

boies and puttes when it is ready to take up
and the brede befor put in to stew with it take
the hole spice and lay the heads in the middell
the dish and then poure one all the sace one
and scree them

To make sprall potage

Take sparagras when it is first cut in the spring
the yeare and boyle it in water and salt and sume ale
and mace and when it is well boyled then thicke it
with the yelks of eges put in a bundell of hearbs
to your potage at first and when you scree it take
the hearbs out

To pickell Cowcombers a good way: m^{rs} th

Take smal cowcombers about bartellmetide and
wipe them cleane and put them in to a new crock
that will hold the brine well or pickell then take
2 quarts of water and one quart of white wine
reeneger and put it together and put to it salt
as much as you think will kelesh the licker well
and put in sume dill tops and boyle the licker
er a good while and scume it cleane and when
it is seething hot poure it upon your cowcombers
and cover them close and when the licker is
cold then set it to boyle againe and poure
it seething hot one the cowcombers againe put
the dill one the top of them and cover them