

rayse it with egges, then put thereto sweet water Syname and a good quantitie of nutmegges and mace, according to your bread, take a good quantitie of Annis seede, and let all this be blended with your flower, and the putting in of your egges or other moisture, then set on your water and let it be at seething, before you put your Crackenelles in it they will goe to the bottome and at their rising take them out and drie them with a cloth then bake them.

To bake Connies.

HAue fine past readie, wash your Connies, and perboyle them then cast them into the cold water, then season them, with salt and ginger, laye them into the past and upon them lay leached, larde close them and bake them.

To bake a brest of Veale.

TAke and breake the bones thereof in the middell and perboyle him and take out the bones, and season him with pepper and salt, and laye him in the coffin with a little sweete butter, and close him up then make a caudell of the yolkes of an egge and straine it, and boyle it in a chafing dish of coles and season it with sugar.

ger, and put it in the pie and set it into the Ouen againe.

To make a pudding in a brest of Veale.

TAke Beresely, Lime, washe them, pricke them, and choppe them small, then take viii. yolkes of egges grated bread and halfe a pint of cream being verie sweete, then season it with Pepper, Cloues, and Gace, Saffron, and Sugar smal Raisons and Salt, put it in and kiste it and serue it.

To bake a Gammon of Baken.

TAke a gammon of Baken, water it six dayes and perboyle him halfe enough and laye him in presse then take the sword of him and stiffe him with cloues, and season him with Pepper, and saffron. And close him up in a standing pie, bake him and so serue him.

To make fine Bysket Bread.

TAke a pound of fine flower, and a pound of suger, and mingle it together, a quarter of a pound of Annis seedes, foure egges, two or thre sponfuls of rosewater put all these into an earthen Panne. And with a slyce of Wood beate it the space of two houres.

houres, then fill your moulds halfe full your mouldes must be of Tinne, and then set it into the ouen, your ouen being so whot as it were for cheat bread, and let it stand one houre and a halfe, you must anoint your moulds with butter before you put in your stiffe, and when you will occupie of it slice it thinne and dote it in the ouen your ouen being no whotter then you may abide your hand in the bottome.

To bake a Turkie and take out his bones.

TAke a fat Turkie, and after you haue scalded him and washed him cleane, lay him upon a faire cloth and slit him through out the backe and when you haue taken out his garbage, then you must take out his bones so bare as you can, when you haue so done wash him cleane, then trusse him and pricke his backe together, and so haue a faire kettle of seething water and perboyle him a little, then take him up that the water may runne cleane out from him, and when he is colde, season him with pepper and salt, and then pricke him with a fewe cloues in the brest, and also drawe him with larde if you like of it and when you haue made your coffin and laide your Turkie

Turkie in it then you must put some butter in it and so close him up in this sort you may bake a Goose, a Pheasant, or Capon.

To bake a Kidde.

TAke your Kidde and perboyle him and wash it in bergice and saffron and season it with pepper, salt, & a little mace, then lay it in your coffin with sweete butter and the liquor it was seasoned in, and so bake it.

To bake a Mallard.

TAke thre or foure Onions and stampe them in a mortar then strain them with a saucer full of bergice, then take your mallard and put him into the iuyce of the saide Onions and season him with pepper and salt, cloues and mace then put your mallard into the coffin with the saide iuyce of the onions and a good quantitie of Winter sauorie, a little time, and persely chopped small and sweete Butter, so close it up and bake it.

To make a pie of Humbles.

TAke yourumbles being perboyled and choppe them verie small with a good quantitie of mutton swete, and halfe a handfull of hearbes, solowing time, margerum, bozage, persely, and a little rosemarie, and

To make Bisket Mrs Randolphs way

Take 10 a pound of sugar finely ~~beate~~ beaten and
sieved a pound of flower and put them together then
take 8 eggs and beat them up with a whisk till y^e
froth rises and so whisk them up till it be well enough
it must be kept beating till y^e oven be hot then butter
ye pans and fill them half full a little sumd little
white sugar over them if you like coriander or caraway
seeds put them in before you put them in ye pan

To keep Bisket all the year

gitt y^e fairest and ripest Bisket put them in to an iron mould
earthen pot. Boile some water and when it is a little cooled pour
them in on y^e Bisket fill not ye pot to full of water but fill it
up with molton oret as hot as it will run through a sieve Let
it stand till its cold before you tie it up and then do it as
close as possible and sitt it in a cool place you must not see it
after it is cold for fear of y^e water getting above y^e fat

