RARE BOOK COLLECTION

Arnold W. Oxford.
A Daily EXERCISE for LADIES and GENTLEWOMEN.
Whereby they may learn and practise the whole Art of making Pastes, Preserves, Marmalades, Confitures, Tarttstuffs, Gel-lies, Breads, Sucket Candies, Cordiall waters, Conceits in Sugar-workes of severall kindes.
As also to dry Lemonds, Oranges, or other Fruits.
Newly set forth, according to the now approved Receipts, used both by Honourable and Worshipfull personages.

BY JOHN MURREL Professor thereof.

LONDON: Printed for the widow Helme, and are to be sold at her shop in S. Dunstan Church-yard in Fleet Street, 1617.
TO MY MVCH
HONOVRED THE
TRVLY VERTVOVS,
Mrs. ELIZABETH
BINGHAM, wife of
Nicholas Bingham
Esquire.

As there is no-
thine new un-
der heauen; so,
nothing old (be-
side the Olde of dayes) can
please Soule, or Sense: Yet

A 3 on
The Epistle

on olde Grounds are new
Descants daily, as full of
varietie, as varietie: that
doeth please; the pleasure of
Man consisting in nothing
more, than in every things
that is, in change: varietie
standing more aloofe from
societie, than uniformitie, in
whatsoever sensible.

Wee alter our Fashions
and outward Habits daily;
the whitest Ruffe being not
long since thought the pu-
rest wearing; then the
blow; and now the yeallow:
So, our Cookery, Pastry, Di-
stillations,
Dedicatorie.

Stillations, Conserves, and Preserves, are farre otherwise now, than not long since they were; Daily Practice and Observation finding out euyther what to adde or detract from olde Formes in euyther of these kindes; or to make new much more pleasing and profitable. These are all, (or, at least, the most) of the newest Straine; approved and beloved of those that try them. What else they are I referre to your judgement, and my selfe.
The Epistle, &c.
Selfe to your good fauour;
ever remaining,

The humble lover of
your manifold vertues,

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

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**FINIS.**
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 sold.

Farewell.
Of Pastes.

To make Paste of Regia against a Consumption.

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 Pi B 

traceas,
A daily Exercise

Takeas, 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 spoonesfull 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.

Boile faire yellow Peare-Quinces tender in their skinnes,
for Ladies and Gentlewomen.

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
A daily Exercise

then fashion it upon 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.
for Ladies and Gentlemewmen.

To make Marble Paste of Pomemcitron, an excellent Cordiall paste.

Take the yellowest Pomemcitron 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 basin of colde water, then set on a Pipkin of faire water, and so soone as it boyleth, take out your pieces, and drye 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.
A daily Exercise

in the boyling to take away the bitterness, powre them into a Colender, and drie them againe in a faire cloath, and slampe 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 boi-ling 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
for Ladies and Gentlewomen.
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.

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
alawne Sieue, make it vp in-
to Sugar plate, with a little
gum dragon steeped in Rose
water and milke, when you

B4 have
A daily Exercise

have made your plate, then rowle every piece thinne, and lay each upon other, and so rowle them vp in round rowles, as you would rowle vp a leaf 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 Pear plums.

Take the fairest of these fruits that you can get, and take out the stones, then boile
for Ladies and Gentlewomen.

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 some-
what stiffe, then fashion it vp-
on 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

B 5

and
A daily Exercise
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 leaves, some like Plums, with stalkes and stones.

Take and pare faire yelow Pippins, cut them in small pieces, stew them betwixt two dishes with two or three spoonesfuls of Rose-water, and when they be boilled very tender, straine them, then boile the weight of the pulp
for Ladies and Gentlemens.
pulp in double refined Sugar
unto a Candie height, and if
you please put in a graine of
Muske, and a quarter of an
ounce of fine white Ginger
scarced, and so let it boile un-
till 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 ei-
ther in a Stoue, or in a warme
Ouen. If you desire to have
any of it red, colour it with a
spoonesfull 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
A daily Exercise

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

To make Paste of Eringus rootes.

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 Jordan Almonds, take threespoonfuls of Damaske Rose-water, one spoonfull of Aqua Caelestis, a graine of Muske, two graines
for Ladies and Gentlewomen,
graines of Amber-greece, a
graine of Bezar stone, then
take half a pound of *Pistacia*
(which being crackt and pild,
will not be above an ounce &
a halfe) when you have taken
off the husks, beat them fine,
and put them to your Passe,
beat all together in a faire A-
labaster morter, then beat the
weight of your pulp in fine
Sugar-candy, & put it to the
pulp, & so beat it again, then
take it out and set it on a cha-
fingdish of coales, and dry it,
alwaies stirring it vntill you
see it turn somewhat white and
dry, then lay it in little lumps
upon white paper, & so dry in
a Stoue, & keep it all the yeere.

*To*
A daily Exercise

To make an excellent green paste without any colouring.

Q Voddlle grease Apples reasonably tender, pill off the outward skinne, and throw all the barke of the Apples into a Posnet of feething water, and so let it boile as fast as it can vntill it turne green, 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 feething Sugar, and let it boile vntil it grow stifse, then fashion it on a pie-plate, or a sheere of glasse,
for Ladies and Gentlewomen.
glafe, and pint it on mowlds,
and drie it in a Stoue or a
warne Ouen some tenne or
twelue dayes, that it be per-
factly drie, and then you
may keepe it all the yeere.

