the same as before is shewed in *Aqua-Cœlestis*.

To make Balme-water.

70

TAke fiue ounces of dried Balme, Time, Pennie-Royall, of each three ounces, of Cinamon foure ounces, of Cardamon one drachme, graines halfe an ounce, sweet Fennell seedes an ounce, Nutmegs and Ginger of each a drachme, Galingall, *Calamus*, and Cypresse, Cubebs, and

Pepper

Pepper of each two drachmes, of *Calamus* rootes halfe a drachme, of *Diptimus* one drachme, bruiſe theſe things, and put them into a pottle of Sack, and ſteepe them twenty foure houres, and vſe them like the reſt.

To make Angelica-water.

71

TAke a handfull of dried *Carduus*, of Angelica rootes three ounces, of Myrrh one drachme, Nutmegs halfe an ounce, of Cinamon and Ginger, foure ounces of each, Saffron one drachme and a halfe, *Cardamons*, Cubebs, Galingall and Pepper, of each

a quarter of an ounce, Mace two drachmes, Graines one drachme, *Lignum Aloes* Spicknard, *Iunius adoratus*, of each a drachme, Sage, Borage, Buglosse, Violets and Rosemarie flowers, of each a handfull, bruise them and steepe them in a pottle of Sack twelue houres, and then, &c.

To make Wormewood water.

72

TAke foure ounces of Wormewood, Sage, Bettonie, and Rew, of each a handfull, Rosemarie tops a handfull, Cinamon three ounces, Nutmegs halfe an ounce, Cloues and Mace, of each

each halfe a drachme, Ginger an ounce, Galingall, Cubebs, and Spicknard, of each a drachme and $\frac{1}{2}$, of *Scordium* halfe a handfull, bruiſe theſe, and put them in a pottle of Sack, and a pint of *Aqua vitæ*, ſteepe them 24. houres.

&c.

Conceits

Conceits in Sugar-Workes.

To make March-pane Paste.

73

CEarse the fineſt and the whiteſt refined Sugar, to euery third ſpoonfull thereof take a blauncht *Iordane* Almond, ſtampe them in a ſmooth morter, and now and then put in two or three drops of Roſe-water. It muſt be extreamely much beaten before it wil be a perfect paſt, at the leaſt an houre.

To

To make a March-pane, to ise, and garnish it, according to Art.

74

BLaunch and beate two pound of *Iordane* Almonds in a stone morter, putting in now & then a spoonfull of Rose-water, to keepe them from oyling: when they are beaten fine, put to them a pound and a halfe of the finest cearsed Sugar, and now and then a spoonfull more of Rose-water, as your selfe shall see requisite, incorporate them, which with much labour must be effected: when

you

you haue brought them to a perfect paste, then rowle it to what breadth you will, but it must be thin, make a bottome to it with Wafers, set an edge to it round about, and pinch it then bake it, and ice it with Rose-water and Sugar beaten like batter, and spread it on with a feather, and so put it againe into the Ouen, or baking-pan, when you see it rise white, and shining like ice, take it out againe, and sticke in your standing conceits, as namely golden Marigolds, and long Comfits, or such like, cast on Biskets and Carrawaies, and lay Bay leaues vnder it, appearing

with

with the leaues end without the Marchpane round about.

To make any Conceit in March-pane-ſtuffe.

75

MOuld ſome of your aforeſaid ſtuffe with cearſed Sugar, & make ſome vp like little ſquare pies, fill them with drie ſuckets, cut in ſmall peeces, or drye Marmulade; caſt on them coloured Biskets and Carrawaies, gild them & ſerue them to the board, you may make ſome of it like collops & bacon, to doe which you muſt haue both red and white paſt, and rowle them both and cut it ouer-

thwart and lay one on another like bacon, the red must be coloured with Rosa-Paris and Saunders.

To make any other conceit as Buttons, Beades, Chaines, &c.

