

to preserve their color milt your suger with a litle
~~rose~~ water a sponesfull and boyle them therein till they
be tender then let them stand in the sunne 2 nights
and a day before you lay them out then lay them out
upon a sife a glass or tinne plate you must keepe
some of your suger out to sift upon them when they
are laid out set them in a warme oven or stove and
when they are halfe dry turne them and sift a litle
more suger over them and set them in a gaine when
they are very crispe take them offe wiping them of
any suger hangge upon them and lay them up betwene
cleane papars for your use. So you must lay up all
your dried sweet meats: Appricocks greene ~~plums~~ fruit
and whit are all to be done all with double refined
suger

To make Almonds cakes

Take a pound of sweet almonds blanched and beat
them well with rose water then take a pound and a
halfe of double refined suger searced a quarter of a pou
nd of flowre beat it all together till it be very fine then
beat 6 whits of egges to a froth and put them in put
in a litle ambergreene in them well mingled then put
them on your plats first being first rubed over with
butter or oyle of sweet almonds and so bake them when
you have first sifted a litle fine suger over them

To make Sugar Cakes with Curance

Take a pound of flowre dried in the oven halfe a p
ound of suger fine beaten and dried 4 yelks of