

In sum of **pe water** stepe pou schalle
 Whyte brede **crustes** to alye hit with alle;
 Penne take **figgus** and grynde hom wele,
 Put hom in **pot so** have pou cele;
 Pen take **brede**, with mylke hit streyne
 Of **almondes** pat **be** white and clene;
 Cast in **po fyggus** pat ar igrynde
 With powder of **peper** pat is po kynde,
 And powder of **canel**; in grete lordys house
 With **sugar** or **hony** pou may hit dowce;
 Pen take **almondes** cloven in twen,
 Pat fryid **ar** with **oyle**, and set with wyn
 Py **disshe**, and **florysshe** hit pou myt
 With powder of **gynger** pat is so bryt,
 And serve **hit** forthe as I spake thenne
 And set **hit** in **sale** before gode menne.

For sirup.

Take **befe** and **sklice** hit fayre and thynne,
 Of **po luddock**¹ with owte or ellis with in;
 Take **mynsud onyons**, and powder also
 Of **peper**, and **suet** and **befe** perto
 And cast **peron**, rolle hit wele,
 Enbroche hit **overtwert**, so have pou cele;
 And rost hit **browne** as I pe kenne,
 And take **brothe** of fresshe flesshe penne,
 And alye hit with bred er pou more do,
 And **mynsud onyons** pou cast per to,
 With powder of **peper** and **clowes** in fere;
 Boyle alle togeder, as I pe lere,
 Penne **boilyd blode** take pou shalle;
 Strene hit **porowghe** clothe, colour hit withalle;
 Penne take py **rost**, and sklyce hit clene
 In pe **lengthe** of a fynger; boyle hit by dene
 In pe **same sewe**; serve hit pou may
 In a **disshe togedur** I say.

¹ loins.