

XVI. For to make Brymeus.

Nym the tharmys^y of a pygge and wasch hem clene in water and salt and seth hem wel and than hak hem smale and grynd pepyr and safron bred and ale and boyle rogedere Nym wytys of eeryn and knede it wyth flour and mak smal pelotys^z and fry hem with wyte grees and do hem in dishes above that othere mete and serve it forthe.

XVII. For to make Appulmos^a.

Nym appelyn and seth hem and lat hem kele and make hem thorw a clothe and on flesch dayes kast therto god fat breyt^b of Bef and god wyte grees and sugar and safron and almande mylk on fysch dayes oyle de olyve and gode powdres^c and serve it forthe.

XVIII. For to make a Froys^d.

Nym Veel and seth it wel and hak it smal and grynd bred peper and safron and do thereto and frye yt and presse it wel upon a bord and dresse yt forthe.

^y Rops, guts, puddings.

^z Balls, pellets, from the French *pelote*.

^a See N^o 35.

^b Breth, i. e. broth. See N^o 58.

^c Spices ground small. See N^o 27, 28, 35, 58. II. N^o 4, 17. or perhaps of Galingale. II. 20, 24.

^d a Fraise.