76

HAuing fashioned your buttons made of this stuffe all of a bignesse, either with your hand and knife, or in a mould, if with a knife, then you may turne vp the ridges and the nib, like the threds of silke buttons, and the ground-worke is white of it selfe; if you will haue them greene and white, then temper

sap

ſap-green with gum-Arabick water on the top of your pen-ſill, and ſtrike it downe the ridges of the button, not touching the button on the creaſes. If you will haue them ſiluer, then ſtrike them downe with ſhell-ſiluer, the like may be done with ſhell-gold. If blew, then Azur being firſt ſteept in vinegar; for elſe it is verie dangerous, the vinegar killeth the ſtrength of the blew: If you would haue them red, then vſe *Roſa-paris* on the top of your penſil: when theſe buttons be readie and drie, you may ſet them vpon a card of Sugar plate, and faſten them with Gum-dragon

ſteept in damaske Roſe-water and the owne paſte tempred verie ſoft;ſerue it in on plates of glaſſe, or keepe it as long as you will.

To make Snakes, Snailes, Frogs, Roſes, Cheries, &c.

77

TAke ſingle mouldes carued inward,according to the forme of the things named, or any other ,what you will,then take double refined Sugar, and as much water, or rather Roſe-water as will diſſolue it,and boyle it to a Candie height : then take your mouldes,hauing ſteept them two or three houres before in

colde

colde water, and fill them with the hot Sugar, and when it is colde turne it out of your moulde, and drie it with a faire cloath, and it will haue the true forme graued or carued in the mould. But for your Cherries, ſtrawberries, and ſuch like, take double mouldes, wet them in water, and fill them with hot Sugar, then take a ſmall birchen twig, dried before in a feather-makers or diers fat, and prick them in the noſe of the mould into the hot Sugar, and when they be colde, take them out and drie them, and they will be as though they grew vpon ſtaulkes; then colour them as

is ſhewed in the order of colours in the end of this booke, but if you will make Roſes you muſt make them of Sugar plate paſt (mentioned in the foureſcore and one receipt) rowled verie thin, & then you muſt cut the leaues ſingle with an inſtrument of tynne made for the ſame purpoſe, & then faſten one leafe vpon another, as in the laſt receipt was ſhewed, and ſtick them on the top of a birchen-twig, pilde and dipt in the fat, and they will be white Roſes, but you may colour them as is elſe-where ſhewed. In like maner, you may make Burrage, Cowſlips, Primroſes, ſtock-

gilliflowers,

Gilliflowers, Marigoldes, &c. keepe them drie.

To make Shooes, Slippers, Keyes, Knues, Gloues, &c.

78

ALL these and such like things, you may make of Sugar plate paste, cut them with your knife, but fashion & finish them only with your hand and pincers, but if you want handines, or haue no leisure, then you must haue mouldes of tynne, and hauing fitted your paste, cut it with the mouldes, drie them leysurely, &c.

To make Letters, Knots, or any other Iumball for a banquet quicklie.

79

YOu must take single mouldes carued inward, either in wood or stone, with the true forme of what you would haue, lay them in cold water: then take double refined Sugar, and as much Rose-water as will dissolue it, boile it to a Candie height, then take the mouldes out of the water, shake out the water, but wipe them not, and fill your Letters or Knots with the hot Sugar, and when they be colde and hard, turne them out

out, and wipe them with a faire cloath.

There is alſo another way to make theſe or ſuch things, thus: Take drie ſingle moulds, duſt them through a Lawne or Tiffanie Sieue, then take Sugar-plate paſte, or Almond paſte, wrought vnto a good temper, and fill your mould, then cut it off ſmooth and euen, with the top of your mouldes, and turne it out, the reſt of your ſtuffe you may make in long Iumballs about the bigneſſe of a Gooſe quill, and then you may knit it in double knots, or turne it in forme of capital letters, or like claſpes & eyes, or wax-lights

To make a Walnut, both shell, and Kernill.

