

And lest of prymrol levus pou take,
 Sethe hom in water for goddes sake;
 Penne take hom up, presse oute pou shalle
 Pe water, and hakke pese erbs alle
 And grynd hom in a mortar schene
 With grotene; and sethe hom thyk by dene
 In fresshe brothe, as I pe kenne;
 Take sklyset, enbawdet¹ penne
 Besyde on platere pou shalt hit lay
 To be cut and eten with ioutes in fay.

For capons in erbis.

Fyrst stop py capone with saveray,
 With persyl, a lytil ysope I say;
 Pen take po neck, avoyde pe bone;
 And make a puddyng per of anon
 With an egge and myed bred also,
 With hakked lyver and hert per to,
 With powder of peper and safrone; pen
 Sew fast po bylle grete ende, I ken;
 Pen sethe py capone, as I pe say,
 With persoley, sauge, ysope, saveray,
 A litel nep, brisse hom in hast
 And wrythe itwen; in hom pou cast
 With sklices of bacon, enbrawdēt here,
 And colour py brothe with safrone dere.
 When hit is sopun, in disshe hit lay
 Po bacon po neck besyde in fay.
 Take grounden safron temperid with ale,
 To florysshe py capone with syder pou shalle,
 Lyande in dysse, and serve hym penne,
 Set hym in sale before goode menne.

For oþer ioutes.

Take cole and strype hom porowghe pi honde
 And do away po rybbys I undurstonde;

¹ enbrawdēt?