

How to roast a lobster a good way

Take a good large lobster a live and so tie it fast
pou on the spit and roast it a live and baste it well with
ye butter and when it is very red all over then it is
roasted for the same some Anchore and butter beat
very thick and serve it to the table

A good dish of meat

Take a good many Lams stones and flay them
and cut them the long ways and wash them cleane
and salt them then take Coks stones and Coks
comes and wash them well and boyle the comes be
fore you fry them you may fry the sweet breads
of weale amongst it all so fry them in butter and
Take some butter beat thick for sace and so serve them
take fry some of the Lams liver cut in thinn slices and
new lay it amongst the Lams stones and comes and serve
sall

A Sace for stewed carps and how to boyle
them

Take claret wine and cloves and mace and hole pep
so pepper and horsh Radish roots and butter and Anchoves
it and some grarey of befe or muten the carps blood
must be put in to the sace if you have them a live
to kill them you must hang them up by the gills

Take and Run a knife thorow their tails and let them
it bleed well then scall them very well and then
a piece cut them in peeces and so stew them with one qua
rt of claret wine and cloves and mace and hole
peper and horsh Radish roots and grarey and Anch