80

MAke a paste of fine cearsed Cinamon and Ginger, mingled with twise so much Sugar, cearsed also very fine, & a little Muske, print it in a double moulde, made in like vnto a Wallnut with shells, then close them together with gumme dragon steept in Rose-water, and if you will haue a Kernill in it, then you must haue another double mould for the Kernill, but you must make the Kernill of white Sugar plate, and when

when it is throughly drie, you must ouer-lay it with a little saffron that it may be like the skinne of the Kernill.

Sugar workes of another sort.

To make Sugar plate paste.

81

TAke a pound of double refined Sugar, put thereto three ounces of the best starch, if you drie the Sugar after it is in pouder, it will the sooner passe through the Lawne sieue: then cearse it

on a faire ſheete of paper, and ſweepe it on a heape with a feather or a wing, and in the middeſt of the heape, you muſt put a lumpe of gummedraggon, about the bigneſſe of a wallnut, firſt ſteeped in Roſe-water (a little porringer-full of Roſe-water, is enough to diſſolue an ounce of gumme, which gumme muſt be very cleane pict from all droſſe & ſtrained through a canuis ſtrainer,) temper this gumme with the white of an egge, and with the Sugar, a little at once, vntill you haue wrought vp all the gumme & the Sugar into a ſtiffe paſte: you muſt alwaies in the work-

ing

ing haue ſome of the gumme, and ſome of the Sugar, and before you moulde it in the moulde, you muſt firſt duſt your moulde with cearſed Sugar.

To make paſte of diuers ſorts of flowers as Violets, Cowſlips, Marigolds, Roſes, Gilliflowers, &c.

§2

MAke a pouder of theſe flowers, being drie, taking onely their ſweete leafe, and put thereto fine pouder of Cinamon and a little Muske, if you haue it, mingled well together, then boile the waight of the pouder in fine

Sugar,

Sugar, with as much Rose-water as will dissolue it. If your worke be with Marigolds, put to it a little Saffron, boile it, and to your worke adde the pap of a Pippin dried on a chafingdish with coales in a siluer or earthen dish, and sprinkled with Rose-water, and wrought into Paste, then bray some Sugar-candie, but not to powder, wet Gum-dragon, and with the same make it sticke in your paste, and so it will seeme to be rock candied, cut the paste with a knife steept in Rose-water.

To

To make an excellent Pennet, good against colde.

83

BEat foure ounces of Sugar-candy vnto fine powder, put to it a thimble-full of Engliſh Liquorice, beaten and cearſed, three drops of Chimicall oyle of Aniſe-ſeed, a graine of Muske, beat all this to paſte, with Gum-dragon ſteept in Damask Roſe-water, and when you haue beaten it to perfect paſte, rowle it vpon a ſheet of white paper into rowles, about the bigneſſe of a wheat ſtraw, and cut it in pieces about an inch long.

To make Cinamon ſtickes by Art.

84

TAke a quarter of a pound of fine cearſed Cinamon, and halfe an ounce of fine cearſed Ginger, mingle it with halfe a pound of fine cearſed Sugar, two graines of Muske; beat all together into a perfect paſte, with Gum-dragon ſteept in Roſe-water, in an Alabaſter or ſtone morter, rowle it thin on a ſheete of paper, duſted through a cearſe with beaten Cinamon, and then wrap it about Reedes, and when it is almoſt dry, draw it eaſily

off

off the Reedes, and dry them throughly.

To make Callishones.

85

TAke halfe a pound of Marchpane paste, a thimble-full of Coriander seedes beaten to powder, with a graine of Muske, beat all to a perfect paste, print it, and drie it.

To make Muscachones.

86

TAke batter made as for Prince Bisket, in the 53. Receipt, put to it two spoonfuls of Cheese-curds, Cinamon, Ginger, Sugar, and a graine

graine of Muske, beat all into the batter, and take a batter ſpout, and ſpout it in long rowles on a ſheete of paper, duſted through a Sieue with fine Sugar, and before they be dry, tye them in ſome pretie knots, and ſo dry them, and then guild them.

