

**RACCOLTA DI TESTI
PER LA
STORIA DELLA GASTRONOMIA**

**DIGITALIZZATI
E
RESTAURATI
DA
EDOARDO MORI
2018**

LIBER CURE COCORUM

**A MODERN ENGLISH TRANSLATION WITH NOTES,
BASED ON
RICHARD MORRIS' TRANSCRIPTION OF 1862.
BY CINDY RENFROW**

Liber cure Cocorum

A Modern English Translation with Notes,
Based on Richard Morris' transcription of 1862.

by Cindy Renfrow

<http://www.pbm.com/~lindahl/lcc/parallel.html>

This translation is based on Liber cure Cocorum, as copied and edited from the Sloane MS. 1986 by Richard Morris, author of "The Etymology of Local Names", member of the Philological Society. Published for the Philological Society by A. Asher & Co., Berlin. 1862. This translation is intended to be read in conjunction with Morris' work, and has left uncorrected many of the errors found in that work. A printable facsimile copy of Morris' text may be found at <http://www.pbm.com/~lindahl/lcc/>

This translation is copyright 2002, Cindy Renfrow. You may use this digitized translation for non-commercial and scholarly purposes only without further permissions, provided that this header is included and proper citation is given.

Introduction

This portion of Sloane MS. 1986, transcribed for us by Richard Morris in Liber cure Cocorum (1862), is a cookery book in verse, written in a Northern English dialect circa 1420 - 1440. While not original or important as a cookery manuscript, in the sense that the recipes may be found in other contemporary collections (such as Thomas Austin's Two Fifteenth Century Cookery Books, the Forme of Cury, and A Noble Boke Off Cookry), the use of dialect and verse make this work quite interesting. LCC is frequently cited as an early source, and often the only source, of many obscure words and dialectical spellings in such reference works as the Oxford English Dictionary and The Electronic Middle English Dictionary.

Why did the author trouble to rhyme a cookery book? Did he intend his verses to be a mnemonic aid, since verse is more easily learned than prose? If so, then the intended reader must have been a professional cook with prior experience in preparing the basic recipes, for in many cases our author has sacrificed the length and clarity of his cookery instructions in order to force a rhyme. Similarly, necessary steps or ingredients are omitted and many quaint, meaningless phrases are added, making this work quite difficult to use alone as a cookbook.

In translating this work into modern English, I have attempted to remain as true to Morris' transcription as possible. Sadly, due to changes in pronunciation and spelling over time, it has not been possible to clearly express the meaning of the piece and maintain the original rhyme scheme and meter. (For example, "then" rhymes with "bren", but since "bren" has changed to "burn", the rhyme is lost.) The line breaks, punctuation, and (for the most part) capitalization given here follow Morris' transcription, but the word order within each line may have been altered for the sake of clarity. Thorn has been rendered [th]. Yogh has been rendered [3]. Except where noted, all other words found in brackets have been added by me.

This translation is intended to be read in conjunction with Morris' work. Therefore the page numbers given in this electronic edition refer to those in Morris' transcription. I have included these so that you may more easily compare this text with his. I have also

added the folio numbers of the original manuscript in brackets, to facilitate reference to it. A brief glossary is appended; additional glossary terms may be found at <http://www.thousandeggs.com/glossary.html>. Morris' glossary is available at <http://www.pbm.com/~lindahl/lcc/>. If all goes as planned, a transcription of Morris' work will appear beside this translated text.

I have modified the Table of Contents from the form found in Morris to include recipe numbers, more commonly-found spellings or the name in translation, and a descriptive dish name in this order:

Recipe number / Morris' Table of Contents Spelling / More Commonly Found Spelling or Translation / A brief description of the dish / Morris' Page Number.

You will note that the Table of Contents begins with Frumenty on page 7, but the recipes actually begin on page 5 with six "recipes" that are not listed in the Table. According to the way Morris has presented the recipes, Frumenty is recipe number 7. In order to reflect this, the Table of Contents has been numbered beginning with number 7. However, it should be noted that recipe #6, presented as one recipe by Morris, is actually two recipes; Frumenty should be #8, and all recipe numbers over #6 are therefore off by one from their sequence in the MS. (Unfortunately I did not discover this numbering error in time to correct it here.) And since nothing is ever easy, Roo in a sew is listed in the Table out of sequence, the recipe for Mylke of almonde is missing, Pur verde sawce is not listed, and so forth. Therefore, the recipes in the Table have been numbered sequentially following their appearance in Morris' book. Recipes missing from the Table of Contents have been added in brackets. Of Petecure has been counted as a recipe (#106), since one may follow it as such; but others may argue it is merely a laundry list of potherbs. As a consequence of these corrections, our tally of recipe numbers is 135, while others may have counted only 127 recipes.

In his introductory paragraph, our author includes a promise to list each of the recipes in a table, and to number them:

[th]o names in tabulle I schalle sete

[th]o number in augrym above, with outen lete,

In augrim [th]at schalle wryten be,

An [th]o tytels with in on [th]o same degre.

He has marked out each new subject in the text with paragraph marks, "¶", and the headings are indented and underlined, leaving sufficient space for the numbers to be written in afterward. But, for whatever reason, these numbers were never added. I have fulfilled his intention by adding recipe numbers to the text.

In his transcription, Richard Morris expanded the abbreviations found in the original manuscript, but did not indicate which letters he added. He often wrote "v" where the MS. has "u", and used thorn in many places where the MS. has "th", and so forth. Also, Morris added the punctuation. This occasionally led him into error, as, for example, where he inserted a comma between ote and strey in #133, leading him to gloss strey as strain, when it should be read as "oat straw". (See endnotes.) Many important corrections, found by comparison of the transcription with the original manuscript, have been noted, but many havenot due to time constraints. Also, it would be too tedious for the reader if I were to list the hundreds of minor errors found in the transcription. Suffice it to say that Morris' transcription of Liber cure Cocorum, and therefore this translation based upon it, are flawed. I find it disheartening that these mistakes have

gone unchallenged and uncorrected for 140 years. I have therefore begun work on a new diplomatic transcription of *Liber cure Cocorum* based on a copy of B.L. Sloane MS. 1986, and hope to have it, and a translation with in-depth commentary, ready for publication within the next year. The numbering error noted above will be corrected in this new edition.

Cindy Renfrow, 2002.

[TABLE OF CONTENTS]1

[Page 1, not numbered]

Now speak I will a little more [folio 27]
Of craft, truly, that takes great lore
In court; that men call cookery,
That must be done in three degrees;
This meat roaster, pastry-cook, and potager,
And even the scholar that follows in company,
First to you I will show
The points of cookery, all by row,
Of Pottage, roasted meat, and bake-meat,
And small cookery, I won't forget.
The names in table I shall set
The number in algorism⁴ above, without let,
In algorism that shall be written,
And the titles within on the same row.

Here begins the table of cookery, first, the pottages: --

7. Pur Furmente / For Frumenty / Cracked-wheat pudding garnished with candy comfits ...7
 8. Amydoune / Amidon / Wheat starch ...7
 9. Conyngus in grave / Coneys (young rabbits) in gravy ...8
 10. Chekyns in cretene / Chickens in cretoneé / Chickens in thickened, spiced, milk-based sauce ...8
 11. Vyande de cypur / Meat of Cyprus / Parboiled capon or hen, pounded small, mixed with thickened almond milk, and spiced ...8
 12. Mortrews de chare / Mortrews of flesh / A thick pottage of ground hen and pork ...9
 13. Blanke maunger // Rice cooked in almond milk with teased chicken flesh ...9
 14. [Th]andon for swannus, wylde gese and pyggus / Chaudwyne [entrails] for swans, wild geese and pigs / Entrails of swans, chopped small, and cooked in spiced broth ...9
[right-hand column]
 15. Nombuls / Numbles / Entrails in ale sauce with cinnamon ...10
 16. Ano[th]er maner of nombuls / Another manner of numbles / Entrails of venison in ale sauce...10
 17. Charlet de force / Seasoned Charlette / Pottage of pork with egg curds ...11
 18. For charlet icoloured / For colored charlette / Spiced almond pottage with pine nuts, garnished with candied anise ...11
 19. Iussell / Jussell or Guissell / Herb stuffing ...11
 20. Bruet de almonde / Broth of almonds / Spiced thickened almond milk, served with boiled partridges and chickens ...12
 21. Blanke de sorre / Blandissorye / Pottage of chicken and rice, garnished with fried almonds ...12
 22. Bucnade / Bukenade / Thick almond milk pottage enriched with pork fat and spices ...12
 23. Rosse / Rose / Spiced pottage of chicken and thickened almond milk, dyed red ...13
- [Page 2, left-hand column]

