

Congur ° in Sawfe. .c. IIII.

Take the Cong^o and scald h^y. and smyte h^y in pecys & seep hym. take p^{er}sel. mynt. pelet. rosmārye. & a litul saw^{ce}. brede and salt, powd^{er} fort and a litel garlec, clow a lite, take and grynd it wel, drawe it up with vyn^g þurgh a cloth. cast the fyfsh ī a vessel and do þ^e sewe onoward & sūe it forth.

Rygh^p in Sawfe. .c. v.

Take Ryghzes and make hem clene and do hē to seep. pyke hē clene and frye hem ī oile. take Almānd and grynde hē ī wā^r or wyne, do þ^eto almand blānched hole fryed ī oile. & corānce seep the ly^o grynde it smale & do þ^eto garlec ygronde & litel salt & vions powd^{er} fort & safron & boile it yfere, lay the Fyfshe in a vessel and cast the sewe þ^eto. and messe it forth colde.

Makerel in Sawfe. .c. VI.

Take Makerels and smyte hem on pecys. cast hem on wā^r and vions. seep hem with mynt and wip oop^{er} erbes, col^o it grene or zelow, and messe it forth.

° Congur. The Eel called *Congre*. *Sawce*, Contents here, and N^o 105, 106.

^p Rygh. A Fish, and probably the *Ruffe*.