To make Almond Paste.

B

Lanch and beate Iordane
Almonds in a stone mor-
ter, put in now and then a
spoonesfull 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 serve to beat it
to
A daily Exercise
to a perfect Paste, which you
may easily guess by your
own discretion beginning
with one spoonful, and so
adding as you shall see fit.

To make Paste of Enula-cam-
pana roots, an excellent cordial
Paste, and good against
the cough of the
lungs.

Ay the youngest of these
roots in water, and then
boil them tender, shift them
three or four times to take
away their bitterness, pill
them, pith them, and beat
them in a morter, with the
weight of eighteen pence of
these
for Ladies and Gentlewomen.

these severall sirups, videlicet, Maydenhaire, Hope, and Horehound: when you have beaten all this fine, draw them through a strainer, with the pap of two roasted Pippins, and a graine of Muske, then dry it a little on a chafingdish of coales, until you see it begin to be somewhat flisse, then boile the weight thereof in double refined Sugar into a Candie height, and put the pulp into the Sugar, let it boile with continual stirring, until it be somewhat flisse, then drop it on a plate or sheete of glasse, dry it and keepe it in a Stowe.

Preserves.
A daily Exercise

Preserves.

To preserve Pear-plums green.

Boil a pound and a halfe of Sugar, with as much wa-ter as will melt it, with a pound of the best Pear-plummes that you can get, your Plums must first be washed and dried in a faire cloath; let them boile softly the space of an hour, and then take them vp, and put them into a siluer or an earthen dish, when they be al-most
for Ladies and Gentlewomen.
most colde, put them into the
Sugar againe, and let them
boile vntill they be tender,
and the corner of the stone
sweer, then take them vp, and
cool 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 preserve other Plums
greene.

Take your Plums while
they be hard vpon the
trees, scald them in faire wa-
ter, and take them vp, and
cover
A daily Exercise
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 somewhat
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
for Ladies and Gentlemens
put one part into the red si-
rup, & so soone as the Sugar is melted take it off the fire, &
sicum it cleane, then cut the
stalkes off the Cherries some-
thing short, and crosse them
one by one with a sharp knife
on the end, then put the Che-
ries into the red liquor, and
make them boile as fast as
they can, untill 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, & let
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
A daily Exercise

Againse let it ouer the fire, and when it riseth vp frothie, take it off and scum it very cleane, then let them on the fire vn-till it be something thick, you may know when they are enough by dropping a little on a fawcer on the bottome of it, if it be thicke like gellie; then take them off the fire, and powre them into an ear-then 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 parchement or soft leather.

To
for Ladies and Gentlewomen.

To preserve Quinces red.

Pare and core yellow Peare-quinces, parboile them in faire water, then clarifie your Sugar, and take to every pound of Sugar an Ale pint of water, and when your Sugar is clarifie, straine it into a preserving pan, and put your Quinces into that hot Sugar, and to let them boile close couered, now and then stiring them, and turninge 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
A daily Exercise
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 preserve Wardens.

15

Partoile 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 every Warden, and so couer them in clarified Sugar, with a piece of whole Cinnamon, a slice or two of pared Ginger, and three Cloues, boile them leasurely close couered, vntill they
for Ladies and Gentlewomen.

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

To preserve Pippins greene.

16

Gather greene Pippins especially from the wa-
ter-boughes, and in the sha-
dow; quoddle them in two feuerall waters, and to every 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,
A daily Exercise

times, always turning them, and warming them, and when your Pippins be very tender: take them up, and boil 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 preserve Pippins of the colour of Amber.

17

Are and bore a hole through a pound of Pippins as small as a wheat straw, couer them with Sugar in a preserving pan (the Sugar being first clarified) with a graine
for Ladies and Gentlewomen.

graine of Muske, and a piece of Cinamon, so let them boile leisurely, vncovered, 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 juice of other Barberries, as wil dissolve the one part, then put it into a skillet, and dissolve this part of Sugar vpon the fire, then put in your Barberries,
A daily Exercise

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 preserve Barberries white.

19

Stonethefairest 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,
for Ladies and Gentlewomen.
dissolved put in your Berries, 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 uncouered, and put in the rest, boile it, and scum it againe, coole it and pot it.

To preserve Pippins red.

Bo 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 Cinnamon, and so let them boile close couered very leasurely vntill
A daily Exercise
vntill they be tender, then
boile the sirupe by it selfe,
coole it and pot it, and the
Pippins blood-warme.

To preserve white Peare-
plums.

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 wa-
ter 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
for Ladies and Gentlewomen.

Skinnes be broken, then take them off and scum them, and let them stand untiill they be colde, then set them on the fire againe, and boile them a pace untiill 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 preserve Oranges or Lemonds rindes.

