

A good dish of stewed meat m b e

Take 3 calves heads and boyle them uery tender and then take out all the bones and cut it in litell peces not to bige and put it in to a pot and put to it whit wine and water half whit wine and half water to stew it in and then put in cloves and mace and nutmeg and salt and pickled oysters and a good many saseges and a good many sweet herbs as parsly and sweet marigrome and fennel and spinnage and winter sauery and ~~wild~~ leaves and shred them all pretty small and put them all to your stewed meat and a good peece of new sweet buttar then when it is all well stewed and kelesed then take sume new buttar and yelks of eggs and whit wine and so beat it all together till it be thick put in a few hole pepars corne in the stewed meat then put in the whit wine and eggs and buttar and poure it all ouer the stewed meat then cut slips of baken and lay one the tope of the stewed meat and lay it up heaping in the middell of the dish then lay sume whit tostes round the dish and 6 or 7 good mary bones and set them round the dish lay sume of the saseges one the tope of the stewed meat put in sume fennel and sauery in to your saseges make them with hoges flesh and befe sewet or you may make them of weale or befe or mutton and it will be uery good put in 12 shillots shred small and 6 anchovies shred small and the herbs shred small

To make leman water

still it as you doe your orange water