To make Bisket Cakes Mrs Bunscongh

10 pound of flower well sived 2 pound and a half of single
Loaf Sugar beat and sifted 16 Eggs leaving out half y^e whites
3 Spoonfull of orange flower water or 3 Spoonfull of fair water
put all y^e water to y^e eggs and beat it with a whisk and as
y^e froth rises scatter it on y^e flower and sugar till all y^e eggs are
consumed to both mix it well with a spoon and when y^e wetting
is all in beat it with a spoon till its a batter that will stop
from y^e spoon but not so thin then dry some paper and drop
it on it and let it lay as smooth as possible Let y^e oven be
gently hot all over a little take them from y^e paper when hot
they should not be eat under a fortnight or 3 weeks but will
keep good half year

Mrs. Elizabeth Hirst, "To make Bisket Mrs Randolphs way," Wellcome Library MS2840/83 (1684-c. 1725):
http://search.wellcomelibrary.org/iii/encore/record/C__Rb1956279?lang=eng (visited 3 September 2014)

Dyett bread 81

Take 8 eggs white & yolke beat them all to froth with them put in a pan of unpowdered sugar beat it with the eggs till they be white then temper it with a pound of flower put in an ounce of Anis or capeway seeds & set them in Coffins into an oven add thereto a graine of musk if you please.

Naples Biskett 82

Take eggs & sugar beat them as before through them 12 ounces of flower put in a graine of musk a spoonfull of rose water & set them in coffins on a little plate.

Naples Biskett another way 83

Take almonds pine apple seeds the kernels of Marshmallons & scoured sugar as much as the seeds doo weigh then take a little fine baked flower & as much of the white of eggs as will almost make it a little mush & spoonfull of cream beat all these well together in a mortar then lay it upon a plate wafer like & bake them.

To Make Biskett yet another way 84

Take 6 eggs & beat 2 white & beat them a little & putt to them 9 spoonfull of rose water beat them a quarter of an hour then putt to it a pound of loaf sugar very well dryed & scoured beat it all one way for the space of 2 quarters of an hour then putt to it a pound of fine flower dryed before the fire & stir it well together & putt in some Anis and beat a little brisled putt them on butter plates and bake them.

Itallian Biskett 85

Take fine scoured sugar gum dragon steeped in rose water & of the white of eggs a little beaten in a mortar to a past then make it up with a little musk & powder as much as will it up like a manchet and set in a good quick oven upon a wafer plate & when they are ripe some take them out but so move them not till they be cold if you doe they will break.

Prince Biskett 86

Take 8 eggs a pound of sugar and 2 pound of flower beat them together an hour then putt a little Anis seed to it when you are ready fill your coffins butter them fill them half full of this butter & set Bake them.

To Make Mackerones 87

Take almonds blanch them beat them in a stone mortar & drop in water & then a drop of rose water and as much sugar as almonds half as much quarts beated the white of 3 eggs to a quarter of a pound of almonds beat all these together and temper with a little musk in them then divide them upon wafer plates as big as fritters and when they lay a wafer.

Almond Cakes 88

Take 3 quarters of a pound of blanched almonds beat them as in the next receipt following with dryed mix with it half a pound of loaf sugar one of an egg & another method lay them on papers in small cakes in the oven.

Marchpane Cakes 89

Take a pound of blanched almonds & a pound of loaf sugar beat them together till they be very small then beat in 2 spoonfull of rose water make them up in what form you will & putt them into the oven after Marchpane is drawn.

Cakes of Any flower 90

Take Conclips beat them very small strain them with a little rose water putt to it a little of the white gum dragon let it by all night in steep then mingle it well with the best sugar finely scoured soe make it up in cakes and lay them on a plate before the fire to drye until they be as thin as you can.

Woodstroot Cakes 91

Take 8 pintles of fine flower dryed & warmed before the fire ten pound of Cinnamon nutmeg & wiped dry set them in a sieve before the fire take 12 eggs half the white & a pound of sugar finely beaten & scoured half an ounce of Cinamon and ginger finely beaten 2 pound and a half of butter finely melted over warm water a quart of cream a pint of good ale yeast putt the sugar & spices into the flower and mingle them together then putt in the melted butter & warm cream was into them blood putt in your egg & yeast being well beaten together mingle all these with the Cinnamon & make it up & putt it into the oven.