Drive off the uttermost skinne of your Oranges with a rasp, cut them in two, and take out the core quite and clean, and let the pils lie
A daily Exercise

lie in water three or four days, then boil them tender in sixe or seaven waters, least their bitternesse be distastfull, then take them vp, and dry them in a very faire cloath, and put them to as much Sugar clarified as will cover them: let them boile softly over the fire halfe an houre at least, and rest in that sirupe three or four days, 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.
for Ladies and Gentlewomen.

To preserve green Peaches before they be stoned.

23

S[ade your Peaches, being so young that you may thrust a pinne through them, rub off the surre with a piece of coarse linnen cloath, then pricke them with a sharpe knife, and boile them tender in as much clarified Sugar as will cover 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.

C5 To
A daily Exercise

To preserve green 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 every 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
for Ladies and Gentlemens.

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

To preserue Damsons.

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 dissolved in a preseruing pan, lay your Damsons in milke-warme water, and put them into the dissolved Sugar, make a soft fire, and when it beginneth to
A daily Exercise

to Boyle: Scum it continually an houre long, but let it boile softly uncouvered, for breaking the Damsons, then take them out, and lay them in an earthen or shuer dish, and let your sirupe boile alone, and when they be almost colde, put them in againe, and let them boile softly, untill 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
for Ladies and Gentlewomen.

Marmulades.

To make Marmulade of Quinces.

Parboyle yellowe Peare-
quinces tender in their skins, and let them stand in a Tray all night, untill 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
A daily Exercise of Muske, and three grains of Amber-greece, & as much Damaske Rose-water as will dissolve the Sugar, boile it to a Candie height, then put in your pulp, alwaies stirring it still till it come from the bottom 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 colourd red Peare-quinces, and cut them in pieces like dice, parboile
for Ladies and Gentlewomen.

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 Basin; then straine that water through a strainer into a Pocnet, 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 Pocnet, into the water with it a graine of Muske, a slice or two of Ginger tied in a thrid, and let it boile covered close, untill you see your Sugar come to the colour of Claretwine, then uncouer
A daily Exercise
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 pomicl it with a ladle, and so stirre it and coole it, and it will looke thick like tart-fluffe, 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 Pots net, then box it, and it will looke red like a Rubie, the putting of the last Sugar brings it to an orient colour.
for Ladies and Gentlemens.

To make Marmulade of Wardens a most cordiall Marmulade.

Bake the best Wardens that you can get in an Oven with wheaten bread, or longer time then that, let them stand in an Oven 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 mortar, 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
A daily Exercise
beaten and carset Ginger, and a graine of Muske, and so let it boile, alway stirring it vntill it come from the bo
tome of the Poisnet, box it, dry it and vse it.

To make Marmulade of Pippins.

29

A re greene Pippins, cut them in pieces, and boile them tender betwixt two di
shes, 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 Cima
mon water, a thimble full of beaten
for Ladies and Gentlewomen.

beaten Cinnamon, two thimblefuls full of Fennell seed 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 quantity of a pound of the afore-said pulp, and put to it two spoonfuls of Conserve of Bullice, and so stirre it together, and your pulp will looke as red as a Cherrie, boile the weight thereof in Sugar unto a Candle height, with two or three spoonfuls of Cinnamon water, then
A daily Exercise

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.

3 I

Take the juice of good, large, and ripe Quinces, being well wash't, and clean wisht 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 every 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 vs it.

Conserves,
for Ladies and Gentlewomen.

Conserues.

To make Conserue of Violets.

Pickle 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
A daily Exercise
and put in the pulp, and let it
boile a walme or two, and
goole it with a siluer spoone,
and being almost colde, pot
it and vse it.

To make Conserue of Bar-
beries.

In the heat of the day ga-
ther the fairest red Barbe-
ries, pick them cleane, and put
them into a deepe pot, and
set in bowling water vntill they
be tender, then straine them
through a cushion canvas,
and boile thrice their weight
in double refined Sugar to a
Candie height, and coole it a
little, and put in your pulp,
C't off the white of red Role-buds, Rampl their very fine in a flone morter, beat their weight in fine Sugar, & put it to your flowers, and beat them together in a flone morter a whole houre, and then boile it in like quantity of Sugar into a Candie heighe, and put your pulp into the boiling.
A daily Exercise

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

To make Conserve of Gilliflower.

35

Gather red Clove-Gilli-flowers 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, un-till the pulp beinough, which you may easily know both by
for Ladies and Gentlemens.
by taste and feeling, then
boile the same quantitie of
the same Sugar to a Candie
height, with as much Rose-
water 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 Cow-
sips, good against
Melancholy.

36

Gather them in the heat
of the day, & clip only
the yellow flower, then take
twice their weight in fine Su-
gar, and beate the flowers
with one halfe of it, vnt-
till
A daily Exercise
till the pulp be very fine, and
boile the other part to a Man-
us Christi height, and put
the beaten flowers into the
boiling Sugar, and let it
boile with continuall stir-
ing, vntill it grow something
thick, coole it vntill it be but
warne, 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 dif-
ference.
To make Conserves of Damsons.

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 let 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.
A daily Exercise

Tart-stuffes.

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

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.
for Ladies and Gentlemens.

To make an excellent Tart-stuffe of Prunes.

