

Be sleȝe and powre in water þenne
 To myd þo pot, as I the kenne;
 Opone þo bruys poure hit withinne,
 And cover hit þat no hete oute wyne,
 And tendurly seyth hit þou do may,
 Salt hit, serve hit, as I þe say.

Blanc maungere of fysshe.

Take a pownde of ryse and sethe hom wele,
 Tyl þat þay brostene; and lete hom kele.
 Mylke of almondes þerto þou cast,
 Þo tenche or lampray do to on last;
 Welle alle togeder, as I þe kenne,
 And messe hit forthe before godde men.

Mortrews of fysshe.

Take þo kelkes¹ of fysshe anon,
 And þo lyver of þo fysshe, sethe hom alon;
 Þen take brede and peper and ale,
 And temper þo brothe fulle welle þou schalle,
 And welle hit togeder and serve hit þenne,
 And set in sale² before good mene.

For to make rose dalmoyne.

Take whyte pese and wasshe hom wele,
 Tylle þat þey hulle, sethe yche adele,
 And bene clene of þam, þen schalle þou caste
 In to þo pot and cover in hast;
 And loke no brethe þer passe oute,
 But boyle hom wele with owtyn dowte;
 Of almonde mylke þou kest þerto,
 Of floure of ryse and salt also;

¹ roe or milt.

² hall.