24. Letlardus / Leche lardes or Larded milk / Egg curds, pressed, sliced, and fried ...13
25. For blanched mortrews / For white mortrews / Thick pottage with hens, pork, almond milk, and ginger ...13
26. Peions istued / Stewed Pigeons / Pigeons stewed with garlic and herbs ...14
27. Sowpes dorre / Glazed Sops / Toast with spiced almond milk and wine sauce ...14
28. Gruel of almonde / Gruel of almonds / Pottage of almonds and oatmeal, colored with saffron ...14
29. Joutes of almonde / Joutes of almonds / Herbs with sweetened almond milk ...14
30. Caudelle of almonde / Caudle of almonds / Almond milk spiced with wine, ginger, sugar, and saffron ...15
31. Buttur of mylke of almonde / Butter of milk of almonds / Almond butter ...15
Mylke of almonde[This recipe is missing from the text.]⁵
32. Rise / Rice / Rice cooked in almond milk, garnished with fried almonds ...16
33. Caudel Ferre / Caudel Ferry / Thickened spiced almond milk garnished with whole mace blades ...16
34. For to make a rape / Rapeye / A spiced pottage with currants ...16
35. Mylke rostyde / Roasted Milk / Fried sliced curds ...17
36. For to make a potage of welkys / For to make a pottage of whelks / Pottage of chopped whelks in a thickened milk sauce with ...17
37. For to make potage of oysturs / For to make pottage of oysters / Pottage of chopped oysters with almond milk and onions ...17
38. Sauge Seynes / Sage Seynes / Pig's feet in sage sauce ...18
39. For to make a compost / For to make a compote / Chicken stewed in herbs, honey, and broth ...18
54. Roo in a sew / Venison in a broth / Venison cooked in herbs and wine, colored red with sandalwood ...23 [Note: this is listed out of sequence.]
40. Blanke maunger of fysshe / Blancmange of fish / Boiled tench or lamprey, with rice and almond milk ...19
41. Mortrews of fysshe / Mortrews of fish / Thick pottage of fish roe and livers ...19
42. For to make rose de almayne⁶ / For to make rose of Germany / White peas in almond milk with saffron ...19
43. For a kolys / For a cullis / Broth of chicken thickened with oat groats ...20
44. Gruel of Porke / Gruel of Pork / Pottage of ground pork mixed with egg yolks and spices ...20
45. Conyngus in cyne / Coneys (young rabbits) in onion sauce ...20
46. Harus in cyne / Hares in onion sauce ...21
47. Harus in a sewe / Hares in a broth / Hares in a broth made of pan drippings and breadcrumbs ...21
48. Harus in albotretus / Hares in a broth / Hares cooked with almond milk and onions ...21
49. Harus in a pardolyce / Hares in apardolyce / Hares in egg-thickened broth served atop wafers ...22 [fol. 28]
50. Hennes in a browet / Hens in a broth / Hens boiled with pork, seasoned with ale and cumin ...22
51. Chekens in browet [MS. - Chekens in [th]o broth.] / Chickens in broth / Chickens stuffed with grapes, cooked in broth with saffron ...22
52. Chekens in [th]o brothe [MS. - Chekens in caudell.] / Chickens in the broth / Chickens in thickened broth with ginger, rue, and saffron ...23

53. For to boyle fesawntes and pertrykes / For to boil pheasants and partridges / Pheasants and partridges boiled in spicy ale sauce ... 23
 [54. Roo in a Sewe follows this recipe in the text.]
55. Hennes in gravé / Hens in gravy / Hens roasted and fried, ground to paste with wine or vinegar, and thickened with egg yolks ...24
 [Page 2, right-hand column]
56. Capons in covuse⁷ / Boiled capons in a thickened broth, mixed with chopped egg white, and garnished with whole cooked egg yolks ...24
57. Hennes in gauncel / Hens in [sauce] gauncely / Roasted hens in a thickened milk-based sauce with garlic ...24
58. Lamprays in browet / Lampreys in broth / Lampreys roasted and served with a pepper and saffron sauce ...25
59. Lamprays in galantine / Lampreys in [sauce] galentine / Roasted lampreys served with spicy galantine sauce ...25
60. For tenches in grave / For tenches in gravy / Tench, boiled and then roasted on a griddle, served with ale sauce ...25
61. Chawdewyne de boyce / Chaundron [entrails] of the woods / A dish of nuts cooked in almond milk, garnished with fried nuts ...25
 [#62. Capons in Cassolyce follows this recipe in the text.]
63. For to make momene / For to make malmeny / Capons in spicy syrup ...26
64. Lange de boef / Tongues of beef / Ox tongue, boiled, larded, studded with cloves and roasted, endored with egg yolk, and served with a spicy broth thickened with blood ...26
 [Introductory paragraph Pro Salsamentis.--To make sawce, and recipe #65. Pur verde sawce, follow recipe #64 in the text.]
66. Sauce for maulardys rostedde / Sauce for roasted mallards / Onion sauce with ale, mustard and honey ...27
67. Sawce for wele and venyson / Sauce for veal and venison / Thickened vinegar sauce with ginger and pepper ...28
68. Blaunche sawce for capons / White sauce for capons / Almond sauce with ginger ...28
69. Sawce best for capons rostedde / Best Sauce for roasted capons / Liver sauce with anise and spices ...28
70. Sawce syrer for mawdelardys / Saucesyrer for mallards / Thickened vinegar sauce with ginger ...28
71. Gawncel for [th]e gose / [Sauce] Gauncely for the goose / Thickened milk sauce with garlic ...29
72. Sawce for swannes, cranes, and herons / Sauce for swans, cranes, and herons / Spicy gibleet sauce for swans ...29
 [In the text this is two recipes, #72. Sawce for swannus is followed by #73. [Sawce] For cranys and herons.]
74. For pekokes and pertrykes / For peacocks and partridges / Roasted peacocks and partridges with spicy bread sauce ...29
75. Galentine / Thickened vinegar sauce with galingale and ginger ...30
76. Sawce comelyne, kervelettes and o[th]er [th]yngis / Sauce cameline, kervelettes and other things / Vinegar sauce with currants, nuts, and spices ...30
77. For lumbardis mustard / For lombardy mustard / Thick mustard sauce ...30

78. For Pyculle / For Pickle / Sauce made of wine, mustard, onions and pan drippings ...31
79. Filettes in Galentine / Fillets in [Sauce]Galentine / Pork fillets half-roasted and finished in a spiced vinegar sauce ...31
80. Piggus in sawce / Pigs in sauce / Boiled suckling pigs served with thick herb sauce ...31
81. Sawce Madame / Sauce Madame / Herb-stuffed roasted goose with spiced herb and wine sauce ...32
82. Gose in Hogge pot / Goose in Hotch-pot / Goose boiled with wine, herbs, and onions ...32
83. For to save venyson fresshe over [th]e [3]er / To save venison fresh over the year / Venison preserved in honey ...33
84. To save venysone fro restyng / To save venison from becoming rancid / How to salt venison ...33
85. To keep herbis over [th]o wyntur / To keep herbs over the winter / Herbs dried in pastry coffins ...34
86. For lyour best / For the best thickening / Baked flour used to thicken sauces, etc. [In the text this is followed by an introductory paragraph to roasted foods, De cibis assatis.]...34
[Page 3, left-hand column]
87. For [th]e crane / For the crane / Roasted crane ...35
[#88. For heroun rostynd follows this recipe in the text.]
89. For wodcock, snyte, and curlu / For woodcock, snipe, and curlew / How to roast all manner of birds ...35
90. For pygges farsed / For stuffed pigs / Stuffed roasted suckling pigs ...36
91. For franche mele / For franchemyle / Haggis served sliced and broiled...36
92. For bouris / For bowres / Salt-cured pork or goose ...37
93. For pome dorres / For pome-dorry / Pork meatballs, boiled, roasted, and glazed with colored batter ...37
94. Hastelettes on fysshe dayes / Haslets on fish days / Dried fruits and nuts, skewered, and batter-roasted to resemble entrails ...37
[This is followed in the text by an introductory paragraph to bake-meats.]
95. For lamprayes / For lampreys / Baked lampreys with spices, wine, and dates ...38
96. For dareals / For darioles / Spiced almond custard tart with diced duck and blanched almond garnish ...38
97. For flawnes / For tarts / Baked cheese pies with saffron ...39
98. For custon [MS. - For costons.] / For crustades / Pork pie thickened with eggs, garnished with an egg yolk "knob"...39
99. For rysshens / For rissoles / Ground pork encased in raised dough and fried ...39
100. For freture / For fritters / Apple fritters ...39
101. Crustate of flesshe / Crustade of flesh / Pie filled with boiled chickens, pigeons and other birds, currants and spices, and thickened with eggs ...40
102. Loysens / Lozenges / Noodles boiled in broth, served with cheese and spices ...40
103. Tartelettes / Tartlets / Pork pies with currants ...41
104. Chewetes on fysshe dayes / Chewets on fish days / Fried fish and fruit pies, served with sugar and wine ...41
105. Chewettes on flesshe da[yes] / Chewets on flesh days / Fried pies filled with hen, pork liver, cooked egg yolks, and ginger ...41

[This is followed by an introduction to petecure[small cookery], that contains a pottage recipe, #106.]

107. For stondande fignade / For thick figgy / Fig pudding ...42

108. For a surupe / For a syrup [allows of beef] / Rolls of thinly-sliced beef, stuffed and roasted, served sliced with thick onion gravy ...43

109. For a tusken / For a tusken / Pork meatballs cooked in herb broth with saffron ...44

110. For blanchet porray / For white porray / Leeks cooked in almond milk ...44

111. Porray of white pese / Porray of white peas / White peas cooked to mush with onions and ale, served with bread croutons ...44

112. For white pese after porray / For white peas after porray / White peas cooked with honey and onions, served with either whale, sturgeon, or porpoise, or with bacon ...45

113. For gray pese / For gray peas / Gray peas with bacon ...46

[Page 3, right-hand column]

114. For cole / For cabbage / Cabbage and parsley boiled in meat broth with groats, served with salt pork and gravy ...46

115. For mustul bree / For mussel broth / Mussels cooked with onions and saffron, served with thickened broth ...46

116. For porray of mustuls / For porray of mussels / Ground mussels served with porray of leeks and groats ...47

117. For gruelle of fors / For seasoned gruel / Oat groats cooked with pork and saffron, served with chopped pork ...47

118. For Ioutes / For Joutes / Herb pottage served with meat ...47

119. For capons in herbes / For capons in herbs / Capon, and pudding of capon's neck, simmered with herbs and bacon ...48

