

boile hē tendre & mynce hē smale & do hē ī þat blode. take crust⁹ of white brede & styne it thurgh a cloth. þenne take oynoñs iboiled and mynced. take pep and safrōn. wync. vyneg⁹ ayfell^a op⁹ aleg⁹ & do þto & sūe forth.

For to make Chawdon^o for Lent. .c. xv.

Take blode of gurnard and cong⁹ & þ⁹ pānch⁹ of gurnard and boile hē tendre & mynce hē smale; and make a lyre of white Crust⁹ and oynoñs ymynced, bray it ī a mort⁹ & þanne boile it togyd⁹ til it be stondyng. þenne take vyneg⁹ op⁹ ayfell & safrōn & put it þto and sūe it forth.

Furmente with Porpeys. .c. xvi.

Take clene whete and bete it small in a mort and fanne out clene the doust, þenne waifthe it clene and boile it tyl it be tendre and broū. þanne take the secunde mylk of Almānd⁹ & do þto. boile hē togid⁹ til it be stondyng, and take þ⁹ first mylke & alye it up wip a peñe^r. take up the porpays out of the Furmente & leshe hem ī a dishe with hoot waī. & do safrōn

^a Ayfell. Eifel, vinegar. Littleton.

^o Chawdōn. V. Gloss.

^r Penne. Feather, or pin. Mf. Ed. 28.