

LIBER CURE COCORUM.

Sawce for vele and venysone.

Take brede and frye hit in grece pou schalle,
 With brothe of venegur drawze hit withalle,
 Kast powder of gynger anon per to
 And peper, and sethe po
 And messe hit forthe; a sawce hit is
 For vele and venyson, iwys.

Blaunche sawce for capons.

Take blanchid almondis and smal hom grynde,
 Temper hom with verius, pat is hor kynde,
 Powder of gynger, and kast per to,
 And messe hit forthe, pen hase pou do.

Sawce best for capons rostyd.

Take lyver of capons and rost hom wele,
 Take annes and grynd hit, as have pou cele,
 Pare gynger and canel gode per to,
 A lytel crust of brede pou take also;
 Grynde al pese pynges wondur smalle,
 With verius temper hom up pou schalle;
 With grece of capons boyle hit in syzt
 And serve hit forthe fulle wele pou myzt.

Sawce sirer for mawdelardus.

Take brede and blode iboylyd and grynde,
 And drawze hit porowghe a clothe by kynde,
 With venegar gode and sesounabulle,
 With powder of gynger, and peper abulle,
 And grece of mawdelarde; and boyle alle wele,
 And messe hit forthe Syr at po mele.