120. For o[th]er Ioutes / For other Ioutes / Cabbage cooked in beef broth ...48

121. For honge cole / For hung cabbage / Boiled cabbage served with butter ...49

122. For hennes in brothe / For hens in broth / Hen's flesh cooked in thickened spiced broth, served with hard-cooked egg yolks ...49

123. For a comyne sewe / For a cumin broth / Veal, pork, and mutton simmered with onions and saffron, served in a broth thickened with brown bread ...49

124. For tansay cake / For tansy cake / A fritter of eggs with tansy juice, served with meat or haggis ...50

125. For a froyse / For a fritter / An egg fritter with pork, veal, or trout ...50

126. For a brothe of elys / For a broth of eels / Eel broth with saffron ...50

127. For a pye / For a pie / An elaborate pie filled with beef, capon, woodcocks, mallard, dates, currants, and hard-cooked egg yolks ...51

128. For a cawdalle / For a caudle / A thick drink of egg yolks slowly cooked in ale ...51

129. For sawce gynger / For ginger sauce ...52

130. For wesels / For wesels / Batter-coated puddings of capon's neck, or pig's stomach, with pork filling ...52

131. For a hagese / For a haggis / Sheep's heart and kidneys, cooked with herbs ...52

132. For seke menne / For sick men / Four recipes: Ale broth; water gruel; milksops; and sugared sops ...53

133. For to sethe ray / For to seethe ray / Ray boiled in ale, and served with a sauce of liver and garlic ...53

134. Oysturs in brewette / Oysters in broth / Oysters cooked in ale and broth, with saffron ...53

For a service on fyssh day / For a service on fish day / A fish day menu ...54

[This is followed in the text by For a servise on flesshe day, a flesh day menu.]
For ano[th]er maner of service apou a flesshe day / For another manner of service upon
a flesh day / Another flesh day menu ...54
For a comyn rewle in cure / For a common rule in cookery ...55
Now ends by hand the table of names as you can perfectly attest.

1. Now arts of cookery will I preach, [fol. 29]

How some meat shall seem raw I teach;
Take hare's blood, or kid's full fair,
And dry it in[to] powder and keep it from air;
When flesh or fish is served very hot,
Cast on the powder of hare I know;
It is so soluble, it will run
And melt as sugar, by very good skill
And make the flesh to seem, truly,
As it were raw, and yet it is not.
And though you seethe it all day,
It would seem raw by any kind [of] way.

2. Another sotelty I will tell.

Take harp strings made of bowel,
In [the] breadth of [a] straw, you cut them then;
Cast them on fish or flesh, I know,
That seethed is hot or roasted, truly,
That will seem worms, so have I bliss.

3. And if another I can tell;

If the cook be [a] crooked or froward man
Take soap, cast [it] in his pottage;
Then will the pot begin to rage
And boil [over] on all, and leap in .
That liquor is made, neither thick nor thin;
And hen-bane seeds ducks will kill, [Henbane is poisonous. Do not use it.]
And hens also it will spill;
And cast this to them upon green[s];
Who will assay it, then truth may [be] seen.

[Page 6]

4. To make vinegar in a need ;

Take a goad of steel I know indeed;
In strong vinegar you shall soak it
9 times in vinegar, thereof you take care,
[Make] it scream 14 with the heat you may,
And in good wine slake it I say;
It shall be vinegar I know it well,
To serve at a time at feast or meal.
And roasted beans, that have been steeped,
Good wine shall turn to vinegar anon.

5. To prove vinegar, whether it is fine.
You take his knife or else mine,
In hard dry flour a hole to make;
Put in the vinegar, I undertake,
If it is good, boil, sir, it shall,
If it is not, down will it fall.
This assay I proved, so have I bliss;
Therefore I know that truth it is.

T 6. To salt beef within a night,
You boil the salt, in water bright;
Melt it in [to] brine, set down to cool,
Put in your flesh fair and well,
And in a night it shall be salted,
Freshly salted through, so may I thrive.
If your dish meats dear are too salty,
Carve a green sod, I know, you shall,
And cover your pot with the grass down,
Then salt on the grass shall [form a] bark quite soon.
With your hand smite [it] off, I say; [fol. 30]
The salt lay on anew you may;
Thus shall you gather it, each bit,
And make it fresh unto the mixture.
If I shall of these pottages spell
A while thereon then must I dwell;
First, to speak of frumenty,
How it is made in each degree.
[Page 7]

7. Frumenty
Take wheat, and pick it fair [and clean - Added by Richard Morris]
And put it in a shining mortar;
Pound it a little, sprinkle it with water
Till it [casts off its] husks, without picking.
Then winnow it well, needs you must;
Wash it fair, put it in [a] pot;
Boil it till it bursts, then
Let it down, as I teach you.
Take cow's milk, and boil it up
Till it is thickened [enough] to sup.
Mix it up with yolks of eggs,
And keep it well, lest it burn.
Color it with saffron and salt it well,
And serve it forth, Sir, at the meal;
With sugar candy, you may sweeten it,
If it is served in [a] great lord's house.
Take black sugar for meaner men;

Beware therewith, for it will burn.

8. Amidon [wheat starch]

Take wheat and steep it 9 days;
Thus change your water each day anon.
Bruise it quite small in a mortar,
Seethe it with milk and water withal.
Through a hair sieve look you strain it,
And let it stand and settle by;
Pour out the water, in cloth it lay,
Till it is dry you turn it aye.
This is a thickening as men say,
Thereof I shall speak more plainly.
[Page 8]

9. Coneys in gravy.

Seethe well your coneys in clear water,
After, in cold water you wash them separately,
Take milk of almonds, mix it anon
With grated bread or amidon;
Season it with cloves or good ginger;
Boil it over the fire,
Hew the coneys, put them thereto,
Season it with wine or sugar then.

10. Chickens in cretoneé.

Take cow's milk, mix it anon
With flour, or else with amidon;
Season it with galingale and good ginger,
With cinnamon and cumin, all together,
Color it with saffron then;
The chickens by themselves then seethe thereto,
Hew them in quarters and lay them in,
Boil them up withal, no more nor less;
But season it with sugar sweet, [fol. 31]
And serve them forth for they are wholesome.

11. Meat of Cyprus.

Take flesh of capons or hens you shall;
Parboil and dry it withal;
Hew them small, pound in mortar,
As small as bread, that was grated;
Take good almond milk anon
And mix it up with amidon
Or with flour of rice, you may;
Color it with saffron, I say [to] you;
Boil it after each part,
Thicken it with flesh pounded well; [Page 9]

Season it with sugar and then your dish
With almonds set you shall garnish.

12. Mortrews of flesh.

Take hens and fresh pork, I teach you,
Seethe them together always then;
Take them up, pick out the bones,
Slice thin⁴ the pork, Sir, for the nonce;
Hew it small and grind it well,
Cast it again, so have you bliss,
Into the broth, and thicken it then
With grated wastel [bread], as I teach you;
Color it with saffron, at that time;
Boil it and set it down to one side;
Mix it with yolks of eggs right,
And garnish your dish with [spice] powder you might.

13. Blancmange.

Take rice and look you wash them clean,
And through a strainer you strain them;
Mix them with almond milk anon.
Take flesh of capons or hen [a] good quantity,
Tease it small, as I teach you;
Put the rice in the milk over the fire,
Let it boil of necessity
Thicken it with teased flesh indeed;
Season it with sugar, and garnish
With fried almonds the lord's dish.

14. Chaudron [Entrails] for wild ducks, swans, and pigs.

Take, wash the entrails of swans anon,
And scour the guts with salt each one; [Page 10]
Seethe all together and hew it small,
The flesh and also the guts withal;
Take galingale and good ginger
And cinnamon, and grind them all together;
And grated bread you take thereto,
And mix it up with broth also;
Color it with burned bread or with blood,
Season it with vinegar, a little for good;
Boil all together in a little pot;
In service you shall set it forth.

15. Numbles [Entrails].

Take the heart and the suet and the kidneys,
And hew them small, as I teach you;
Press out the blood, wash them you shall,
Seethe them in water and in good ale; [fol. 32]

Color it with burned bread or with blood;
Season it with pepper and good cinnamon,
Set it to the fire, as I tell you in tale;
Cool it with a little ale,
And set it down to serve in hall.

16. Another manner for numbles [entrails].
Take the entrails of the venison,
In water and salt then wash them soon,
And in two waters, you shall seethe them;
Grind bread and pepper with ale quite smooth,
With the second broth you must mix it,
And hew your entrails all and some;
And boil your broth, put them therein,
Of this matter there, no more nor less.
[Page 11]

17. Charlet.25A
Take sweetest milk, that you may have,
Color it with saffron, so God you save;
Take fresh pork and seethe it well,
And hew it small every part;
Beat eggs, and put thereto;
Set it over the fire, then
Boil it and stir lest it burn;
When it boils up, you shall cool it
With a little ale, so have you bliss;
When it is enough, you set it down,
And keep it lest it be too brown.

18. For colored Charlet.
Take unblanched almonds, wash them and grind;
Mix them with red wine, that is so kind;
Bind it up with flour of rice,
Add thereto pine nuts and sandalwood for spice,
For to color it, look you do this,
And other good spices you take, truly,
Both strong and sweet you put thereto;
Salt it, boil it, seethe it forth then,
With anise in comfit,25B you shall garnish it;
Portion it in dishes to be served in hall.

. 19. Iussell.
Take grated bread, and eggs you beat;
Put them together without delay,
Take fresh broth of good beef,
Color it with saffron, that is dear to me,
Boil it gently, and in the boiling,

Put thereto sage and young parsley.
[Page 12]

20. Broth of almonds.
Take good almond milk anon,
And look you mix it with amidon,
Or with flour that is baked;
Color it with saffron, I undertake;
Season it with powder of your meal
Of ginger, cinnamon, and galingale.
Take partridges and chickens and seethe them well;
Hew them in quarters fair and smooth;
Put that milk over the fire that time,
And boil and set it down to one side,
And garnish it with [spice] powder, as I teach you, [so that]
You may have more honor among all men.

