

A capone also pat comyn is,  
 Do pecok wyth his tayle so have I blys,  
 Do fesaunt kok, but not po henne;  
 Dus have I lurnet at gentil men;  
 Alle oper foles pat swymmen in flode,  
 Pat schun be rostyd, Syr, by po rode,  
 With outen necke or hede, I trowe,  
 And oper smalle bryddes, pat I wele knaw,  
 As osel, smityng, laveroc gray<sup>1</sup>,  
 Pertryk, werkock, I dayr wele say;  
 Do kormorount schalle rost iwys,  
 With po bylle opone for grete koyntes.

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*For pygges farsyd.*

Take swongen<sup>2</sup> eyrene and floure per to,  
 And powder of peper er pou more do;  
 Blend alle togeder and salt perwith;  
 Coloure hit with safrone, so have pou blythe;  
 Put alle in body of po pygge,  
 Rost hit on broche of irne bygge  
 Enfarsed; po cle<sup>3</sup> of pygge schalle be  
 Festened in pe cheke so mot pou pe;  
 Do hender legges enoynt<sup>4</sup> pou schalle,  
 Do cles by po sydes pou festun withalle.

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*For fraunche mele.*

Take swongene<sup>2</sup> eyrene in bassyne clene,  
 And kreme of mylke pat is so schene,  
 And myyd bred, pou put per to,  
 And powder of peper er pou more do;  
 Coloure hit with safrone in hast,  
 And kremelyd sewet of schepe on last,  
 And fyller py bagge pat is so gode,  
 And sew hit fast, Syr, for po rode;

<sup>1</sup> Perhaps we should here read: 'As osel snite and laveroc gray' i. e. the blackbird, snipe and lark.    <sup>2</sup> beaten up.    <sup>3</sup> claw.    <sup>4</sup> enioynt?