1. Put six 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.

2. Take a quart of sweete Creame, the white of ten Eggs, straine them, & boile the stuffe with quartered Nutmegs, a piece of whole Mace, a graine of Muske, then boile it.
A daily Exercise
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 wholespice, and straine it, season it with Sugar.

To make yellow Tart-stuffe.

42

Drue the yolks of tenne Eggs through a strainer, with a quart of sweet Creame, season it with Cinnamon, Ginger, and Sugar, and a little Rose-water, and let it boile, with continuall stirring, until it be thick enough.

Gellies
for Ladies and Gentlewomen.

Gellies.

To make Quiddoniock.

Take out the kernels from eight Pear quinces, the fairest and yellowest that you can get, boile them in a quart of spring water unto 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 Basin,
Take a knuckle of Veals, and two pairs of Calves feet, lay the feet, and take out the

To make Chrysebell Celia.

44

and when it is cold take it into your boxes, or else if they should be dry, your Celia

Bacon, over a chafing-dish of coals, to keep it warm, and fill your boxes with a spoon, but cover them not till they be cold. If you would have it printed, then you must have moulds of the very same big.
for Ladies and Gentlewomen.

the fat between the claws, 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 clear spring-water from a gallon to three pinte, & 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 spoonfuls 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,

D 5
A daily Exercise
dish, and when it is colde
slice it and serue it in on glasse
Plates.

To preserve Lemonds to lie in
quaking Gellie.

First, purge away their bit-
ternessse, 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 beten-
der, and being almost colde,
pot it.
for Ladies and Gentlewomen.

To make Gellie of Pippins of Amber colour.

Are 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 uncoered untill 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 vessel 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.
A daily Exercise

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 covered, untill it be both red and ready: in all other things doe as in the Amber-coloured Gellie, remembering alwaies that your moulds be laid in water two or three hours before you use them, and drop or knock out the water, but wipe them not, if the Gellie will not easily come,
for Ladies and Gentlewomen.

come, but warme the bottom never so little, and it will come out as you wish.

To make Leach of divers colours.

48

Ay half a pound of Jorden Almonds in cold water, the next day blanch and beat them in a stone mortar, 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 chasing dish of coales, with a piece of
A daily Exercise

of I singlashe, a piece of whole Mace and Nutmeg quartered, a graine of Muske tied in a piece of lawne, when it growth 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 serve it in. If you will colour any of it, Saffron is for yellow, greene Wheat for green, Turnfoll is for red, and bleu bottles in corne giue their owne colour.

Breads.
for Ladies and Gentlewomen.

Breads.

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

49

Grate and dry two stale Manchets, either by the fire, or in an Oven, sift them through a Sieve, and put to it Cinnamon, Ginger, Sugar, Liquorice, Anis-seed: when you have mingled all this together, boil 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
A daily Exercise
mould it with Cinnamon, Ginger, Liquorice, and Anise-leede, and rowle it thinne, and
print it with your mould, and
dry it in a warme Oven.

To make white Ginger-bread.

Take halfe a pound of
March-panne-Past made
with Almonds, Rose-water
and Sugar, and a spoonesfull
of Aqua-vita, season it very
hot with Ginger, mould it up
flisse, rowle it thin, and print
it with your moulds.
To make Italian Bisket.

Beat and cearse a pound of double refined Sugar with 2. grains of Musk, soure of Amber-greece, then steep 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, drye, and dust an ounce of Anise-seede, and worke it into the Paste on a sheere of paper like to little Manchetts, or print it with moulds, and lay it vpon Marchpane Wafers, and bake it in a warme Owen, it will be light and white.
A daily Exercise

To make an excellent Bread called Ginetoes.

52

Take halfe a pound of fine Wheat flour, an ounce of powder of Pomecitrons, an ounce of powder of Lemonds, a quarter of an ounce of fine cersed Ginger, the weight of sixe pence of the finest Basil, 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,
for Ladies and Gentlemens.

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 twiggs in a warme Ouen.
A daily Exercise

To make Prince Bisket.

Drie a pound of very fine wheat flour in an Oven two hours, after the bread hath beene drawne, or the Oven being warmed, but not heated for the nonce, the flour 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 fife of their whites, straine these Egges into a Basoon, with a spoonfull of Rose-water, and sixe spoonfuls of scalded Creame, when you have all
for Ladies and Gentlewomen.

all in the Basin, first put in your castled Sugar, and let it dissolve by beating it into your Eggs, then put in your flower by little and little, until both the flower and the other things be incorporated, beat it well together an hour at least, and you shall at last see it turn white, then you must have coffins of white plate indude with butter as thinne as you can, so as it be touch'd in every 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 hour at least if you will,
A daily Exercise

will, you may make Cracknels of the same batter, drive it thinne upon 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

Ash a pound of the newest and the best jordane Almonds in three or foure waters, to take away the rednesse from their out-side, lay them in a Basin of warme water all night, the next day blanch them, and dry them with a faire cloath, beat them in a stone mortar, vntill they be
for Ladies and Gentlewomen.

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 chafing dith 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
A daily Exercise

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 let them againe into the warme Ouen, & so let them remain foure or fiue houres, and then they will be throughly dry, but if you like them better being moist, then dry them not after the first baking.

To make Naples Bisket.

