

it w<sup>9</sup> fāndr<sup>9</sup>. make a crust in a trap<sup>9</sup> as before. and bake  
it þin and sūe it forth.

Sambocade<sup>1</sup>.

xx.  
VIII. XI.

Take and make a Crust ī a trap<sup>9</sup>. & take a crudd<sup>9</sup>  
and wryng out þ<sup>9</sup> wheyze. and drawe hē þurgh a  
stynō. and put ī þ<sup>9</sup> stynō crust. do þto sug<sup>9</sup> the þridde  
part & somdel<sup>m</sup> whyte of Ayren<sup>9</sup>. & shake þin blom<sup>9</sup>  
of elren<sup>n</sup>. & bake it up w<sup>9</sup> curose<sup>o</sup> & messe it forth.

Erbolat<sup>9</sup> p.

xx.  
VIII. XII.

Take p̄fel, mynt<sup>9</sup>, fauey, & fauge, tansey, v<sup>9</sup>uayn,  
clarry, rewe, ditayn, fenel, southrenwode, hewe hē  
& gnde hē smale, medle hē up w<sup>9</sup> Ayren<sup>9</sup>. do butt ī a  
trap<sup>9</sup>. & do þ<sup>9</sup> fars þto. & bake it & messe it forth.

Nysebek<sup>r</sup>.

xx.  
VIII. XIII.

Take þe þridde part of sowre Dokk<sup>9</sup> and flō<sup>9</sup> þto. &  
bete it toged tyl it be as towh as eny lyme. cast þto

<sup>1</sup> Sambucade. As made of the *Sambucus*, or Elder.

<sup>m</sup> Somdel. Some.

<sup>n</sup> Blom of Elren. Elder flowers.

<sup>o</sup> curose.

<sup>p</sup> Erbolat, i. e. Herbolade, a confection of herbs.

<sup>9</sup> myntes, mint.

<sup>r</sup> Nysebek. Qu.