21. Blonk desore. [fol. 33]
Take rice and wash them in a cup,
Grind them small and mix up
With almond milk, so have you bliss;
Put it over the fire and boil it well;
Take flesh of capons or hens all,
Hew it that it be quite small;
And grind it well, as grated bread,
And put thereto, as I advise you;
Season it with sugar [in] great plenty,
With fried almonds garnish so freely.

22. Bucnade.27A
Take almond milk as I can preach;
Color it with saffron as I teach you;
Season it with powder, that is good;
Take lard of pork, well seethed, by the Rood;
Hew it in gobbets completely;
Look they are small and put them in; [Page 13]
Mix it with flour or amidon,
Boil it well and set it down;
Garnish it with [spice] powder, as I teach you,
Then it may be served, before good men.

23. Rose.
Take flour of rice, as white as silk,
And boil it, with almond milk;
Boil it till it is thickened, then
Take flesh of capon or else of hen;
Look you grind it very small,
And then you thicken it withal;

Color [it] with alkanet, saunders, or else with blood,
Season it with cloves or maces good;
Season it with sugar [in] great plenty,
This is a rose, as cooks tell me.

24. Larded Milk.28A

Take eggs and sweet milk of a cow,
Beat them together, as I bid now;
Take lard of fresh pork withal,
Seethe it and cut it in pieces small;
Cast therein and boil it, then
Stir it well, as I teach you,
Till it is gathered in hard curds;
Slice it, and roast it afterward
Upon a griddle, then you may serve
It forth, with fritters, as I say [to] you.

25. For white mortrews.

Seethe hens and pork, that are quite fresh;
Pound unblanched almonds and mix them soft
With clean broth, and strain them then; [Page 14]
Mix your finely ground flesh [there]to,
And flour of rice you grind also;
Cast powder of ginger and sugar therein,
But look that it is not too thin,
But thick and salted moderately
And keep your dish meet for the mastery.

26. Stewed Pigeons.

Take pigeons and hew them in morsels small,
Put them in an earthen pot, you shall;
Take peeled garlic and herbs anon, [fol. 34]
Hack them small ere you do more;
Put them in the pot, and thereto take
Good broth with white grease, you naught forsake;
Put powder thereto and good verjuice,
Color it with saffron, and salt enough;
You put in [the] pot all these things,
And stew your pigeons thus you shall.

27. Glazed Sops.

Take almonds, pound them, wring them up;
Boil them with red wine to sup;
Then mix them with wine, salt, I advise,
And look you toast fine wheat bread,
And lay in dishes, baste with wine;
Put in these dishes meat, that is so fine;
Serve it forth, and garnish it then

With sugar and ginger, as I teach you.

28. Gruel of almonds.

Take unblanched almonds and pound them soon,
Put oatmeal [there]to, then have you done,
And grind all together, and strain it then
With water and seethe, as I teach you; [Page 15]
Color it with saffron and salt it then,
And set in hall before good men.

29. Pot-herbs with almonds.

Take herbs, parboil them, fair and well;
Hew them and grind them every part;
Take unblanched almonds and grind them small,
Draw them with water, I know you shall;
Set it over the fire, your herbs you seethe
With the milk aforesaid, that is ground smooth;
Cast thereto sugar, and salt anon;
Take there your pot-herbs made with almonds.

30. Almond Caudle.

Take unblanched almonds and you pound them;
Draw them up with wine, I dare well say;
Thereto put powder of good ginger
And sugar, and boil all these together,
And color it with saffron and salt it well,
And serve it forth Sir at the meal.

31. Butter of Almond milk.

Take thick milk of almonds clear,
Boil well all together;
And in the boiling, cast therein
Vinegar, or else good wine;
Put it afterward in a canvas then,
In truth, make it in a heap to curdle;
In cloth you hang it a mile way,
And after in cold water you lay it;
Serve it forth in the dish,
That day [that] the lord is served with fish.
[Page 16]

32. Rice.

Take rice and wash and grind them small,
Mix them with almond milk you shall;
Strain them through a clean strainer,
Boil them and season them with shining sugar;
Stuff it with good fried almonds, [fol. 35]
Then have you done, sir, by the Rood.

33. Caudle Ferry.

Take unblanched almonds, so have you bliss,
And wash them clean and grind them well;
Mix them up with wine so clean,
And strain them through a fair canvas;
In pot you color it with saffron,
And mix it up with Amidon,
Or with flour of rice so freely;
Quite thick you look that [it] be;
Season it with sugar [in] great plenty,
Garnish it with [blades of] mace, I tell you.

34. For to make a rape.

Take dried currants thereto,
And white wine you take also;
Seethe them or great raisins
In red wine, and boil a little with heat;
Put upon a spit, roast them anon
A little, and take them fair and clean
And pound them small in a mortar,
A crust of bread you pound with all.
Put all in the pot with speed,
The dried currants, with the sweet wine,
A little vinegar, and powder take then
Of cloves, mace [blades] and cubebs too; [Page 17]
Boil all together, and serve it then,
And set it forth before good men.

35. Roasted Milk.

Take sweet milk and put in [a] pan,
Beat eggs withal, grind saffron
And add thereto; boil it then,
Till it waxes thick, as I teach you;
And seethe and strain it through a cloth,
Press it, that remains, without other;
When it is cold, slice it with knives;
Roast it and serve it forth in slices.

36. For to make a pottage of whelks.

Take whelks and wash clean, in mirth,
In water, and take white salt therewith
And after hack them on a board,
As small as you may, at a word,
And pound them in a clean mortar;
Seethe them in milk over the fire;
Of almonds or of a cow³⁹ you shall take,
Mix it with amidon therewith all;

Color it with saffron, and put therein
Powder of pepper, or good cumin.

37. For to make pottage of oysters.
Parboil your oysters and take them out;
Keep well your broth without doubt,
And hack them on a board quite small,
And pound in a mortar you shall;
Put them in their own broth for good,
Add milk of almonds thereto by the Rood,
And mix it up with amidon,
And fry small-minced onions [Page 18] [fol. 36]
In oil, or see the them in milk you shall;
Add powder thereto of spices withal,
And color it then with good saffron;
It is held [to be] restorative food.

38. Sage Seynes.
Take swine's feet and see the them clean,
Take yolks of eggs that are hard,
And sage as much as belongs thereto,
Good [spice] powder, and mix with vinegar;
When you have seethed the feet quite well, [and have]
Split them [in half] and pared them thereto,
Lay them on [the] dish with mirth,
The sauce on the yolks therewith.

39. For to make a compote.
Take the chickens and hew them for the soak,
All but the head and the legs also;
Take a handful of herb lovage, (Caution! See note.)
And another of parsley, also
Of sage that was never found false,
And another of leeks and all them wash
Those herbs in water, that runs so rashly;
Break through your hands, both herbs and leeks,
With a pint of honey baste them also,
Some of these herbs you shall lay
In the pot's bottom, as I say [to] you;
Some of the chickens you put thereto;
And then of the herbs add [there]to also;
So of the one so of that other,
The herbs on the last my dear brother;
Above these herbs a little lard
Small-minced, holding togetherward;
Take powder of ginger and cinnamon [a] good quantity,
Cast on these other things every one; [Page 19]
Be clever and pour in water then

Into [the] midst [of] the pot, as I teach you;
Upon the broth pour it within,
And cover it that no heat comes out,
And tenderly see the it you may do,
Salt it, serve it, as I say [to] you.

40. Blancmange of fish.

Take a pound of rice and see the them well,
Till that they burst; and let them cool.
Milk of almonds thereto you cast,
Then tench or lamprey add [there]to in last;
Boil all together, as I teach you,
And serve it forth before good men.

41. Mortrews of fish.

Take the roe of fish anon,
And the livers of the fish, see the them alone;
Then take bread and pepper and ale,
And mix the broth quite well you shall,
And boil it together and serve it then,
And set in hall before good men.

For to make rose dalmoyne.

42. For to make rose of Germany.

Take white peas and wash them well,
Till that they [cast off their] shell[s], see the each part, [fol. 37]
And are clean of them, then shall you cast
Into the pot and cover in haste;
And look no breath there passes out,
But boil them well without doubt;
Of almond milk you cast thereto,
Of flour of rice and salt also; [Page 20]
Color it with saffron and serve it, then
Set it in hall before good men.

43. For a cullis.

The flesh take of seethed hen or chicken,
And hew it small and pound then with labor,
With oat groats, and white bread also;
With the broth of hen you mix it gently;
Take out the bones and grind it small,
Into the broth you cast it all,
And strain it through a clean cloth;
Portion it, and serve it forth anon.

44. Gruel of Pork.

Take flesh of swine, parboil it well,
And grind it small, Sir, every part;

With yolks of eggs you shall mix it,
Set it over the fire therefore,
Put white grease thereto, beware, truly,
Let it not seethe lest you err.
Add thereto [spice] powder and saffron then
And serve it forth before good men;
Powder douce thereon you cast
Standing at [the] dresser at the last [moment].

45. Coneys in onion sauce.
Smite the coneys in small pieces;
And seethe them in good broth you shall;
You fry Minced onions in grease,
And in good broth, that is so smooth
Boil together; and strain a mixture
Of blood and bread somewhat sour, [Page 21]
Season it with vinegar and good broth also,
Cast salt thereto and [spice] powder full meek.

