

at þ⁹ navel. & rest a⁹ tēl at the navel. take
out the gutt at the ende. kepe wele the blode. put
the Laumprey on a spyt. roost h̄y & kepe wel the
grece. grynde raysons of coran̄ce. h̄y up¹ w̄ vyneg.
wyne. and crust of brede. do þto powdō of gyng⁹. of
galyngale². flō of canel. powdō of clow⁹. and do þto
raisons of coran̄ce hoole. w̄ þ⁹ blode & þ⁹ grece. seep
it & salt it, boile it not to stondyng, take up the
Laumprey do h̄y in a chargeō³, & lay þ⁹ sewe ono-
ward, & sūe h̄y forth.

Laumprōns in galyntyne. xx.
vi. vii.

Take Lamprōns and scalde hē. seep hem, meng
powdō galyngale and some of the broth togyd &
boile it & do þto powdō of gyng⁹ & salt. take the
Laumprōns & boile hē & lay hē ī dysh⁹. & lay the sewe
above. & sūe fort.

Loseyns¹ in Fyssh Day. xx
vi. viii.

Take Almand⁹ unblānched and waisthe hē clene,
drawe hē up with waī. seep þ⁹ mylke & alye it up w̄

¹ h̄y up. A word seems omitted; *drawe* or *lye*.

² of galyngale, i. e. powder. V. N^o 101.

³ Chargeō. charger or dish. V. N^o 127.

¹ Loseyns. *Lofyns*, Contents.