

① To make Cabeg Creame

Take a quart of new milke and put in to it
a pint of creame and let it stand one the colde
till it be curds then put it out in to a culer
and let the whey runne cleane from it and
then put it in to a dish and strow sugar
one it or you may put it in a dish with creame
and so eat it as a lone let the milke boyle then
poure the creame in to the middell of the skillett and
then so let it stand till it be curds

To Make French bread the right
way as it is mad at S^r John P^{ar}is

Take a gallon of fine flower then take a pint of new
ale yest and a pint of new milke and when it is ene
kedy to boyle then put in the yest in to the milke and
beat it with your hand till it be well beten and when it
is a rise then worne a whit wollen cloth and flower it
very well and put the bred in it and let it stand by the fire
side a quarter of an houre then take wooden dishes and
dry them well in the oven and then flower them well but let
them be pretty hot and put in the bred fill the dishes full
then lay ~~them~~ a wormerne wollen cloth over it a gaine and
let it stand for a quarter of an houre then flower a pella
well with fine flower and at the ovens mouth turne them on
as fast as you can and set them in to the oven very quick or
else they will have a broad let the oven be quick and hot and
bake them well and then kasp them if your yest be not very light
and good then take the whites of 2 or 3 eges and beat it in
the milke and eges the yolkes of eges makes it lewie