

And rostyd capon, þen shal þou take,  
 Þys for þe fyrst cours, þou noight forsake;  
 Then fyllets in galentine and mortrews eke  
 With rostyd befe and moton so meke,  
 And rosted vele and porke and grys;  
 And gose and gryce for secunde be wyse,  
 For the thrydde cours, now take shalle  
 Cawdel ferre, stued mawdelarde with alle,  
 Then tarts and daryels and custan dere,  
 Rysshene and pome dorres, and frutur in fere,  
 Thenne rosted mawlarde and cele þer to,  
 With wodcoke and oper smalle bryddys inow.  
 Of servis tel þou no more I wylle,  
 For a comyne fest at home be skylle.

*For a comyn rewle in cure.*

Now tas þys for a rewle fulle gode,  
 All hole futed fuylle in flud  
 Gose before, and ay þou take  
 Þo grettis fyrst, savun gose and drake,  
 Bothe of towne and of toper,  
 Also bakyn mete, my der brother,  
 And most daynté, come byhynde:  
 Þys is a rewle mad in kynde.

Explicit Liber cure Cocorum.