

Take the Rabets and flow them and then cut them  
in peeces and boyle them tender and then poure one then  
buetos and parshly beat well together and some salt and  
shred the parshly very small and so poure the sauce all  
ouer the Rabets lay the heds in the middle of the dish  
Ashen Kes are and exelent sallet if they look very  
greene the pickell must be boyled with whit wine  
ueniger and wator and salt and put up when  
it is cold in benches; purslan stalks are a very  
good sallet they must be boyled tender and so  
pickled up: cowslips are a very good sallet put  
up with whit wine and suger or bureq flowers or buds  
flowers and clove gilliflowrs are and exelent sallet  
they must be put up with whit wine ueniger or whit wine  
the peas pickled are a good sallet the peas called sickle  
peas when they are very young and french beans  
are a good sallet in the winter and cornelians are  
a good sallet pickled and so are cherys pickled when  
they are greene and so are greene figes and so is sm  
all turneps cut in slices and horsh kadish roots are  
a very ~~gated~~ good in winter the root grated brome  
buds are a good sallet and soe are eldot buds pick  
led up and so are whit damsons befor they be kipe  
samper is and exelent sallet all so and so are the  
buds of nerstersenendicome and ~~so~~ ~~are~~ potato Apols