

Galyntyne^y.

xx.
VI. XVIII.

Take crust^o of Brede and grynde hem smale, do
pto powd^o of galyngale, of canel, of gyngyn^o and salt
it, tempre it with vynec^o and drawe it up þurgh a
strayn^o & messe it forth.

Gyngē^z.

xx.
VI. XIX.

Take payndemayn and pare it clene and funde it
in Vineg^o, grynde it and temp it wiþ Vynec^o, and with
powd^o gyng^o and salt, drawe it thurgh a styn^o. and
sue forth.

Verde^a Sawfe.

xx.
VII.

Take p^ofel. mynt. garlek. a litul spell^b and sawge,
a litul canel. gyng^o. pip. wyne. brede. vynec^o & salt
grynde it final w^o safrōn & messe it forth.

Sawfe Noyre for Malard.

xx.
VII. I.

Take brede and blode iboiled. and grynde it and
drawe it thurgh a cloth w^o Vynec^o, do pto powd^o of

^y Galyntyne. Galentyne, Contents.

^z Gyngēn. From the powder of Ginger therein used.

^a Verde. It has the found of *Green-sauce*, but as there is no
Sorel in it, it is so named from the other herbs.

^b a litul spell. Wild thyme.