To make Muſcadinaes, commonly called kiſſing-Comfits.

87

TAke halfe a pound of double refined Sugar, beaten and cearſed, with two graines of Musk, three grains of Amber-greece, and a drachme of Orice powder, beat

beat all to a perfect paste in an Alabaster morter, then sleeke a sheete of white paper with a Sleek-stone, and rowle your Sugar paste, then cut it in little Lozenges with a rowle, and dry them in a Stoue, they willserue to garnish a Marchpane or other dishes. If you will haue any red, you must mingle it with *Rosa Paris*, if blew, then with blew bottles.

To make Troces, against the colde.

88

BEat two ounces of Sugar-candie to fine powder, put to it a little iuyce of Liquorice, iuice of Horehound,

of

of Mayden-haire, beate all into a perfect paste, and rowle it as small as Wheat strawes, cut them an inch and ½. long, dry them, &c.

To make Cinamon Letters.

89

TAke paste made as for *Gemillissoes*, colour it with Cinamon, and rowle it in long rowles, as neere as you can all of a bignesse, and thereof make faire capitall Romane letters, according to some exact patterne, cut in thinne board or white plate, gild them and make a crosse in the beginning of them.

To

To make Canalones *in Spices.*

90

TAke halfe a pound of ſifted Sugar, put thereto a graine of Muske, Cinamon and Ginger, a little powder of a dried Lemond, beat all this to a perfect paſte with Gum-dragon ſteept in Roſewater, rowle it thin, and print it with a ſhallow mould, then rowle it vpon Reedes very thin, dry them leaſurely, and keepe them dry.

To

To make Rushlians.

91

TAke a pinte of bakt flower, an ounce of Cinamon, a quarter of an ounce of beaten Ginger, a graine of Muske, mingle these with a pound of beaten Sugar, then take sixe yolks and sweet butter, two or three spoonefuls of sweet Creame, make all this into a perfect paste, and it will looke of Cinamon colour, then coole it in small rowles, and make it in letters or knots, dry them in a baking Pan.

To make Gentillissoes.

92

BAke and cearse a pound of double refined Sugar, beat it to a perfect paste, with the whites of two Egges, and Gum-dragon steept in Rose-water, one graine of Muske, and as much Amber-greece, rowle it in fine rowles and bake it.

To make Nouellissoes.

93

TAke the paste of your Gentillissoes, rowle it thin & fine with red Almond past, pinch it with your nippers, & bake it as in the Gentillissoes,

alwaies

alwaies prouided that you put Muske and Amber-greece in.

To make Lozenges of Violets.

94

TAke Violets, Cowslips, Rosemarie flowers, or any other in the heat of the day, shred onely the beautifullest of the blossomes vpon a trencher, with a sharpe knife, in as many pieces, and as fine as possibly you can, and then beat them as fine as may be in an Alabaster morter, with the pap of a Pippin, and a graine of Muske, then boile double refined Sugar to a Candy height, and put your beaten

beaten flowers into the boiling Sugar, and boile it a little longer, for the flowers will bring the Sugar back againe, and when you ſee it ſomething thicke, powre it on a ſheet of glaſſe, and cut it into little Lozenges like Wigs, ſome you may drop.

To

To dry Fruits.

To dry Orenges and Lemonds.

95

RAspe the skinnes of these fruits, cut them in halfes, and take out the cores, lay the rindes presently in faire water two or three dayes, to take away their bitternesse, then boile them fiue or sixe times, in seueral waters for the same purpose, and when they be tender take them vp, and dry them in a faire cloath; then couer them in clarified Sugar, and boile it leasurely

two

two houres, then take them off, and put them in an earthen Pipkin, and let them so remaine foure or fiue dayes, or longer the better, when you will dry them, set them on the fire againe vntill they be through hot, drain them, and the whilest boile fresh Sugar to a Candie height, then put them in, take them out, and lay them on a basket-makers lattice, and dry them in a warme Ouen in one night, and they are ready.

