

And sethe hit wele and serve hit penne,
 Loke hit be saltyd for gode menne.
 In wyntur tyme when erbs ben gode,
 Take powder of hom I wot in dede,
 As saveray, mynt and tyme, fulle gode,
 Isop and sauge I wot by pe rode.

For seke menne.

Ale bre¹ pus make pou schalle,
 With grotes and safrone and good ale.
 Take playd water with hony, I wote,
 For water gruel made with grote;
 Melle white brede in dysshes aboute,
 Powre in wellyd mylke, with outen doute,
 Pat called is mylke soppys in serves
 For Satyrday at nyȝt, so have [I] blys.
 Ȝet sugurt soppes I nyl forȝete,
 Pou tost shyves of gode manchete,
 Enbene hom with wyne on both syde; penne
 Sawce hom with sugur inoȝhe I kenne.

For sethe ray.

Take ote, strey and draghe hit clene,
 Couch hit in a panne with water by dene;
 Cast salt per to, ley in py ray,
 And set hit forthe as I pe say:
 Then take hit oute, po skyn away,
 Souse hit in ale, and salt, I pray;
 When hit is colde, ete hit pou may
 With lyver and garlek, pat samen are dyȝht.

Oystere in browet.

Take and schole hom and sethe hom in clene water;
 Grynde peper and safroun with brede and ale, temper hit

¹ Alebery, candle, warm broth, [Cotgrave] = ale broth.