46. Hares in onion sauce.
Parboil the hare and lard it well,
Then look you roast her every part;
Take onions and look you hew them small,
Fry them in grease, take pepper and ale,
And grind together the onions also;
Color it with saffron and boil it then;
Lay the hare in [a] platter, as I teach you;
Pour on the broth and serve it then.

e. 47. Hares in a stew.
All raw the hare shall hackéd be,
In gobbets small, Sir, believe me;
In her own blood strained or sieved clean,
Grind bread and pepper withal anon;
Then mix it with the same broth,
Then boiled and salted it shall be served.

48. Hares in a broth.
Hew small your hares in gobbets good,
Seethe them in broth with all his blood; [fol. 38]
When it is seethed very well,
Draw through a strainer, so have you bliss;
Take unblanched almonds, wash them and grind;
With [the] same broth mix them by kind;
Take onions and parboil them you must,
And dress them small, cast them in pot
With all other things, and cast thereto
With vinegar and salt, then have you done.

[Page 22]

49. Hares in Perdoylse.

Take hares and parboil them, I advise,
In good broth, cool it for dread
And hew your flesh and cast therein.
Take beaten eggs, no more nor less,
And cast in your broth and see the it then.
Take obleys and wafers, as I teach you,
Close them in dishes completely;
Salt the broth, so have you bliss,
And lay it above as good men do,
And serve it forth, Sir, at the nones.

50. Hens in broth.

With pork you see the fat hens,
Grind bread and pepper and be not hasty;
And cumin also you shall grind,
Season them with ale, that is their kind;
With the broth of hens you shall mix it,
Boil it, color it, salt it withal;
Serve them forth, as you may see,
These are hens in broth, believe you me.

51. Chickens in broth.

Take chickens, scald them fair and clean;
Take parsley, sage, other herbs, green
Grapes, and stuff your chickens with will;
Take good broth, see the them therein,
So that they may soon be boiled;
Color the broth freely with saffron,
And cast thereon powder douce,
For to be served in good men's house.

[Page 23]

52. Chickens in Caudle.

In broth you boil your chickens good;
Take yolks of eggs, Sir, for the Rood,
Mix them up with broth aforesaid;
Take ginger powder, pounded,
And sugar, and rue, and saffron clear,
And salt, and set it over the fire.
Without boiling serve it forth then;
Your whole chickens take, I teach you,
If they are broken, on [a] dish them lay,
Pour the broth [over] them, as I say [to] you.

53. For to boil pheasants and partridges.

Take good broth, therein you put
Your pheasants and your partridges, that men may know.
Add thereto ale, flour, pepper free,
Of whole cinnamon, [a] good quantity;
And let all see the therewith quite well,
And serve it forth, Sir, at the meal.
Powder douce therein you cast, [fol. 39]
When it [is] served at the last.

54. Venison in a broth.

Take the venison, pick it clean therefore;
You shall Boil it and after dry it;
Hew it in gobbets, that are small,
Put it in [a] pot withal;
Cast wine thereto, if you do right,
Take parsley and sage and hyssop bright,
Wash them and hew them very small,
And put it thereto you shall,
Color it with blood or coarse saunders.
[Page 24]

55. Hens in gravy.

Take hens and roast, as I teach you,
Then, hew them small and fry them; then
Take wine or pepper or vinegar [there]to,
Grind it together with the hens;
Mix it well with yolks of eggs,
Color it with saffron every part,
And serve it forth without any more,
And look you forget not this lore.

56. Capons in Covisyte.

Take capons and see the them well,
And hew them small each part;
Take pepper and bread, and grind it small,
And mix it up with capon all;
Take white of eggs hard seethed then,
And hack them small and add thereto,
And boil the capon and color it then
With saffron, and do as I teach;
The yolks of eggs, I tell you,
All whole you put in dishes so freely.

57. Hens in [Sauce] gauncely.

Take first and roast well your hen,
Take garlic by itself and grind; then
Mix⁵⁶ it with milk and put all in pan,

And hew your hen and put thereto then
Mix Your hen and yolks of eggs;
Color it with saffron and let it boil,
And serve it forth, I tell you;
But you will bind it with flour so freely.
[Page 25]

58. Lampreys in broth.
Take lampreys and scald them by kind,
Then, roast them on griddle, and grind
Pepper and saffron; boil it withal,
Add the lampreys and serve it in hall.

59. Lampreys in [sauce] galentine.
Take lampreys and them let bleed
At the navel, and scald them for good;
Roast them then, and you lay them
All whole in [a] platter, as I say [to] you;
Serve with galentine, made in hall,
With ginger, cinnamon and galingale.

60. For tenches in gravy.
Seethe your tenches, and after[ward] spread them [out],
And roast them on a griddle, I advise;
Grind pepper and saffron with ale, I teach, [fol. 40]
With tench's broth, you mix⁵⁸ it; then
Lay the tenches upon a platter fair,
Add on that broth without doubt.

61. Entrails of the woods. [A dish of nuts.]
Take small nuts, shell [the] nut kernels,
As you do of almonds, fair and well;
Fry them in oil, then seethe them right
In almond milk that is bright;
Then you shall add in flour of rice
And also other powder of spice;
Fry other kernels apart also,
You Color it with saffron, before you forget,
To vary the meat you shall set it,
With the fried kernels without let.
[Page 26]

62. Capons in Cassolyce. [How to turn one Capon into two.]
Take capons and scald and pick them then;
The skin you open, as I teach you,
Behind the head, blow him with [a hollow quill] pen;
Then rises the skin before,
Raise up the skin all whole about,

Take pork and hen flesh without doubt,
And yolks of eggs and good powder;
Of all those things you make stuffing,
And stuff the skin and parboil it well;
Then lard the capon['s body], roast him each part;
Of almond milk and amidon
Make batter, and color it anon
With saffron; serve it at fire roasting,
Baste it well with your right hand.

63. For to make malmeny.

Take white wine, I tell you,
And sugar thereto quite great plenty;
Take, pound the flesh of eight capons;
To a pot of oil of one gallon,
And you take of honey a quart;
Add it thereto as ever you wake;
Take powder the amount of a pound,
And galingale ginger and cinnamon round,
And cast thereto, and stir it; then
All in one pot seethe it, I teach.

64. Tongues of beef.

Take the ox tongue and skin it well,
Seethe it, pierce it with lard each part,
You shall stud it With cloves,
Then put it to [the] fire and roast it all; [Page 27]
With yolks of eggs baste it aye
While that it roasts, as I say [to] you.
Then take blood, that is so dear,
Boil it in fresh broth of the beef,
Pound it quite well in a mortar,
Put in fair grease, that is so clear;
Season it with very good spices withal,
And then, serve it into the hall;
To the aforesaid tongue this sauce is prepared,
Here ends our pottage [by] very good right. [End of Pottages, beginning of
Sauces]

Pro Salsamentis.-- To make sauce. [fol. 41]

Now speak I will of sundry sauces:
How they are made, I will teach you,
Next after pottage they shall be served,
As I have learned in this country.

e. 65. For green sauce.

Take parsley, wild thyme an ounce, and grind,
Take white bread grated by kind,

Mix all up with vinegar or wine,
Season it with powder of pepper fine.

66. Sauce for roasted Mallards.

Take onions and hew them well,
Put some in the mallard, so have you bliss,
And hack more onions, as I teach you;
With the grease of the mallard you fry them, then
Take ale, mustard and honey then,
Boil all together before you do more;
For mallard roasted this sauce is prepared,
And served in hall by good right.

[Page 28]

67. Sauce for veal and venison.

Take bread and fry it in grease you shall,
With broth of vinegar strain it withal,
Cast powder of ginger anon thereto
And pepper, and seethe then
And serve it forth; a sauce it is
For veal and venison, truly.

68. White sauce for capons.

Take blanched almonds and grind them small,
Mix them with verjuice, that is their kind,
Powder of ginger, and cast thereto,
And serve it forth, then have you done.

69. Best Sauce for roasted capons.

Take liver of capons and roast them well,
Take anise and grind it, as you have bliss,
Pare ginger and good cinnamon thereto,
A little crust of bread you take also;
Grind all these things very small,
With verjuice mix them up you shall;
With grease of capons boil it in sight
And serve it forth quite well you might.

70. Sauce sirer for mallards.

Take bread and boiled blood and grind,
And strain it through a cloth by kind,
With vinegar good and tasty,
With powder of ginger, and strong pepper,
And grease of mallard; and boil all well,
And serve it forth Sir at the meal.

[Page 29]

71. [Sauce] Gauncely for the goose.
Take garlic and grind it well therefore,
Mix it with water a little, by God;
Put flour thereto and also salt,
Color it with saffron I know you shall;
Mix it up with cow's milk then,
And seethe it and serve it forth also.

72. Sauce for swans.
Take the offal and the liver of the swan,
In good broth you seethe them then;
When it is seethed, take out the bones,
Hew Small the flesh, Sir, for the nonce; [fol. 42]
Make a mixture of crust of bread,
Of blood of swans, that seethed is left,
Cast powder of ginger and cloves thereto,
Of pepper and wine you take also,
And salt it then and seethe it well;
Cast in your flesh, hewn each part,
And serve it forth, as I teach you,
Set it in hall before good men.

73. [Sauce] For cranes and herons.
The crane is larded quite well I know
With lard of pork at one horn blast,
Roasted and eaten with good ginger [sauce],
That is the sauce that serves there;
The heron is roasted, as have I bliss,
And eaten with ginger [sauce] as his kind is.

74. [Sauce] For peacocks and partridges.
Peacocks and partridges shall be parboiled,
Larded, roasted, eaten, believe me, [Page 30]
With ginger [sauce], paindemaine pared clean
And ground in a mortar, that is fair,
Mixed up with good vinegar,
With powder of ginger and salt, by the Rood,
And drawn through a strainer mild,
Served forth with peacock and partridge wild.