To dry white Peare-Plums.

96

GAther the fairest of this fruit before they bee

throughly ripe, pricke them with a Pen-knife, and couer them in clarified Sugar, heat them on the fire vntill they crack, then take them vp, and put fresh Sugar to that sirupe, and boile it a good deale higher, now and then taking it off and scumming it cleane: then put in the Plums againe, and warme them againe in the hot Sugar about halfe an houre, then poure them into a pot or glasse, and let them remaine 3. or 4. dayes in that hot Sugar, then warme againe these Plums, and set them a cooling; then boile as much fresh Sugar as will couer them vnto a candie height, and put the

the plums into that hot Sugar, and ſo let it boile leyſurely a quarter of an houre, now and then turning them, for that will make them take Sugar, then take them vp betweene hot and colde, and lay them on a ſheete of glaſſe, and ſo drie them in a ſtoue, or in a warme Ouen.

To drie blacke Pear-eplums.

97

GAther this fruit alſo in a faire ſun-ſhine day about two or three of the clocke, when the ſunne hath taken off all the outward moiſture from them, which otherwiſe would hinder the

In all other practise doe as in the white peare-plum hath beene shewed.

To drie Pippins cleere as Amber.

98

PAre this fruit, and cut out the coare, and so soone as you haue prepared a piece, cast it into a bason of faire running water, then boile the weight thereof in clarified Sugar vnto a Candie height, then drie your Pippins with a faire cloath, and boile them apace in the hot Sugar, and euer when you see any froth, take them off the fire and scum them verie cleane, then

turne

turne them and ſet them on againe and boile them apace; then (as before) take them off and ſcum them, and ſet them on the fire againe, and doe ſo halfe a dozen times at at the leaſt and when your Sugar is at a Candie height, take out your pippins and put them in a warme Ouen, and let them ſtay two or three houres, and they will be drie.

To drie Apricockes orient and verie cleere.

99

TAke faire large Apricocks well coloured, but not too ripe, pare and ſtone

them, and couer them in clarified Sugar, boile them leysurely turning them, & scumming them verie often: then take them off the fire, and let them stand all night in that sirupe, the next day warme them againe, and when they be hot, take them out, and set them a dreining againe, then boile other Sugar a little higher with the Apricockes leysurely, now and then turning them, & scumming them, and let them stand in the sirupe vntill the next day; the next day warme them againe, and then lay them a dreining, then boile other Sugar to a Candie height, and put the

Apricockes

Apricockes into the boiling Sugar, turne them vntill you ſee the Candie grow about them, & lay them on a ſheete of glaſſe, and ſet them into a warme Ouen after the bread hath beene drawne, and let them ſtand about three houres, the next day take them out and turne them, & doe ſo a weeke at leaſt, for they will be verie long a drying

To drie Peares without any Sugar.

100

PAre your Norwich Pare, or any other of the beſt that you can get, but leaue

the ſtaulke and the peepe on, prick it with a penknife, and put them into a earthen pot, and bake them a little in an Ouen, then put them vpon ſtraw or bents, into a white plate or latten-pan into an Ouen preſently after the drawing of the bread, doe ſo a weeke together, or longer, and the fruit will laſt the longer.

Phyſicall

Physicall Receipts approued by very worthy Physitians of this Realme.

To make sirupe of Violets.

101

PIck and weigh the flowers of violets, put them in a quart of water, and stew them vpon hot embers vntill the flowers haue made the warer as blew as themselues, then boile that infusion vnto a sirupe with foure pound of clarified Sugar vpon a gentle

fire with ſcumming now and then; if the fire be too hot all is mard.

To make ſirupe of Liquorce.

102

SCrape eight ounces of Liquorice verie cleane and bruiſe it, take an ounce of Maidenhaire, one ounce of Anniſe-ſeede, and as much Fennill-ſeede, ſteepe theſe in foure pintes of raine water and boile it to a quart, then boile the liquour, with one pound and a halfe of Sugar.

