

Extract page 70.

“To make Lemon Sillibubes.

Take a quart of Cream, 3 quarters of a pound of double refine sugar, & ye juce of 4 lemons with some of ye peel grated into a pint of white wine, and half a pint of sack. Put all these into a clean pan & with a wisk keep it stirring all one way for half an hour. Then take off ye froth as it rises & put into your glasses: it is better for keeping two or three days & it will keep a week.

Ingredients:

8 fl oz (240 ml) double cream
3 oz (85 g) golden caster sugar
Juice of a lemon
4 fl oz (120 ml) white wine
2 fl oz (60 ml) medium or sweet sherry
Serves four

Add the lemon juice to the sugar and mix well. Add the sherry and wine and blend in, then add the cream still stirring or mixing. This is best done in a blender. When the froth rises, stop mixing and spoon the froth into sundae dishes. Blend again and repeat until there is little left in the blender. Pour the remainder slowly into the glasses at the sides so as not to disturb the froth. Can be eaten immediately or kept in the fridge for one or two days.

The wine and sherry act as preservatives. This is a rather alcoholic and very elegant dish, suitable for special occasions.”

Extract page 84

**“To make Petty Pattys
(Mrs. Barnardiston)**

Take the breast of a fowl or Turkey, mince it very fine, with the marrow of one bone, a few Crumbs of bread, a little Parcely and thime, some peper & salt, & a little onion. Mix all these together with an Egg as for forst meat, then bake them in the smallest patty pans you have, in puff paste, & before you send them to Table cut the tops off, and put in a little gravy. To be eat hot.

Ingredients:

12oz (340g) minced turkey breast
3 small slices of brown bread
1 teaspoon of fresh or ½ teaspoon dried thyme
1 teaspoon fresh chopped parsley
½ medium onion
2 eggs
1lb (450g) puff pastry

Mix the meat, breadcrumbs, herbs and finely chopped onion together; season with

salt and pepper. Beat the eggs and add sufficient to bind the ingredients together. Save a little to paint onto the pastry case before it goes into the oven.

Roll out the puff pastry and line small bun tins or a larger dish, leaving sufficient to lay over the top. Fill the pastry cases and seal the puff pastry lids with the egg you have set on one side. Paint the top of each patty with egg and cook at 170 °C for 40-50 minutes in a fan-assisted oven. Following Mrs. Barnidston's instruction, remove the lids just before serving and pour in a little gravy.

These are very tasty and suitable for serving for a light meal with salad.

The physic recipes are as fascinating as the cookery is delicious.

Extract Page 138.

“A receipt to make ye Green Ointment that cured Lady Probyn's Coachman's back (Mrs. Lethiclear)

Take of Sage and Rue of each one handfull, of wormwood and bay leaves, each half a pound. Gather these in the heat of the Day. They must be unwashed and Shread small. And take a pound and half of sheep suet and stamp it with the herbs untill they be all of one couler; put it in a pint and half of the best Sallet Oil, and stir them well together, and put it in a pot and stop it close up, and let it stand nine days. Then boil it till the strength of the herbs be gon, and take care in boiling that, you doe not burn it. And when it is boil'd put in an ounce and half of Oil of spike, and keep it for your use. It is good for all manner of wounds, bruises, burns and sprains. The best time to make it is in May.

This is a typical early ointment for treating muscular aches and pains. Wormwood is no longer commonly used in external applications. Handling rue can produce a long-lasting blistering rash. I have previously made recipes with sage, bay and lavender and have found these very comforting and analgesic. Oil of spike would be a rather powerful lavender oil.”

Extract page 141.

The Emulsion

“Spermaciti, one Drachm, Nitre, half a Drachm, fine Sugar, two or three Drachms. Beat all these together with the Yolk of an Egg, then gradually add near half a pint of Barley water. Give two spoonfulls every two or three hours.

Spermaceti is described by Quincy as more properly Oleum Ceti being an oil from the head of a particular sort of whale. He recommends it as safe and effectual in coughs, pleurisies and dysentery. Nitre, or salt- petre seems to have been imported largely from India for medicine, Quincy suspects it to have been obtained from the excrement of a large fowl. He writes it has greater repute as a universal medicine abroad.”