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,
for Ladies and Gentlewomen.

milke, straine your Almonds with a lawcer full of sweete creame, and two or three spoonesfulls of the best Rosewater, then take your aforesaid powder of Sugar, two or three graines of Muske, foure of Amber-greece, put in three or foure spoonesfulls 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.
A daily Exercise

To make shell bread.

56

Bake a quarter of a pound of double refined Sugar, ceare it with two or three spoonfuls of the finest, the youlkes of three new laid eggs, and the white of one, beate all this together in with two or three spoonfuls of sweete creame, a graine of muske, a thimble full of the powder of a dried Lemond, and a little Annise-seede beaten and ceared, and a little Rose-water, then baste Muske-shells with sweete butter, as thinne as you can lay it on, with a feather, fill your shells with the batter and
for Ladies and Gentlewomen.
and lay them on a gridiron or a lattice of wickers into the oven, 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 Mistle, if you keepe them any long time, then alwaies in wet weath, put them in your ouen.

To make Countesse cakes.

57

Take halfe a pound of March-pane paste vn-bakte, and put it into a stone mortar with the youlkes of foure new laid egges, two or three spoonfuls of Rose-water, asmuch sweet creame,
A daily Exercise
season it with Cloues, Mace, and Nutmegs, beat your eggs, 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 seen, then grate a Manchet & beat all together in an Alabaster mortar, and powre it on two little round plates, drie them for all the yeare.

To make a fine Sugar cake.

Bake a pound of fine wheat flour in a pipkin close couered, put thereto halfe a pound of fine Sugar, four yolkes and one white of eggs, Pepper
for Ladies and Gentlewomen.

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 o-
uens mouth, but
beware of burn-
ing them.
A daily Exercise

Rough Rock Candies.

To make Rock de Cittron.

59

Rawle into little bals halfe a pound of rawe Marchpane Paste, flat them like Figges, then take preserved 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 Carrawais, &c.
for Ladies and Gentlewomen.

To rough Candie Oranges with Sugar.

Take a deep earthen Basin, and five 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 cover all with Sugar boiled to a Candie height, and set the Pan upon a soft mat or cushion seauen or eight hours, then pour out all the Sugar that will run from the wires.
A daily Exercise

and let them drop an hour afterward, until it have quite done, then take them out, &c.

To rough-Candie Sprigs of Rosemarie.

61

Lay your Rosemarie branches one by one upon a faire sheete of paper, then take Sugar-candie beaten small like sparks of diamonds, and wet it in a little Rose-water in a siluer spoone, and lay it as even as you can upon every branch, and let them drying a good way off from the fire, and in one houre they will be dry, then turn them, and candie the other side; and when
for Ladies and Gentlewomen.
when both sides be thoroughly
dry, box them & keepe them
all the yeere: they wil appeare
to the eye in their natural co-
lour, and seeme to be couered
with sparks of diamonds.

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

62

Gather what flowers you
will in the heat of the
day, when the Sun hath drawn
away all the moisture from
them, & use them altogether
as the Rosemarie. The like
practise may be with whole
Mace, Nutmegs, slices of Ci-
namon, or any other dry fruit.

E 5
Sucket
A daily Exercise

Sucket-Candies.

To Sucket Candie greene Lemonds.

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.
for Ladies and Gentlemwomen.

To sucket-Candie greene
Ginger.

64

Ash it, as was she wed in the Lemonds, dry it in the Ouen, the next day cover it in clarified Sugar, boiled to a Candie height, &c. but remember that both must be first preserved.

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

65

First, preserve them as hath beene shewed before in the twenty foure Receipt, and then,
A daily Exercise
then, as the Lemonds and the Ginger, they must be washt from their sirupe, and handled as they.

Peaches, or any other.

Greene Plums may be Glucket-Candied after the very same manner, remembering that they be first preserved.

Cordial
for Ladies and Gentlewomen.

Cordiall Waters.

Tomeake Aqua-Cœlestis.

67

Take sixe ounces of Cinnamon, 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 Betonic and Sage flowers, of each a handful, Marioram and Pen- niroyall of each a handful, bruise them also: then take of these powders, Aromaticum Rosarum three drachmes, Di- ambre Diamargarivon frigidum, Diamoscum
A daily Exercise

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

To make Cinnamon Water.

68

Take one pound of Cinnamon, the best you can get, bruise it well, and put to it a gallon of the best Sack, and steep it three daies and three nights, and distill it as before.
for Ladies and Gentlewomen.

To make Doctor Stevens Water.

69

Take one drachme of Rose-leaves, BORAGE, BURGLOSE, Violets, & Rosemarie flowers, of each a drachme and a halfe, of Spicknard a drachme, of Cinnamon two ounces, of Ginger an ounce, Cloues and Nutmegs of each halfe an ounce, of Cardamous a drachme and a halfe, Galingall two drachmes, Cu-bebs a drachme, Pepper three drachmes, Anise-seede, Carraway seedes and Fennell, of each an ounce, Lignum halfe a drachme, Corall and Pearle in
A daily Exercise

in fine powder, of each a drachme, bruise these and put them in a potte of Aquavitæ, and a quart of excellent good Sack, vsing the same as before is shewed in Aquæ Colescis.

