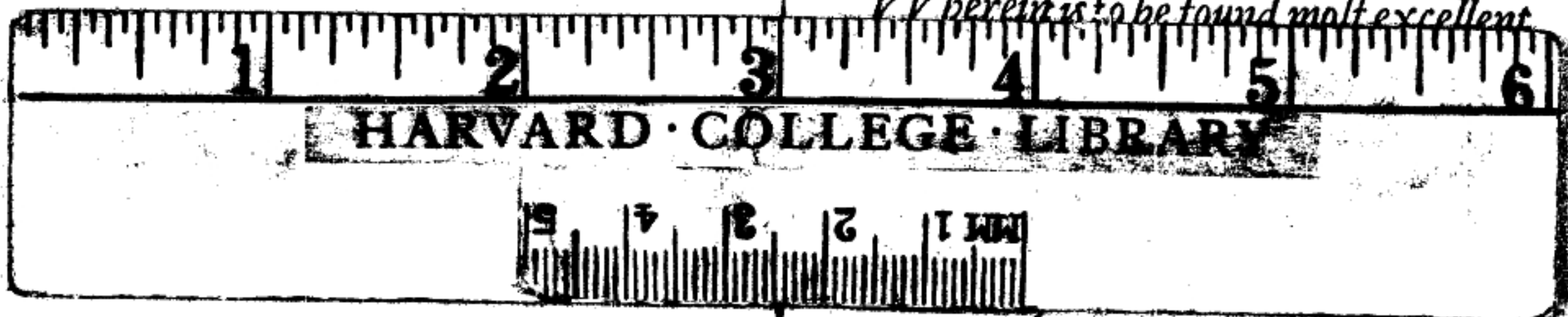


THE
good hufvvifes
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Wherein is to be found most excellent



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waters, with diuers approued
medicines for many
diseases.

*Also certain approued points of husbandry, very
necessarie for all Husbandmen to know.*

Newly set forth with Additions. 1587.

Imprinted at London by Iohn Wolfe
for Edward White, dwelling at the little
North doore of Paules at the signe
of the Gunne. 1587.

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 moysture, 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 su-
ger,

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

To make a pudding in a brest of Veale.

TAke Peresely, Lime, washe them, pricke them, and choppe them small, then take viii. yolkes of egges grated bread and halfe a pint of creamc beeing berie sweete, then season it with Pepper, Cloues, and Mace, Saffron, and Sugar smal Raisons and Salt, put it in and Rooste it and serue it.

To bake a Gammon of Baken.

TAke a gammon of Baken, water it sixe dayes and perboyle him halfe enough and laye him in presse then take the sword of him and stufte 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 oven, your oven being so hot 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 stuffe, and when you will occupie of it slice it thinne and drie it in the oven your oven being no hotter 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 have scalded him and washed him cleane, lay him upon a faire cloth and slit him through out the backe and when you have taken out his garbage, then you must take out his bones so bare as you can, when you have so done wash him cleane, then trusse him and pricke his backe together, and so have 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 cloves in the brest, and also drawe him with larde if you like of it and when you have 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 litle mace, then lay it in your coffin with swete butter and the liquoz it was seasoned in, and so bake it.

To bake a Mallard.

Take three 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, cloves and mace then put your mallard into the coffin with the saide iuyce of the onions and a good quantitie of Winter sauozie, a litle time, and persely chopped small and swete 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, folowing time, margerum, bozage, persely, and a litle rosemarie,
and