

icorne^f. take an erthen pāne w̄ clene wāf & set it on the fire. cast all þise þinne. whan þey both boyled cast þto peer & pboile hem wel. take þise thyng⁹ up & lat it kele on a fair cloth, do þto salt whan it is colde in a vessel take vineg⁹ & powdō & safrōn & do þto. & lat alle þise thing⁹ lye þin al nyzt op⁹ al day, take wyne greke and hony clarified togid⁹ lumbarde mustard & raifōns corance al hool. & grynde powdō of canel powdō douce & ancys holē. & fenell seed. take alle þise thyng⁹ & cast togȳd ī a pot of erthe. and take þof whan þ wilt & sūe forth.

Gele^s of Fyssh.

c. i.

Take Tench⁹, pykes^h, eelys, turbut and playsⁱ, kerue hē to pecys. scalde hē & waifche hē clene. drye

^f ypared and icorne. The first relates to the Rapes, the second to the Caboches, and means carved or cut in pieces.

^s Gele. Jelly. *Gele*, Contents here and in the next Recipe. *Gele*, Ms. Ed. N^o 55, which presents us with much the same prescription.

^h It is commonly thought this fish was not extant in England till the reign of H. VIII.; but see N^o 107. 109. 114. So Lucys, or Tenchis, Ms. Ed. II 1. 3. Pygus or Tenchis, II. 2. Pikys, 33. Chaucer, v. Luce; and *Lel. Coll.* IV. p. 226. VI. p. 1. 5. *Luce salt.* Ibid. p. 6. Mr. Topham's Ms. written about 1250, mentions *Lupos aquaticos sive Luccos* amongst the fish which the fishmonger was to have in his shop. They were the arms of the Lucy family so early as Edw. I. See also Pennant's *Zool.* III. p. 280, 4to.

ⁱ Plays. Plaife, the fish.