

Mrs. Corlyon Recipes for Syrups, 1606

Cap. 23^m Syruges

The Syruxe for the cough of the Lungen.

Take of Scabious 3. good handfulls and halfe so much of Foale-foote, and the like quantity of Seniclle the like of Pennyroyall Boile all these together in a gallon and an halfe of stale Ale with a softe fyre till the one halfe be consumed away Putt into it before you see the it, two stiches of Lycorse scraped and brused and 3. spoonefulls of Annysseedes likewise brused. Then straine it into an earthen pann, so lettting it stand all one night, take the next day the clearest of it, and to every pinte and an halfe put one pounde of fyne Sugar. Then boile it againe and scumm it lettting it boile till it come to a Syruxe thicknesse, that it maye stand vppon your nayle when it is colde. Then lett the Patient take a Lycorse stiche and pare and iagg it at the ende and dip it in the foresaid Syruxe, and so sucke it as often as he or she shall please the oftener the better.

Scabiosa



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Pennyroyal



Foalefoot =
tussilago =
coltsfoot



- No Scabiosa! Used Honeysuckle as a stand-in
- Dried herbs (including the licorice root)
- Ale is modern and from a California brewery
- Reduced proportions - 1 pint of stale Ale instead of 1.5 gallons (1G = 8 pints in modern measurements)



- Halved the required proportions to make up for less ale and dry ingredients.
- “Soft fire” = used medium/low flame
- Modern stovetop with gas flame; modern stainless steel appliance





- Ale started to boil 5 minutes in
- Reduced by half 10 minutes in
- Dried licorice was impossible to scrape and/or bruise



- Strained after cooling
- Used a sieve
- No earthenware pan; used a cocotte (cast iron)



- Sat overnight
- Strained it again (“take the clearest of it”)





- Recipe calls for 1 pound of fine sugar per 1.5 pints
- About 1/5 of a pint of liquid left, so adjusted accordingly
- Used another stainless steel pot



- Started at medium heat, but I lowered the heat a few minutes in since it started boiling really high



- It took 5 minutes to reach the consistency of syrup
- Packed in a glass container, not refrigerated

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- Dry ingredients
- No Scabious
- Could not simulate conditions effectively
- Recipe does not instruct on cooking implements, precise temperatures, whether the ingredients should be fresh or dry, etc.
- Specifies the consistency of the finished product.
- Main ingredients are essentially weeds, however the spices seem more luxurious
- Should this be consumed hot or cool?

Homemade cough syrup recipe

Ingredients:

1.5 gallons of stale ale
1 pound of fine sugar
1 cup of Scabious/honeysuckle*
.5 cup of Foalefoote/coltsfoot*
.5 cup of Pennyroyal* **
3 licorice sticks
3 tbsp aniseed

*If no fresh herbs are available, use dry but increase amount by .5 cups.

****Pennyroyal is technically a hepatotoxin**

Directions:

- 1) Combine honeysuckle, coltsfoot, and pennyroyal with stale ale.
- 2) Set this to boil over a medium/low heat until it reduces by half. While it's reducing, pare and bruise 2 licorice sticks, and bruise the aniseeds. Once it's reduced, add these licorice sticks and the aniseeds to the mixture. Let steep.
- 3) Once cool, strain into pan (earthenware preferable).
- 4) Let sit overnight.
- 5) The next day, strain again to remove any solid/darker residue
- 6) Add fine sugar to mixture. Boil until it reduces to a syrup. Stir often. Consistency should be somewhat plastic (as opposed to liquid).
- 7) Cut the ends off a licorice stick and pare it, then have the patient use it as a straw.