

Whenne hit is sopun, pou schalt hit leche,
And broyle hyt on gredel, as I pe teche.

For bours.

Take porke and gese, hew hom pou schalle
On gobetes, with powder of peper withalle;
Hom sethe in pot pat is so clene,
With oute any water, with salt, I wene;
Fro Martyn messe to gode tyde evyne,
Pys mete wylle serve, pou may me lene,
At dynor or soper, if pat hit nede;
Pou take gode ale, pat is not quede¹,
Per in pou boyle po forsayde mete
Do more worship pou may gete.

For powme dorrys.

Take porke and grynde hit rawe, I kenne,
Temper hit with swongen² egges; penne
Kast powder to make hit on a balle;
In playand³ water pou kast hit schalle
To harden, penne up pou take,
Enbroche hit fayre for goddes sake.
Endore hit with 3olkes of egges pen
With a fedyr at fyre, as I pe kenne;
Bothe grene and rede pow may hit make
With iuse of herb; I undertake;
Halde under a dysshe pat nojt be lost,
More honest hit is as pou wele wost.

Hasteletes on fysshe day.

Take fyggus quartle, and raysyns, po
Hole dates, almondes, rine hom also
On broche of irne, and rost hom sone;
Endore hom with 3olkes of egges anone.

¹ bad.

² beaten up.

³ boiling.