

and a bundell of sweet hearbs as time kosmary
parsly and boyle it uery well and scume it uery
lean and then put in a few blades of mace in the soue
ing and then put in the eels and let them boyle till
they be uery tender and then take them ofe licker and
all and let it stand till it is cold and then put the
em in and casten y^e an licker and all and when
they are soused then cut a color in 2 or 3 peces and
set it in a dish as you doe brane and stick a kosm
ary strigs in them or lorell or bay to garnish the di
sh and serue it with uinegar this is a good way

For a losness proued

Drinke a sponfull or 2 of herat such as you make
for your ordnery cheses that which is in the hage su
me of the curd and thin together and it will stay it

To Bryle or fry eels

Take eels and cut ofe their heads and pull out their
guts and then kearne them one day befor you eat them
and then cut them in hansom peces and then fry th
em in good butter and put beat thick to them for sa
ce and so serue them if you bryle them you may sk
re them up round and so bryle them hole if they bee
not uery bige you may cut them a lited as you doe
bryled meat if you pleas let them not be flaid but w
hen you serue them lay the whit sides upermost and b
ut as for sae