

XXXI. For to make Blank de Syry ^k.

Tak Almande mylk and Flowr' of Rys Tak ther'to sugur and boyle thys togeder' and dische yt and tak Almandys and wet hem in water of Sugur and drye hem in a panne and plante hem in the mete and ferve yt forth.

XXXII. For to make a Pynade or Pyvade.

Take Hony and Rotys of Radich and grynd yt smal in a mortar and do yt ther'to that hony a quantite of broun sugur and do ther'to Tak Powder of Peper and Safrōn and Almandys and do al togeder' boyl hem long and hold^l yt in a wet bord and let yt kele and messe yt and do yt forth ^m.

XXXIII. For to make a Balourgly ⁿ Broth.

Tak Pikys and spred hem aboard and Helys zif thou hast fle hem and ket hem in gobettys and feth hem in alf wyn^o and half in water Tak up the Pykys and Elys and hold hem hote and draw the Broth thorwe a Clothe do Powder of Gyngener Peper and Galyngale and Canel into the Broth and boyle yt and do yt on the Pykys and on the Elys and ferve yt forth.

Explicit de Coquina que est optima medicina.

^k Vide ad N^o 29. of Part I.

^l i. e. *keep*, as in next Number.

^m This Recipe is ill expressed.

ⁿ This is so uncertain in the original, that I can only guess at it.

^o Perhaps, *alf in wyn*, or dele *in* before *water*.