

pike hem, pluk hē small wiþ fyn[•] honde and myng hem wel with rawe oile. lay on vyneḡ and falt, and sūe it forth.

Fenkel in Soppes. xx.
III. XVII.

Take blades of Fenkel. shrede hem not to smale, do hem to seeþ in waṯ and oile and oynoṅs mynced[•] with. do þto safrōn and falt and powdō. douce. sūe it forth. take brede ytofted and lay the fewe onoward.

Clat[•]. xx.
III. XVIII.

Take elena campana and seeþ it waṯ[•]. take it up and grynde it wel in a morf. temp it up w ayreṅ safrōn and falt and do it ou the fire and lat it not boile. cast above powdō douce and sūe it forth.

Appulmoy[•]. xx.
III. XIX.

Take Apples and seeþ hem in waṯ, drawe hem thugh a stýnō. take almañde mylke & hony and flo of Rys, safrōn and powdō fort and falt. and seeþ it stondyng[•].

[•] fyn. thine.

[•] Clat. Qui.

[•] water; r. in water, as in N^o 79.

[•] Appulmoy. *Appulmos*. *Med. Ed.* N^o 17. named from the apples employed. V. N^o 149.

[•] stondyng. thick.