75. [Sauce] Galentine.
Take crust of bread and grind it small,
Take powder of galingale and mix with all
Powder of ginger and salt also;
Mix it with vinegar ere you do more,
Draw it through a strainer then,
And serve it forth before good men.

76. Sauce cameline, kervelettes and other things.

Take dried currants and small kernels
Of nuts, and take away the shells,
Take crust of bread and cloves together,
And powder made of good ginger,
Flour of cinnamon you shall take, then
Pound all together, as I teach you,
In a mortar and salt thereto;
Mix all with vinegar, then have you done,
And serve it forth; this is fine sauce,
That men call cameline.

77. For lombardy mustard.

Take mustard and let it dry
Anon, Sir, certainly;
Pound it in a mortar fine,
And force it through a cloth of linen;
Add wine thereto and good vinegar,
Stir them well together for the Rood, [Page 31]
And make it thick enough then,
When you serve it before good men,
And make it thin with wine, I say,
With diverse meats you may serve it.

78. For Pickle.

Take drippings of capon roasted well
With wine and mustard, as you have bliss,
With onions small-shredded and fried in grease,
Mingle all together and serve it forth. [fol. 43]

79. Fillets in Galentine.

Take fillets of pork and half-roast them,
Smite them in pieces without boast;
Strain a mixture of blood and bread withal,
Add vinegar thereto, I know you shall;
Season it with powder of cinnamon, or good ginger,
Seethe it with the flesh, all together;
Salt and serve forth, then
Set it in hall before good men.

80. Pigs in sauce.

Take pigs and scald them in clean water,
Seethe them in water and salt anon;
Take them up and let them cool;
Take parsley and sage, and grind it well
With the broth of pigs without rewarde,
And yolks of eggs that are seethed hard,
Mix all with vinegar somewhat thick;

Lay pigs in a vessel, with both hands,
Pour over your above-told sauce therefore,
And serve it all forth, Sir, certainly.

[Page 32]

81. Sauce madame.

Take sage, parsley, hyssop, savory,
Good Onions, pears, garlic, I say,
And grapes; go fill your goose then
And sew your hole, [so that] no grease runs out;
Lay her to fire and roast her brown,
And keep the grease that falls down.
Take galingale and the grease that runs,
Put it in [a] pot, as I teach you;
When the goose is roasted, take her away,
Smite her in pieces, I thee pray;
That [which] is within, you shall take out,
Cast in your pot without doubt;
If it is thick add thereto wine,
And powder of galingale that is fine,
And powder douce and salt also;
Boil all together ere you forget,
In a dish your goose you close
The sauce above, as I suppose.

82. Goose in a Hotchpot.

In pieces you shall strike your goose,
Take water and wine both alike;
Put in your goose; and onions you take
A good quantity, as I ere spake,
And hacked herbs you take also,
And cast therein ere you do more;
Then set your pot over the fire,
And [if] it boils stir for the hire;
And make a mixture of bread and blood,
And mix it therewith, for it is good;
Cast [spice] powder thereto and salt anon,
And serve it, then you have done.

[Page 33]

83. To save venison fresh over the year.

If you will keep the tail [end] of a deer
Fresh in season over the year,
Or other venison if that it need,
Thus shall you do, I know indeed;
Press out the blood, for anything [fol. 44]
That is cause for great rotting;
In earthen pot you shall put it

And fair honey put into it;
Till the honey stand over the flesh
Two fingers thick for hard or soft;
With leather the mouth [of the pot] then shall you bind,
Keep it from air, sun or wind,
In coffer, or hutch or cellar dark.

84. For to save venison from becoming rancid.
Take venison when it is newly slain,
And cover it all with fern plain
That no wind enter thereto;
And when you have covered it so,
Carry it home, [in] sollar it lay
That wind nor sun ne ughe hit may; [may not make it disgusting or loathsome]
Dress it well and wash it clean,
Then, lay it in water all anon,
Therein [it should] be [left] half a day to lie;
Then take it out on floor to dry,
Then after take salt a quantity;
Boil it in clean water so free,
And cool it, that he is but warm,
And therein wash your venison true,
And let it lie therein three days
And three nights, by any kind of ways;
Then take it out of that water,
Salt it with dry salt, all together. [Page 34]
And put it in a barrel then;
The barrel crammed full as I teach you,
Stop well the head for wind and sun,
For it will damage the venison.

85. To keep herbs over the winter.
Take flour and then raise fine coffins,
Well-standing without support;
Take young shoots of sage without picking,
And stop one full up to the ring;
Then close the lid fair and well,
That air goes not out never a part,
Do so with savory, parsley and rue;
And then bake them hard, well nigh burnt;
Then, keep them dry and to them attend;
This powder shall be of more virtue
Than upon earth when it grew.

86. For [the] best thickening.
Take dry flour, in coffin it close,
And bake it hard, as I suppose;
You may keep it all these five years,

Therewith ally many sundry meats;
Here ends our sauce, that I foretold.

De cibis assatis.[Of roasted food]
Of roasted meat now would I speak,
For there are beasts that should be roasted,
As coneys, pigs, quite well you know,
And fowls also that should be roasted
In diverse manners in their degree; [fol. 45]
And breast of mutton, that I well know,
Broached shall be, by quite good law; [Page 35]
And also fish you shall broach,
As porpoise that swims by the sea rocks;
Therefore I tell you now, I advise,
What shall roast with neck and head.

87. For the crane.
The crane shall first be larded,
Scald[ed] and pulled very carefully,
Drawn at the side as woodcock is,
With legs all whole he is roasted;
About the broch the neck you curl,
Put in the bill at [the] collar[-bone] you shall;
Lard him forth as it is told
Before, and serve this crane bold.

88. For heron roasted.
The heron is slain, as I have seen;
The heart pick out all anon,
Under the left wing the neck bone stab,
Taken away, as men told me meekly;
Then under the wing the skin you curl,
Put in the bill at [the] collar you shall.

89. For woodcock, snipe and curlew.
To woodcock, snipe, curlew also,
The bittern together with them shall go;
All shall be drawn, Sir, at the side
And properly roasted without pride,
With neck and head following together,
The bill put through the pieces severally;
In all these fowls the legs shall be,
Some curled, some straight, as I have seen.
And great as roasted heron shall be,
That a knight is called for gentlehood, [Page 36]
A capon also that is common,
The peacock with his tail so have I bliss,
The pheasant cock, but not the hen;

Thus have I learned from gentlemen;
All other fowls that swim in flood,
That shall be roasted, Sir, by the Rood,
Without neck or head, I trust,
And other small birds, that I well know,
As blackbird, snipe, skylark gray,
Partridge, pheasant, I dare well say;
The cormorant shall roast certainly,
With the bill open for great elegance.

90. For stuffed pigs.

Take beaten eggs and flour thereto,
And powder of pepper ere you do more;
Blend all together and salt therewith;
Color it with saffron, so have you delight;
Put all in [the] body of the pig,
Roast it on [a] big spit of iron
Stuffed; the hoof of [the] pig shall be
Fastened in the cheek so may you thrive;
The hinder legs you shall join,
The hooves by the sides you fasten withal. [fol. 46]

91. For fraunche mele. [Haggis.]

Take beaten eggs in basin clean,
And cream of milk that is so fair,
And grated bread, you put thereto,
And powder of pepper ere you do more;
Color it with saffron in haste,
And crumbled suet of sheep in last,
And fill your bag [sheep's stomach] that is so good,
And sew it fast, Sir, for the Rood; [Page 37]
When it is seethed, you shall cut it,
And broil it on griddle, as I teach you.

92. For bours.81A

Take pork and geese, hew them you shall
In gobbets, with powder of pepper withal;
Seethe Them in [a] pot that is so clean,
Without any water, with salt, I believe;
From Martinmas to Good Tide Eve'n
This meat will serve, you may trust me,
At dinner or supper, if that it need;
You take good ale, that is not bad,
Therein you boil the aforesaid meat
The more worship you may get.

93. For powme dorrrys. [Glazed meatballs.]

Take pork and grind it raw, I teach,

Mix it with beaten eggs; then
Cast powder to make it in a ball;
In boiling water you shall cast it
To harden, then up you take,
Spit it fair for God's sake.
Baste it with yolks of eggs then
With a feather at [the] fire, as I teach you;
Both green and red you may make it
With juice of herbs I undertake;
Hold under a dish that naught be lost,
More commendable it is as you well know.

94. [Mock] Entrails on fish day. Take figs quartered, and raisins, then
Whole dates, almonds, run them also
On spit of iron, and roast them soon;
Baste them with yolks of eggs anon.

[Page 38]

Here ends our roasted meat that I [have] spoken of;
To speak of bake-meat I would clack,
For lampreys, darioles and tarts also,
And other meats many and more.

95. For baked lampreys.
First scald your lampreys fair and well,
As I told before, so have you bliss;
Then, raise a coffin of flour so free,
Roll in the lamprey, as it may be;
Take minced onions thereto, [a] good quantity,
But first take powder of pepper, anon
Of maces, cloves and grains [of paradise] also,
And dates all whole you take thereto,
Pour red wine thereto you shall, [fol. 47]
Color it with saffron and close all.
In [the] middle [of] the lid an opening you make,
Set it in the oven for to bake;
Carefully take it out, feed it with wine,
Lay on the opening a very fine paste,
And bake it forth, as I teach you,
To serve in hall before good men.

