

*Hennes in gravé.*

Take hennes and rost, as I þe kenne,  
 Sithinn, hew hom smalle and frye hom; þenne  
 Take wyne or peper or venegur to,  
 Grynd hit togeder with hennes þo;  
 Lye hit with þolkes of eyren wele,  
 Coloure hit with safrone everydele,  
 And messe hit forthe withoutene ouy more,  
 And loke þou forþete noȝt þys lore.

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*Capons in Covisy.*

Take capons and sethe hom wele,  
 And hew hom smalle ilkadele;  
 Take peper and brede, and grynde hit smalle,  
 And temper hit up with capon alle;  
 Take whyȝte of eyren harde sopun þo,  
 And hake hom smalle and do þerto,  
 And boyle þe capon and coloure hit þenne  
 With safrone, and do as I kenne;  
 Þo þolkes of eggus, I telle þe,  
 Alle hole þou put in disshe so fre.

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*Hennes in gauncel.*

Take first and rost welle þy henne,  
 Take garlek by hit selfe and grynd; þenne  
 Blonde hit with mylke and put alle in panne,  
 And hew þyn henne and do þer to þenne  
 Þy henne and þolkes of eyren imelle<sup>1</sup>;  
 Coloure hit with safron and let hit welle,  
 And messe hit forthe, I telle þe;  
 But þou wille alye hit with floure so fre.

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<sup>1</sup> mixed.