To make ſirupe of Roſes ſolutiue.

103

PLucke the leaues of damaske Roſes, and put them to a gallon of hot water, and ſet it on embers in a great veſſell of boiling liquor, the more leyſurely it boiles, the better it is, and when the leaues looke white, take them vp, and put in freſh, and doe ſo three or foure times, and when the water is red, to euery pinte put the white of an egge, and a pound of clarified Sugar, boile it to a ſirupe: the thicker it is the better.

To

To make sirupe of drie Roses.

104

TAke foure ounces of red Roses dried, and infuse them in a quart of faire water vpon hot embers, vntill the Roses haue lost their colour, then take a pound and a halfe of clarified Sugar, clarifie your liquour & Sugar with two Egs, and boile it to the height of a sirupe vpon a verie soft fire, for if it be ouer hot, the sirupe will bee of no vse.

Against the trembling of the heart.

105

LEt the Patient drink three or foure ſpoonefuls of Claret wine, halfe ſo much Damaske Roſe-water.

An excellent medicine against the riſing of the mother, taught and tried by diuers.

106

TAke the bigneſſe of a Peaſe of Methridate, and mingle the ſame with Conſerue of Roſes, as much in quantitie as a Walnut, and let the partie eate ſo much

euery

euery morning fasting, and euery euening as much for the space of three dayes together, or as long as neede requireth.

An Almond milke made for the cooling of the liuer and bloud, it was taught by a Doctor of very good note, for a great personage.

107

TAke Suckorie rootes, *Asparagus*, and Marsh-Mallowes, of each the weight of eighteene pence in siluer, Fennell rootes as much, the tops of the flowsing of Borage, Buglosse, and Scabious, of each a handfull, boile this in

a pinte and a quarter of Barly water vnto a pinte, with it make the milke.

A remedie against costiuenesse of the Bodie.

108

TAke a pinte of red wine, and halfe an ounce of beaten Cinamon, boile it on the fire, & thicken it with the yolks of foure raw Egs; brew them well, and drinke euery morning halfe a pinte, and euery euening as much. It is best in the full or change of the Moone, but good al waies.

A Receipt to make a vomit.

109

STampe three or foure leaues of *Assara*, Tobacco that growes in the Gardens, and straine it with sixe spoonfuls of Ale, and drinke it fasting, fasting halfe an houre after or longer: then take warme Posset-drinke, and keepe your selfe walking vntill the vomit haue done working; if it worke not as you wish, then take more Posset-drinke, and still walke till it hath done working, and keepe a good diet at least that day after.

To

To ſtay an extreame Cough.

110

TAke ſirupe of Liquorice, of Maydenhaire, of Horehound, of Iſope, of each a like quantity, Conſerue of a Foxe lungs, of *Ale-campane* (if the partie be enflamed the *Ale-campane* muſt be left out.)

The

The ordering of Colours.

111

SAp-greene, *Rosa-Paris*, blew Bise, yellow Smalt, all these colours must bee ground with thinne gum-Arabicke water, and are fit to garnish, but perillous to eate.

Of Colours that may be eaten.

112

A White Rose dried, and ground with Alome water, maketh a faire straw colour.

The

The blew bottle gathered in the heat of the day, clipt, dried, and powdred, yeeldeth his owne colour, with Alom and a little gum Arabicke water.

The ſecond barke of an Elder, ground with gum-water and a little Alome, maketh a faire greene.

Other Colours to colour Leach.

113

YOur Saffron water maketh a yellow: iuyce of greene Wheat in the blade, maketh a greene: Turnſoll giueth a red, and the white is of it ſelfe.

More Colours.

114

PAre the out-ſide of a Hip or Bramble-berrie, and grinde it with a little Salt and gum-Arabicke water, and giues as faire a red as any Vermillion.

FINIS.

6

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