96. For darioles.
Take cream of almond milk truly,
And yolks of eggs, so have you bliss,
And make a batter that is quite good,
And raise a coffin with mild mode;
And seethe a mallard, that is fat then,
And cut [it] in pieces, as I teach you;
Square as dice you shall make it,

Cast it in batter, and powder you take
Of ginger, of cinnamon, that is good, then
Season it well ere you do more, [Page 39]
And look your coffin is hardened well,
Pour in your batter, so have you bliss,
With a dish garnish it you may,
With blanched almonds, as I say [to] you.

97. For tarts.

Take new cheese and grind it fair,
In [a] mortar with eggs, without doubt;
Put powder thereto of sugar, I say,
Color it with saffron quite well you may;
Put it in coffins that are fair,
And bake it forth, I thee pray.

98. For crustades.

Grind pork, break eggs thereto anon,
With powder of pepper ere you [have] done more;
Put it in [a] coffin, that is baked hard,
And yolk of egg then shall you take,
That is seethed hard, lay in to the top
As it were a golden knob.

99. For rissoles.

Take ground pork that has been seethed
With pepper and beaten eggs clean;
Put barm thereto, I undertake,
As light as [a] bubble it will it make;
Lay it in a roller as smelt fish,
Fry it in grease, lay it in dish.

100. For fritters.

With eggs and flour in batter you make,
Put barm thereto, I undertake; [Page 40]
Color it with saffron ere you do more;
Take powder of pepper and cast thereto,
Carve apples overthwart and cast therein,
Fry them in grease, no more nor less.

101. Crustade of flesh.

Take pigeons and small chickens withal
And other small birds, and hew them small;
And seethe them all together then
In broth and in white grease, also
In verjuice, and add thereto saffron;
First you must make a pastry crust,
Pinch him, place your flesh [in] him thereby; [fol. 48]

Cast therein dried currants therefore,
And powder douce and salt [a] good quantity.
Break eggs and strain them through a cloth anon,
And beat your broth therewith then,
And pour it on the flesh I teach,
And cover your crust and cover it well,
And serve it forth, Sir, at the meal.

102. Lozenges.

In earthen pot put broth for haste;
Take flour of paindemaine, and make your paste
With water, thereof your paste you make
With a roller, and dry it, I undertake
Against the sun that it be hard;
Cast therein broth and take heed;
To seethe them [.] take raw cheese anon
And grate it into many dishes
With powder douce; and lay therein
Your lozenges above the cheese with labor,
And you may sprinkle [spice] powder on it last;
Those lozenges are hard to make in truth.
[Page 41]

103. Tartlets.

Take seethed pork, and grind it well
With saffron, and mix it completely
With eggs and dried currants; then
Take powder and salt, and add thereto;
Make a sheet of dough, and close this fast,
This flesh that was hewn upon the last
Cover it with lids, and pinch it fair,
Carved in the middle two lozenges satisfy,
Set it with fried almonds sundry,
And color the pastry with saffron dear,
And bake it forth, as I teach you,
And set in hall before good men.

104. Chewets on fish day.

Take turbot, haddock, and good codling,
Hack it, seethe it, without picking,
And grind it small, add dates thereto
Ground, and raisins and prunes also,
With good powder and salt on last;
Make a coffin, close it fast,
Fry it in oil, seethe it you shall
And sugar and wine quite good withal.

105. Chewets on flesh day.
Take liver of pork and carve it small,
As to a pie it shall be hewn,
And hens therewith put all in a pan,
And fry it well as you well can;
Make a coffin as for [a] small pie,
Put that therein; and yolks thereby
Of eggs seethed hard, and also you take
Powder of ginger and salt to bake;
Carve it and fry it in grease quite good,
Well pinched serve in last by the Rood. [Page 42]
Here ends our cookery, that I [have] spoken of,
Of pottage, roasted meats, and bake-meat
And sauce thereto, without lying,
Christ must our souls to heaven bring. [fol. 49]

Here unfolds the fourth passage.

106. Of small cookery I will preach;
What appertains thereto I will you teach;
For poor men this craft is told
That may not have spicery, as they would;
For it is necessary to good, to teach men good
As well the poor as rich by the Rood;
Therefore to tell you I am set,
First what herbs, without let,
Are good for pottage I will teach you;
You take the tips of the red briar,
Red nettle tips, and avens also,
The primrose, violet, you take thereto
Town cresses, and cresses that grow in flood,
Clary [,] savory and thyme [a] good quantity,
Parsley, pot-herbs, other herbs many [a] quantity;
All these herbs you naught forsake,
But least [or last] of primrose you shall take.
Red cole is one part of pottage,
From June to Saint James tide, truly,
Then leave his date to [St.] Michael's eve,
And then it begins to relieve;
Then through the winter his curse shall hold,
Nigh lenten season that porray is bold.

107. For thick fignade [fig pudding].
First boil your water with honey and salt,
Grind blanched almonds I know you shall;
Through a strainer you shall strain them,
With the same water that is so clean. [Page 43]
In some of the water you shall steep

White bread crusts to bind it withal;
Then take figs and grind them well,
Put them in [a] pot so have you bliss;
Then take bread, strain it with milk
Of almonds that is white and clean;
Cast in the figs that are ground
With powder of pepper that is the kind,
And powder of cinnamon; in great lord's house
With sugar or honey you may sweeten it;
Then take almonds cloven in twain,
That are fried with oil, and set with will
Your dish, and garnish it you might
With powder of ginger that is so bright,
And serve it forth as I spoke then
And set it in hall before [good men. -- Added by Richard Morris]

108. For syrup. [Allows of beef.]
Take beef and slice it fair and thin,
Of the loins without or else within;
Take minced onions, and powder also
Of pepper, and suet and beef thereto
And cast thereon, roll it well,
Spit it across, so have you bliss;
And roast it brown as I teach you,
And take broth of fresh flesh then,
And mix it with bread ere you do more,
And minced onions you cast thereto, [fol. 50]
With powder of pepper and cloves together;
Boil all together, as I teach you,
Then boiled blood you shall take;
Strain it through cloth, color it withal;
Then take your roast, and slice it clean
In the length of a finger; boil it anon
In the same broth; serve it you may
In a dish together I say.
[Page 44]

109. For Tuskyn.
Take raw pork and hew it small,
And grind in a mortar; mix it you shall
With beaten eggs, but not too thin;
In grinding, put powder of pepper within,
Then this flesh take up in your hand,
And roll it in balls, I understand,
In greatness of crabapples; I heard say
In boiling water you may cast them.
To harden then take them out to cool,
And boil fresh broth fair and well;

Therein cast parsley, hyssop, savory,
That is hacked small by any way.
Mix it with flour or bread therefore,
Color it with saffron for the mastery;
Cast powder of pepper and cloves thereto,
And take your balls before you do more,
And put therein; boil all together
And serve it forth for tuskyné dear.

110. For white porray.
Take thick milk of almonds dear
And leek heads you take with stalk together,
That is in pieces you strike;
Put all in [a] pot, mix it alike
With a little flour, and serve it then
Well seethed, in hall, before good men.

111. Porray of white peas.
Take white peas and wash them well;
Put them in [a] pot, so have you bliss,
With water; and before the first boiling
You take them down without picking; [Page 45]
Roll them in [a] platter and pick them clean,
Remove the worm-eaten all anon,
In fresh water you shall cast them,
And boil them well [so] that they burst;
So seethe them forth all anon,
Until they are boiled fair and clean;
Then take that broth, and put thereto
Minced onions, with powder also
Of pepper, color it with good saffron,
And put thereto a little portion
Of ale, and seethe it quite well, then
After cut crust of bread I teach,
Square as dice and put thereto;
Give it a boiling, no more nor less,
And serve it forth into the hall,
These other peas you shall also make.

112. For white peas after porray.
Take boiled water with honey sweet,
Seethe [there]in your peas that are so wholesome, [fol. 51]
While that they lie by themselves there
With minced onions and no more,
To serve on fish day with grappays,
With good fish or else with porpoise,
Upon fish days if that it fall,
Thus seethe your peas I know you shall;

Mix them in broth of bacon clean
And keep the gravy [that] it be not seen;
If they are hard and will not mix
Bruise them or strain them, Sir, certainly;
Three slices of bacon you must lay
In broth; and serve quite well you know
With your peas, that are well-seethed,
To eat therewith, so have you bliss.
[Page 46]

113. For Gray peas.

First steep your peas over the night,
And roll them clean, and prepare them well.
Seethe them in water; and broth you take
Of bacon, and fresh broth you naught forsake;
Some men love them mixed well
With flour and some with never a deal;
These peas may be eaten with bacon
As the white peas were, so may I thrive.
But the white with powder of pepper then
May be seasoned with ale thereto.

114. For cabbage.

Take fresh broth of mutton clean,
Of veal and pork all anon;
Hack small your coleworts and parsley, then
When that it boils, cast them thereto,
Add a few groats among your coleworts
And seethe them forth I understand.
If you have salt flesh sethand I know,
Take a fresh piece out of the pot,
And seethe by itself, as I teach you;
Take up, put [it] in your coleworts then,
In the meanwhile you get good gravy
To garnish your coleworts at the last heat.

115. For mussel broth.

First seethe your mussels until [the] shell[s] falls off
In water, and thereof some keep;
Therein you steep white bread fair,
The remainder you keep without doubt;
And discard the grounds because of sand;
Pick clean your mussels, wash them with hands,
Set them to one side [,] your bread you grind,
Take minced onions, and powder I say [Page 47]
Of pepper, and cast into your broth;
Color it with saffron ere you do more.
And seethe it well; mix it then

With your aforesaid bread, as I teach you,
All whole put in your mussels there
And serve it forth without more.

116. For porray of mussels.

Take mussel broth, as I say [to] you, [fol. 52]
And grind your leeks in mortar free,
With a few groats put them therein
And see the them well, no more nor less;
But grind your mussels and put thereto
And see the all up, now have you done.

