

In oyle, or sethe hom in mylke pou schalle;
 Do powdur perto of spyces withalle,
 And coloure hit penne with safron gode;
 Hit is holden restoratyf fode.

Sauge Seynes.

Take swynes fete and sethe hom clene,
 Take ʒolkes of eyren pat harde bene,
 And sage as mykul as fall perto,
 Gode powdur, and temper with venegur;
 When pou hase soþyn þo fete ryȝt welle,
 Clovyn hom and paryd hom þer tulle,
 Lay hom on dysshe with blythe,
 Þo sawce on þe ʒolkes þerwyth.

For to make a compost.

Take þo chekyns and hew hom for þo seke,
 All but þe hede and þe legges eke;
 Take a handfulle of herb lovache,
 And anoþer of persely, als
 Of sage pat never was founde fals,
 And noþer of lekes and alle hom wasshe
 Þose herbes in water, þat rennes so rasshe;
 Breke þorowghe þy honde, bothe herbe and leke,
 With a pynt of hony enbeny hom eke,
 Summe of þese herbes pou shalle laye
 In þe pottus bothun¹, as I þe say;
 Summe of þe chekyns pou put perto,
 And þen of þe herbȝ do to also;
 So of þo ton so of þat oþer,
 Þo herbȝ on þe last my dere brother;
 Above þese herbus a lytul larde
 Smalle myncyd, haldand togeder warde;
 Take powder of gynger and canel god wone,
 Cast on þese oþer thynges everychon;

¹ sothun?