To make Balme-water.

Take five ounces of dried Balme, Time, Pennie-Royall, of each three ounces, of Cinnamon four ounces, of Cardamon one drachme, graines halfe an ounce, sweet Fennell seeds an ounce, Nutmegs and Ginger of each a drachme, Galingall, Calamus, and Cypressse, Cubebs, and Pepper
for Ladies and Gentlewomen.

Pepper of each two drachmes; of Calamus rootes half 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 handful 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
A daily Exercise

a quarter of an ounce, Mace two drachmes, Graines one drachme, *Lignum Aloes* Spickenard, *Lunicus adoratus*, of each a drachme, Sage, Borage, Buglossle, Violets and Rose-marie flowers, of each a handfull, bruise them and stepe them in a pottle of Sack twelve hours, and then, &c.

To make Wormeowood water.

72

Take foure ounces of Wormewood, Sage, Bertonie, and Rew, of each a handfull, Rosemarie tops a handfull, Cinamon three ounces, Nutmegs halfe an ounce, Cloues and Mace, of each
for Ladies and Gentlewomen.

each half a drachme, Ginger an ounce, Galingall, Cubebs, and Spicknard, of each a drachme and 1/2, of Scordium halfe a handful, bruise these, and put them in a pottle of Sack, and a pint of Aqua vitae, Kepe them 24. hours.

&c.

Conceits
Conceits in Sugar-Workes.

To make March-pane Paste.

Earle the finest and the whitest refined Sugar, to every third spoonfull thereof take a blauncht Iordane Almond, stamp them in a smooth mortar, and now and then put in two or three drops of Rose-water. It must be extremely much beaten before it will be a perfect past, at the least an houre.
for Ladies and Gentlewomen.

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

B Launch and beat two
pound of Iordane Al-
monds in a stone mortar, put-
ing in now & then a spoon-
full of Rose-water, to keepe
them from oyling; when they
are beaten fine, put to them a
pound and a halfe of the fi-
nest cearsed Sugar, and now
and then a spoonfull more of
Rose-water, as your selfe shall
see requisite, incorporate
them, which with much la-
bour must be effected: when
you
A daily Exercise

you have brought them to a perfect paste, then rowle it to what breadth you will, but it must be thin, make a bottom 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 shinning 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
for Ladies and Gentlewomen.
with the leaues end without
the Marchpane round about.

To make any Conceit in
March-pane-stuffe.

75

Mould some of your a-
foresaid stuffe with
cerised Sugar, & make some
up like little square pies, fill
them with dried suckets, cut in
small pieces, or drye Mar-
mulade, cast on them colour-
ed Biskets and Carrawaies,
gild them & serve them to the
board, you may make some of
it like collops & bacon, to doe
which you must have both
red and white paste, and rowle
them both and cut it over-
thwart
A daily Exercise

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, Chains, &c.

76

Having 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 threads of silke buttons, and the ground-worke is white of itself; if you will have them green and white, then temper lap
lap-green with gum-Arabick water on the top of your pensil, and strike it downe the ridges of the button, not touching the button on the creases. If you will have them siluer, then strike them downe with shell-siluer, the like may be done with shell-gold. If blew, then Azur being first steeped in vinegar; for else it is verie dangerous, the vinegar killeth the strength of the blew: If you would have them red, then use Rosa-paris on the top of your pensil: when these buttons be readie and drye, you may set them upon a card of Sugar plate, and fasten them with Gum-dragon.
A daily Exercise

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

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

Take single mouldes carved 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 dissolve it, and boyle it to a Candie height: then take your mouldes, having steeped them two or three hours before in colde
for Ladies and Gentlemens.
colde water, and fill them
with the hot Sugar, and when
it is colde turne it out of your
mould, and drie it with a
faire cloath, and it will have
the true forme graued or car-
ued 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
Stalkes; then colour them as

F2
A daily Exercise

is shewed in the order of colours in the end of this book, 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 ynnene 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-twige, pilde and dipte in the fat, and they will be white Roses, but you may colour them as is else-where shewed. In like manner, you may make Burrage, Cowslips, Primroses, Stock-gilliflowers.
for Ladies and Gentlemens.

Gilli-flowers, Marigoldes, &c. keepethem drie.

To make Shooes, Slippers, Keyes, Knives, Glunes, &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 have no leisure, then you must have mouldes of tynne, and having fitted your paste, cut it with the mouldes, drie them ley-surely, &c.
A daily Exercise

To make Letters, Knots, or any other Tumball for a banquet, quickly.

You must take single mouldes carved inward, either in wood or stone, with the true forme of what you would have, lay them in cold water: then take double refined Sugar, and as much Rose-water as will dissolve it, boil 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
for Ladies and Gentlemens.

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 even, with the top of your mouldes, and turne it out, the rest of your fluffe you may make in long Jumballs 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
A daily Exercise

To make a Walnut, both shell, and Kernill.

80.

