

cast þon powdō fort powdō douce. with rayfons corānce & prunes damysyns. take galyntyn and þ fewe þinne, and swyng it togȳd and cast ī the trape. & bake it and sūe it forth.

Cruftard of Eerbis^c on fyfsh Day. ^{xx.} VII. XVII.

Take gode Eerbys and grynde hē smale with walle-
not pyked clene. a grete portion. lye it up almost wiþ
as myche vions as waī. seep it wel w powdō and
Safroñ woute Salt. make a cruft in a traþ and do þ
fyfsh þinne unstewed wiþ a litel oile & gode Powdō.
whan it is half ybake do þ fewe þto & bake it up.
If þ wilt make it clere of Fyfish seep ayreñ harde. &
take out þ zolk & gnde hē w gode powdōs. and alye
it up with gode stewes^d and sūe it forth.

Lefshes^e fryed in lenton^f. ^{xx.} VII. XVIII.

Drawe a thick almañde Mylke wiþ waī. take dat
and pyke hē clene w apples and peer & mynce hē w
pnes damysyns. take out þ ston out of þ pnes. &
kerue the pnes a two. do þto Raifons sug. flo of ca-
nel. hoole macys and clow. gode powdōs & salt. colō

^c Erbis. Rather *Erbis and Fyfish*.

^d stewes. V. N^o 170.

^e Lefshes. V. Leche Lumbard in Gloss.

^f lenton. Lentōn, Contents, i. e. Lent.