117. For seasoned gruel.

First take pork, you see the it well
With oaten groats, that are so smooth;
When it begins to thicken well,
You save of the thinnest broth thereby
To strain your gruel, all and some;
But first you must take out your pork
And hack it small and grind it clean;
Cast it to the gruel that [has] been strained,
Color it with saffron and see the it well;
For seasoned gruel serve them at meal.

118. For Ioutes. [Potherbs - a medicinal recipe]

Take most of cabbage, borage, parsley,
Of plum tree leaves, you take thereto,
Red nettle top and mallows green,
Red briar tops, and good avens,
A little catnip [,] violet by the Rood, [Page 48]
And last of primrose leaves you take,
See the them in water for God's sake;
Then take them up, press out you shall
The water, and hack these herbs all
And grind them in a fair mortar
With groats; and see the them thick anon
In fresh broth, as I teach you;
Take slices¹⁰⁷ [of meat], cut thin then
By the side on [the] platter you shall lay it
To be cut and eaten with ioutes in truth.

119. For capons in herbs.

First stuff your capon with savory,
With parsley, a little hyssop I say;
Then take the neck, remove the bone;
And make a pudding thereof anon
With an egg and crumbled bread also,
With hacked liver and heart thereto,

With powder of pepper and saffron; then
Sew fast the bill's great end, I know;
Then seethe your capon, as I say [to] you,
With parsley, sage, hyssop, savory,
A little catnip, bruise them in haste
And wring in half; in them you cast
With slices of bacon, cut thin here,
And color your broth with saffron dear.
When it is seethed, in dish it lay
The bacon the neck to one side in truth.
Take ground saffron mixed with ale,
To garnish your capon with cider you shall,
Lying in dish, and serve him then,
Set him in hall [before good men. -- Added by Richard Morris]

120. For other ioutes.

Take cabbage and strip them through your hand
And remove the ribs I understand; [Page 49] [fol. 53]
In fat fresh broth of beef I believe,
They shall be seethed quite thick anon.

121. For hung cabbage.

Hack your cabbage in large pieces I believe,
Seethe them in water quite thick I crave 12;
Then take them up; press anon
The water from them, ere you [have] done more;
In dish hack them together then
With butter, to serve before good me[n. --Added by Richard Morris]

122. For hen in broth.

Take, seethe your hen and cut her well
In gobbets, except the wing tips and the legs;
Seethe thirty eggs hard also,
And hack the white and cast thereto
In [a] pot, with good minced onions;
First steep your bread of wheat by the Rood,
In the same broth to one side to mix
Your broth, put in powder of pepper thereby
Of cloves, of ginger thereto you take,
Color it with saffron for God's sake;
Add five yolks in one dish, then
Three gobbets of flesh as of that hen;
Pour on that broth that first was prepared,
To serve in hall by very good right.

123. For cumin broth.

If you will make a cumin broth,
Veal and mutton and pork you hew

In small gobbets; put them in [a] pot
With minced onions, quite well I know,
And powder of Pepper you cast thereto;
Color it with saffron ere you do more, [Page 50]
And strain a mixture of brown crust also
To thicken this broth that is so meek.

124. For a tansy cake. [Caution! See note.113]
Break eggs in [a] basin and beat them soon,
Add powder of pepper thereto anon;
Then grind tansy, wring out the juice,
To blend with the eggs without picking.
In pan or skillet you shall fry it,
In butter well-skimmed certainly,
Or white grease you make take thereto,
Gather it in a cake, then have you done,
With platter of wood, and fry it brown.
In broad slices you shall serve it ,
With frauche mele or other meats withal.

125. For a fritter.115
Seethe pork or veal and hew it small,
Take beaten eggs and hew withal;
Fry them in butter in pan soon
And stir it well, then have you done.
With trouts in the same array,
Well seethed and hacked, teased in faith,
And fry them in butter, as I teach you,
To serve on fish day before good men.

126. For a broth of eels.
First flay your eels, smite them in pieces, [fol. 54]
Put them in [a] pot, though they are little,
With clean water; then you shall take
All powder of pepper, color it withal
With saffron and thickened then
With flour, and cast all in, I teach,
At the first boiling that may befall
Seething hot, and serve it into the hall.
[Page 51]

127. For a pie.
First slay your capon over the night,
Drop him in water where he is prepared,
All boiling hot anon take out
The capon to dry, without doubt;
Your stuffing of fresh beef you shall mince
With wine or verjuice or salt withal,

To mix that stuffing, and suet take then
Of the same beef hacked I teach,
That suet you color with saffron well
In a dish by itself, as I tell you;
Then lay your capon in coffin fine,
A mallard thereby and woodcocks twain,
Put in your stuffing ere you [have] done more,
With a hen's egg yolks set it anon,
Then take your suet that was well-colored,
Mix it above, so have you bliss;
Then color your capon with saffron, endore
With a feather, with a fair feather, as I teach you,
Then, with cloven dates right,
With maces and cubebs he shall be prepared;
Cloves and grains [of paradise] you take thereto
And dried currants forget not; then
Close on your lid and pinch him then,
And bake him forth, as I teach you.

128. For a caudle.

Break ten eggs in cup quite fair,
Put away the white without doubt;
Then strene also you put away
And beat your yolks with [a] spoon I say [to] you;
Then mix them well with good ale
A very large cup you shall take,
Set it on [the] fire, stir it, I tell,
Beware therewith that it never boils;
If you add salt thereto, truly
You mar all, so have I bliss. [Page 52]
At the first assay you take it down,
When it would boil, this caudle brown,
If that it boils, as may befall,
Thus help it then I know you shall;
Starve crumbled wastel with cold ale then,
And add thereto, see the it I teach.

129. For sauce ginger.

First steep your bread, that white is baked,
And verjuice or vinegar I undertake;
Then draw it through a strainer fine,
Color it with saffron, and cast therein
Powder of ginger enough, and salt,
Or else color it not you shall;
For great lords you shall take wine [fol. 55]
With saffron to your sauce full fine.

130. For wesels.

First grind pork, mix together
With eggs and powder of pepper dear,
And powder of cinnamon you put thereto,
In capon's neck you close it then,
Or else in stomach of pig it put,
And roast it well, and then endore it
Without, with batter of eggs and flour,
To serve in hall or else in bower.

131. For haggis.

The heart of sheep, the kidneys you take,
The bowel naught you shall forsake,
In the vortex made, and boiled well,
Hack all together with good parsley,
Hyssop, savory, you shall take then,
And suet of sheep take in, I teach,
With powder of pepper and eggs [a] good quantity, [Page 53]
And see the it well and serve it then,
Look it is salted for good men.
In winter time when herbs are good,
Take powder of them I know indeed,
As savory, mint and thyme, quite good,
Hyssop and sage I know by the Rood.

132. For sick men.

Ale broth thus make you shall,
With groats and saffron and good ale.
Take boiled water with honey, I know,
For water gruel made with groats;
Mix white bread in dishes about,
Pour in boiled milk, without doubt,
That is called milksops in service
For Saturday at night, so have [I] bliss. ["I" added by Richard Morris]
Yet sugared sops I won't forget,
You toast slivers of good manchet,
Baste them with wine on both side[s]; then
Sauce them with sugar enough I teach.

133. For [to] see the ray.

Take oat straw and draghe clean it,
Put it in a pan with water anon;
Add salt thereto, lay in your ray,
And set it forth as I say [to] you:
Then take it out, the skin away,
Souse it in ale, and salt, I pray;
When it is cold, eat it you may
With liver and garlic, that together are prepared.

134. Oysters in broth.

Take and shell them and see the them in clean water;
Grind pepper and saffron with bread and ale, mix it [Page 54]
Up with the same broth, and put the oysters therein, and
Let it boil and add salt therein and serve it forth.

For a service on fish day.

First white peas and porray you take,
Cover your white herring for God's sake;
Then cover red herring and set above,
And mustard on high, for God's love; [fol. 56]
Then cover salt salmon in haste,
Salt eels therewith in this course last.
For the second course, so God me gladden,
Take rice and flowing fignade,
Then salt fish and stockfish you shall take,
For last of this course, so fair it falls to me.
For the third course glazed sops fine,
And also lampreys in galentine,
Baked turbot and salmon baked
All fresh, and small fish you take
Therewith, as trout, smelt, and minnows withal,
And loaches to them sauce vert shall.

For a service on flesh day.

First pot-herbs and salt beef you shall have,
With capon in herbs thereto I crave;
For the first course, no more you take,
But of the second course now will I clack.
First take iussell, then goose anon,
Both suckling pig and veal and roasted mutton;
With ginger [sauce] the pig shall be eaten,
And sorrel [sauce] with the mutton so may I thrive.

For another manner of service on flesh day.

Take first great pies and frumenty
With venison, so may I thrive, [Page 55]
And roasted capon, then shall you take, [folio 56v]
This for the first course, you nought forsake;
Then fillets in galentine and mortrews also
With roasted beef and mutton so meek,
And roasted veal and pork and suckling pig;
And goose and suckling pig for second in this way,
For the third course, now take [you] shall
Caudle ferre, stewed mallard withal,
Then tarts and darioles and crustade dear,
Rissoles and pomme dorre, and fritters together,

Then roasted mallard and teal thereto,
With woodcock and other small birds enough.
Of service I will tell you no more,
For a common feast at home by right.

For a common rule in cookery.
Now take this for a very good rule,
All whole-footed waterfowl
Go before, and aye you take
The greatest first, sauner goose and drake,
Both of the one and of the other,
Also bake-meat, my dear brother,
And most dainty, comes behind:
This is a rule made in kind.

For notes, see the original file <http://www.pbm.com/~lindahl/lcc/parallel.html>