Another sort of a Cake 92

Take a quarter of a peck of flower & pint of cream ten yolke of egg well beaten 3 quarters of a pound of butter gently melted & poured hott into the flower a quarter of a pint of rose water with some musk or unblongrove some Cinamon Nutmeg & ginger well beaten a pound and an half of Cinnamon & blisled a pound of almonds scoured & minuted half a pound of fine sugar mingle all these & make them into a past let it be half an hour then the oven being ready putt in y^e cake let it not be too hott neither stop it up be stirring the cake now & then let it stand a full hour.

To Make Almond Biskett the best 93

Take 4 pound of Almonds blanch them in cold water then putt them an hour in cold water then drye them in a cloth & beat them very small with rose water take a pound of the best unblongrove sugar beaten & scoured & putt them into the almonds and set them upon a fire of Charcoal with 6 spoonfull of rose water in the bottom of the pan be sure to stir it well when it is on the fire and as soon as you perceive it begin to take it off and thro it will till it be much warmer then take it with 6 eggs well beaten & putt them into the pan with a handfull of flower stir it well together & putt them on butter plates and bake them.

Mrs. Carr, "Dyett Bread," "Naples Biskett," "Naples Biskett another way," "To Make Biskett yet another way," "Itallian Biskett," "Prince Biskett," "To Make Mackerones," Wellcome Library MS1511/15 (1682): http://search.wellcomelibrary.org/iii/encore/record/C__Rb1907259?lang=eng (visited 3 September 2014)

Anisum.
Anise.



A

stomacke, alaieth gripings of the belly, prouoketh vrine gently, maketh abundance of milke, and stirreth vp bodily lust: it staieth the laske, and also the white fluxe in women.

B Being chewed it maketh the breath sweete, and is good for them that are short winded, and quenched thirst, and therefore it is fit for such as haue the drop sicke: it helpeth the yeoxing or hicket, both when it is drunken or eaten drie: the smell thereof doth also preuaile very much.

C The same being dried by the fire and taken with honie, clenseth the brest from stegmatike superfluities, and if it be eaten with bitter almonds, it doth helpe the old cough.

D It is to be giuen vnto yoong children and infants to cate which are like to haue the falling sicknes, or such as haue it by patrimonie, or succession.

E It taketh away the squinancie, or quincie (that is, a swelling in the throte) being gargled with honie, vineger, and a little Hyosspie gently boiled together.

* *The place.*

It groweth plentifully in Candie, Syria, Egypt, and other countries of the east: I haue often sowed it in my garden, where it hath brought fourth his ripe feede, when the yeere hath fallen out to be temperate.

* *The time.*

It is to be sowed in these colde regions in the moneth of Maie, the feede is ripe in August.

* *The names.*

It is called in Latine *Anisum*: in Greeke *ανισον*: in high Dutch *Anisz*: in lowe Dutch *Anisfaet*: in Italian *Aniso*: in Spanish *Matabalua*: in French *Anis*: in English Anise, and Annise feede.

* *The temperature.*

Galen writeth, that the feede of Anise is hot and dry in the third degree, after others it is hot in the second degree, and much lesse then drie in the second degree; for it ingendreth milke, which it coulde not do if it were very drie, as *Galen* in his Chapter of Fenell doth whether hee will or no declare and testifie; in that it doth ingender milk, his opinion is, that it is not hot above the first degree, which thing also may be in Anise feede, both by this reason and also because it is sweete: therefore to conclude, Anise feede is drie in the first degree, and hot in the second.

* *The vertues.*

The feede wasteth and consumeth winde, and is good against belchings and vpbraidings of the

Of Bishops weede, herbe William, or Ameos. Chap. 398.

* *The kinds.*

THE later age hath obserued two kinds of Ameos, one greater with the broade leafe, which is the common Ameos, and the other the lesser, with the finaller leaues, and also another sort being a dwarfe or lowe plant of the same kinde.

1 *Anni*



Dawson recipe: ten minutes after beginning mixing



Dawson recipe: twenty minutes after beginning mixing



Dawson recipe: eighty minutes after beginning mixing



Hirst recipe: two minutes after beginning mixing



Hirst recipe: caraway seeds added



Dawson recipe at left, Hirst at right: baking



Dawson recipe at left, Hirst at right



Dawson recipe at left, Hirst at right



Hirst recipe



Dawson recipe foreground, Hirst background (showing rising)



Dawson recipe at left, Hirst at right