

Alay py flesshe smalle grounden to,
 And floure of ryce pou grynd also;
 Cast powder of gyngere and sugur perinne,
 But loke pat hit be not to pyn,
 But stondand¹ and saltid mesurlé
 And kepe py dysshe mete for po maystré.

Peions istued.

Take peions and hew hom in morselle smalle,
 Put hom in a erpyn pot, pou shalle;
 Take pilled garlek and herbys anon,
 Hack hom smalle er pou more don;
 Put hom in po pot, and per to take
 Gode brothe with wyte grece, pou noyt forsake;
 Do powdur per to and gode verjus,
 Coloure hit with safron, and salt inow;
 Pou put in pote pese pynges alle,
 And stue py peions pus pou schalle.

Sowpus dorre.

Take almondes, bray hem, wryng hom up;
 Boyle hom with wyn rede to sup;
 Pen temper hom with wyn, salt, I rede,
 And loke pou tost fyne wete brede,
 And lay in dysshes, dubene with wyne;
 Do in pis dysshes mete, pat is so fyne;
 Messe hit forthe, and florysshe hit penne
 With sugur and gynger, as I pe kenne.

Gruel of almondes.

Take almondes unblanchid and bray hom sone,
 Put ote mele to, penne hase pou done,
 And grynde alle sammen², and draw hit penne
 With water and sethe, as I pe kenne;

¹ thick.

² together.