

Sethe alle to gedur and hew hit smalle,
 Þe flesshe and eke þo guttus with alle;
 Take galingale and gode gyngere
 And canel, and grynd hom al in fere;
 And myude bred þou take þerto,
 And temper hit up with brothe also;
 Coloure hit with brend bred or with blode,
 Seson hit with venegur, a lytelle for gode;
 Welle alle togedur in a posnet;
 In service forthe þou schalt hit sett.

Nombuls.

Take þo hert and þo mydruv and þe kydnere,
 And hew hom smalle, as I þe lere;
 Presse oute þe blode, wasshe hom þou schalle,
 Sethe hom in water and in gode ale;
 Coloure hit with brende bred or with blode;
 Fors hit with peper and canel gode,
 Sett hit to þo fyre, as I þe telle in tale;
 Kele hit with a litelle ale,
 And set hit downe to serve in sale.

Anoþer maner for noumbuls.

Take þe noumbuls of þe veneson,
 In water and salt þo wasshe hom sone,
 And in 'twynne waters, þou schalt hom sethe;
 Grynd bred and peper with ale full smethe,
 With þe secunde brothe þou temper hit mun,
 And hew þy noumbuls alle and sum;
 And boyle þy sew, do hom þer inne,
 Of þys mater þer, no more ne myn.
