

þāne take a porciōn of wyne & powdō marchant & do  
þto and lat it boile wele, and do þto a litel of<sup>u</sup> vyneg.  
& sūe forth.

Sooles in Cynee<sup>x</sup>.

.c. xix.

Take Sooles and hylde hem, seeþ hem in wať,  
smyte hē on pecys and take away the fynnes. take  
oynoñs iboiled & grynde the fyn<sup>9</sup> þw<sup>9</sup> and brede.  
drawe it up with the self broth. do þto powdō fort,  
safroñ & hony clarified with salt, seeþ it alle yfere.  
broile the sooles & messe it ī dyfsh & lay the sewe  
above. & sūe forth.

Tench<sup>9</sup> in Cynee.xx.  
vi.

Take Tench<sup>9</sup> and smyte hem to pecys, fry hem,  
drawe a lyō of Raysoñs corañce with wyne and wať,  
do þto hool raifōns & powdō of gyng<sup>9</sup> of clowes of  
canel of pep do the Tench<sup>9</sup> þto & seeþ hē w<sup>9</sup> sug<sup>9</sup> cypre  
& salt. & messe forth.

<sup>u</sup> litel of vyneg<sup>9</sup>. We say, a little vinegar, omitting of. So 152,  
a htail of lard.

<sup>x</sup> Cynee. Cynce, Contents, both here and N<sup>o</sup> 120. 123. See  
before, N<sup>o</sup> 25.