

war^b Samōn and seeþ .it. in lewe wa^c drawe up þyn
 almand with the broth. pyke out the bon^o out of the
 fyfsh clene & grynde it smali & cast þy mylk & þ^o togȳd
 & alye it w^o flo^o of Rys, do þto powd^o fort, fug & salt
 & col^o it w^o alkenet & loke þ hit be not stondyng and
 messe it forth.

Vyannnd Ryal.

xx.
IIII. XIX.

Take wyne greke, op^o rynyfshe wyne and hony
 clarified þwith. take flo^o of rys powd^o of Gyng^o op^o of
 pep & canel. op^o flo^o of canel. powd^o of clow. safrōn.
 fug cypre. mylberyes, op^o saūdr^o. & medle alle þise to-
 gid. boile it and salt it. and loke þat it be stondyng.

Compost^d.

c.

Take rote of pſel. paſternak of rafēns^e. scrape hem
 and waiþthe hē clene. take rap^o & caboch^o ypared and

^b calwar. Salwar, N^o 167. R. Holme ſays, "*Calver* is a term
 " uſed to a Flounder when to be boiled in oil, vinegar, and ſpices
 " and to be kept in it." But in Lancaſhire Salmon newly taken
 and immediately dreſſed is called *Calver Salmon*: and in Littleton
Salar is a young ſalmon.

^c lewe water. warm. V. Gloſſ.

^d Compoſt. A compoſition to be always ready at hand. Holme,
 III. p. 78. Leſ. Coll. VI. p. 5.

^e Paſternak of rafēns. Qu.