

A Recart for trouts flounders soales
or Samon Trowts

Take a quantity of sweet oyle a litle faire water a few
bay leaues a litle vineger and clarifie it on the fire in
a pan till it hath dune kearing and so fry your fish st
ife and cut your Saman in 6 peces and turne your
fish ouer and ouer and dreane it uery well: then take a
quantity of whit wine a litle large mace sliced ginger
sume bay leaues a litle stronge broth elle and sume
strong broth with the vineger with 3 or 4 lemons

To make Chewets

Take ueale that is roasted and could or could ca
pen or polet and mince any of them uery fine wit
h befe sewet then season it with nutmege and salt
and suger and Curance and the yelks of 2 or 3 eggs
and so mingle it all well together and bake it in a
dish with puff past: you may make it with sweet
breads of ueale if you pleas Remember sume Rose water
to put to it then strow suger and serue it

To make black sheeps pudings ^{Counts of ke}

Take sheeps ~~puding~~ bloud and put to it uery
good milke then take fine manchut and grate it
let the milke be boyled and but worne when
you put it to your blood then put in one hand
full of uery fine flowre and season them with
nutmeg and salt and sume time shreed fine a
not uery much and the yelks of 5 or 6 eggs u
ry well beaten and 2 whits then put them in
bolocks guts and tye them ^{put in the sewett} and boyle them