Make a paste of finecearsed Cinnamon and Ginger, mingled with twice so much Sugar, cearsed also very fine, & a little Muske, print it in a double mould, made in like unto a Walnut with shells, then close them together with gumme dragon steeped in Rose-water, and if you will haue a Kernill in it, then you must have another double mould for the Kernill, but you must make the Kernill of white Sugar plate, and when
for Ladies and Gentlewomen.
when it is thoroughly drie, you
must flour-lay it with a little
safron that it may be like the
skinne of the Kernill.

Sugar workes of
another sort.

To make Sugar plate paste.

Take a pound of double
refined Sugar, put there-
to three ounces of the best
flour, if you drye the Sugar
after it is in pouder, it will
the sooner passe through the
Lawne sieue: then cearse it

F 5 on
A daily Exercise

on a faire sheete of paper, and sweepe it on a heape with a feather or a wing, and in the midde of the heape, you must put a lumpe of gumme-draggon, about the bignesse of a wallnut, first steeped in Rose-water (a little porring-ger full of Rose-water, is enough to dissolve an ounce of gumme, which gumme must be very cleane pickt 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-
for Ladies and Gentlemens.

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

To make paste of divers sorts of flowers as Violets, Cowslips, Marigolds, Roses, Gilliflower, &c.

82

Make a poudre of these flowers, being drie, taking onely their sweete leafe, and put thereto fine poudre of Cinamon and a little Musk, if you haue it, mingled well together, then boile the weight of the poudre in fine Sugar,
Sugar, with as much Rose-water as will dissolve it. If your work be with Marigolds, put to it a little Saffron, boile it, and to your work add the pap of a Pippin dried on a chafing-dish 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 stick in your paste, and so it will seeme to be rock candied, cut the paste with a knife steeped in Rose-water.
for Ladies and Gentlemens.

To make an excellent Penneet, good against colde.

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

To make Cinnamon stickes
by Art.

84

Take a quarter of a pound of fine cearse'd Cinnamon, and halfe an ounce of fine cearse'd Ginger, mingle it with halfe a pound of fine cearse'd Sugar, two graines of Muske; beat all together into a perfect paste, with Gum-draggon steep'd in Rose-water, in an Alabaster or stone morter, rowle it thin on a sheete of paper, dusted through a cearse with beaten Cinnamon, and then wrap it about Reedes, and when it is almost dry, draw it easily off.
for Ladies and Gentlewomen.
off the Reedes, and dry them thoroughly.

To make Callishones.

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 dry it.

To make Muscackones.

Take batter made as for Prince Bisket, in the 53. Receipt, put to it two spoonfuls of Cheese-curds, Cinnamon, Ginger, Sugar, and a graine
A daily Exercise

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 cearfed, with two graines of Musk, three grains of Amber-greece, and a drachme of Orice powder; beat
for Ladies and Gentlewomen.

beat all to a perfect pasté in an Alabaster morter, then sleeke a sheete of white paper with a Sleek-stone, and rowle your Sugar pasté, then cut it in little Lozenges with a rowle, and dry them in a Stoue, they will serue to garnish a MARCH- pané 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

B EAT two ounces of Sugar-candie to fine powder, put to it a little iuyce of Liquorice, iuice of Horehound, of
A daily Exercise

of Mayden-haire, beate all into a perfect paste, and rowle it as small as Wheat strawes, cut them an inch and \( \frac{1}{2} \) long, dry them, &c.

To make Cinnamon Letters.

Take paste made as for Genillussoes, colour it with Cinnamon, and rowle it in long rowles, as neere as you can all of a bignesse, and thereof make faire capittall Romane letters, according to some exact patterne, cut in thinne board or white plate, gild them and make a cross in the beginning of them.
for Ladies and Gentlewomen.

To make Canalone in Spices.

Take half a pound of sifted Sugar, put thereto a graine of Muske, Cinnamon and Ginger, a little powder of a dried Lemond, beat all this to a perfect paste with Gum-dragon steeped in Rose-water, rowle it thin, and print it with a shallow mould, then rowle it upon Reedes very thin, dry them leasurely, and keepe them dry.
A daily Exercise

To make Russhilians.

Take a pinte of bakt flower, an ounce of Cinnamon, 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 spoonfuls of sweet Creame, make all this into a perfect paste, and it will looke of Cinnamon colour, then coole it in small rowles, and make it in letters or knots, dry them in a baking Pan.
for Ladies and Gentlewomen.

To make Gentilissiœs.

Bake and cерье a pound of double refined Sugar, beat it to a perfect paste, with the whites of two Eggs, and Gum-drago н steeped in Rose-water, one grain of Muske, and as much Amber-greece, rowle it in fine rowles and bake it.

To make Nouellissiœs.

Take the paste of your Gentilissiœs, rowle it thin & fine with red Almond paste, pinch it with your nippers, & bake it as in the Gentilissiœs, alwaies
A daily Exercise
alwaies prouided that you put
Muske and Amber-greece in,

To make Lozenges of
Violets.

Take Violets, Cowslips,
Rosemarie flowers, or
any other in the heat of the
day, shred only the beauti-
fullest of the blossomes upon
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 mor-
ter, with the pap of a Pippin,
and a graine of Muske, then
boile double refined Sugar to
a Candy height, and put your
beaten
for Ladies and Gentlewomen.
beaten flowers into the boiling Sugar, and boile it a little longer, for the flowers will bring the Sugar back again. and when you see it something thicke, powre it on a sheet of glasse, and cut it into little Lozengers like Wigs, some you may drop.
A daily Exercise

To dry Fruits.

