

For to make gronden Benes^a. I.

TAKE benes and dry hē ī a noſt^b or in an Ovene^c and hulle hē wele and wyndewe^c out þ̄ hulk⁹ and wayſhe hē clene ā do hē to ſeeþ in gode broth^d ā ete hē w̄ Bacon.

For to make drawen Benes. II.

Take benes and ſeeþ hē and grynde hem ī a mort^e and drawe hem up^f w̄ gode broth ā do Oynōns in the broth grete mynced^g ā do þ̄ to and colō⁹ it with Safrōn and ſerve it forth.

^a Grōnden Benes. Beans ground (y grōnd, as N^o 27. 53. 105.) ſtrip of their hulls. This was a diſh of the poorer houſeholder, as alſo is 4 and 5, and ſome others.

^b a noſt. An oſt, or kiln. Vide Gloſſ. voce Oſt.

^c wyndewe. Winnow.

^d gode broth. Prepared beforehand.

^e mort'. Mortar.

^f drawn hem up. Mix them.

^g grete mynced. Groſſly, not too ſmall.