

Of peper, and cast py bre into;  
 Color hit with safrone er pou more do.  
 And sethe hit wele; alyc hit penne  
 With py forsayde brede, as I pe kenne,  
 Al hole do in py mustuls pore  
 And serve hit forthe with outyn more.

*For porray of mustuls.*

Take mustul brothe, as I say pe,  
 And grynd py lecus in mortar fre,  
 With a lite<sup>1</sup> grotcs put hom per in  
 And sethe hom wele, no more no myn;  
 But grynde py mustuls and put per to  
 And sethe alle up, now hase pou do.

*For gruel of fors.*

Fyrst take porke, wele pou hit sethe  
 With otene grotcs, pat ben so smethe;  
 Whenne hit begynnes wele to alyc,  
 Pou save of pe pynnest brothe per by  
 To streyne py gruel, alle and summe;  
 But furst take oute py porke pou mun  
 And hak hit smal and grynde hit elene;  
 Cast hit to po gruel pat streyned bene,  
 Colour hit with safrone and sethe hit wele;  
 For gruel of force serve hom at mele.

*For Ioutes.*

Take most of cole, borage<sup>2</sup>, persyl,  
 Of pluntre leves, pou take per tyl,  
 Redde nettcl crop and malues grene,  
 Redc brere croppes, and avans goode,  
 A lytel nept violet by po rode,

<sup>1</sup> little.

<sup>2</sup> lovage?