To dry Oranges and Lemonds.

Ripe the skinnes of these fruits, cut them in halves, and take out the cores, lay the rindes presently in faire water two or three dayes, to take away their bitternesse, then boile them five or sixe times, in several waters for the same purpose, and when they betender take them vp, and dry them in a faire cloath; then couer them in clarified Sugar, and boile it leasurely two
for Ladies and Gentlewomen.

two hours, then take them off, and put them in an earthen Pipkin, and let them so remaine four or five days, or longer the better, when you will dry them, set them on the fire againe vntill they be through hot, drain them, and the whiliste 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.

Gather the fairest of this fruit before they bee throughly
A daily Exercise

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
for Ladies and Gentlewomen.
the plums into that hot Su-
gar, and so let it boile slowly
ly a quarter of an houre, now
and then turning them, for
that will make them take Su-
gar, then take them up be-
tweene hot and colde, and
lay them on a sheete of glasse,
and so drie them in a stone,
or in a warme Ouen.

To drie blacke Pear-plums.

Gather this fruit also in
a faire sun-shine day a-
bout two or three of the
clocke, when the sunne hath
taken off all the outward
moisture from them, which
otherwise would hinder the
work.
A daily Exercise

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

To drye Pippins cleere as Amber.

Pare this fruit, and cut out the coare, and soone as you haue prepared a piece, cast it into a basin of faire running water, then boile the weight thereof in clarified Sugar unto 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
for Ladies and Gentlewomen.

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 drye.

To drye Apricoches orient
and verie cleere.

Take faire large Apricocks well coloured, but not too ripe, pare and stone them.
A daily Exercise

them, and cover them in clarified Sugar, boile them ley-surely 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 let them dreining againe, then boile other Sugar a little higher with the Apricockes ley-surely, now and then turning them, & scumming them, and let them stand in the sirupe vntill the next day, the next day warne them againe, and then lay them a dreining, then boile other Sugar to a Candie height, and put the Apricockes
for Ladies and Gentlewomen.

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 beeuee drawne, and let them stand about three houres, the next day take them out and turne them, & doe so a wecke at least, for they will be verie long a dry-ing

To drie Peares without any Sugar.

Are your Norwich Pare, or any other of the best that you can get, but leave the
A daily Exercise
the flaulke 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 Receipts approved by very worthy Physicians of this Realme.

To make sirupe of Violets.

Pick and weigh the flowers of violets, put them in a quart of water, and stew them upon hot embers until the flowers have made the water as blew as themselves, then boile that infusion vnto a sirupe with foure pound of clarified Sugar vpon a gentle fire.
A daily Exercise

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

To make sirupe of Liquorice.

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, stepe 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.
for Ladies and Gentlemens.

To make sirupe of Roses
solutio.

103

Put the leaves of da-
maske Roses, and put
them to a gallon of hot water,
and set it on embers in a great
vessel of boiling liquor, the
more leisurely it boiles, the
better it is, and when the
leaves looke white, take them
up, and put in fresh, and doe
so three or foure times, and
when the water is red, to eu-
ery 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
A daily Exercise

To make sirupe of drie Roses.

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

Against the trembling of the heart.

Let the Patient drink three or four spoonfuls of Claret wine, half so much Damaske Rose-water.

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

Take the bignesse of a Peale of Methridate, and mingle the same with Conserver of Roses, as much in quantitie as a Walnut, and let the partie cate so much every
A daily Exercise
every morning fasting, and
every evening as much for
the space of three days to-
gether, or as long as neede re-
quireth.

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

107

Take Suckorie rootes, As-
paragus, and Marsh-Mal-
lowes, of each the weight of
eighteeene pence in siluer, Fen-
nell rootes as much, the tops
of the flowing of Borage,
Bugloffe, and Scabious, of
each a handful, boile this in
for Ladies and Gentlewomen.
a pinte and a quarter of Bar-
ley water into a pinte, with it
make the milke.

A remedie against the
nesse of the Bodie.

TAke a pinte of red wine,
and halfe an ounce of
beaten Cinnamon, boile it on
the fire, & thicken it with the
yolks of soure raw Eggs; 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 daily Exercise

A Receipt to make a vomit.

109

Stamp three or four leaves 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 untill 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.
for Ladies and Gentlemens.

To stay an extreme Cough.

Take sirupe of Liquorice, of Maydenhaire, of Horchound, of Ispce, of each a like quantity. Conserve of a Foxe lungs, of Ale-campane (if the partie be enflamed the Ale-campane must be left out.)
A daily Exercise

The ordering of Colours.

III

 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 Alomewater, maketh a faire straw-colour.
for Ladies and Gentlewomen.

The blew bottle gathered in the heat of the day, clipt, dried, and pow'dred, 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.

Our Saffron water maketh a yellow: iuyce of greene Wheat in the blade, maketh a greene: Turnfoll giuereth a red, and the white is of it selfe.

More
A daily Exercise

More Colours.

114

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

FINIS.