

A Closet
for
Ladies and Gentlewomen.

An Elizabethan Book
of
Recipes
for
Confections and Banqueting Stuff

Entered with the Stationers in 1602
and printed in 1608

Edited and Annotated
by Johnna H. Holloway
2011

Dedicated to my Friends
On the
SCA Subtleties List

With gratitude and love as always
to my husband and son.

My thanks and gratitude
to Countess Alys/Elise Fleming
for proof-reading!

A Closet
for
Ladies and Gentlewomen.

Or,

The Art of Preseruing,
Conseruing, and Candying.

Entered in the Stationers Registry
1 September 1602

London: Printed [by F. Kingston]
for Arthur Iohnson,
dvvelling neere the great north dore of Paules, 1608.

This edition edited and annotated
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Or,
The Art of Preseruing, Conseruing, and Candyng.

[MINUS the diuers soueraigne medicines
and salues, for sundry diseases.]

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Material within brackets, the introduction, notes,
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Verso of title page

A Closet for Ladies and Gentlewomen.

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Introduction

A Closet for ladies and gentlewomen. or, The art of preseruing, conseruing, and candying. With the manner hovve to make diuers kinds of syrups: and all kind of banqueting stuffes has long been a most sought-after volume for the Society's historically-minded confectioners and cooks. Unlike Plat's 1609 **Delightes for Ladies**, which was privately printed in the 1930s and more popularly published in 1948, the 1608 **Closet** was never reprinted in a popular hardbound edition in the 20th century. No modern edition meant no volumes for study except in rare book rooms or archives and no copies in bookstores or later in used bookstores. No popular access meant very little was done with the work. A generation ago those of us interested in possessing our own copy made do with often poor and inferior slick paper copies printed from the 1964 UMI microfilm version. (Later editions of the work were still being microfilmed in the 1980s.)

Then circa 1997, the 1636 edition of **A Closet** was released in the United Kingdom. This plain and un-credited grey paper stapled edition slowly made its way to the USA, and we were thrilled to have it. The next big innovation happened at roughly the same time. For those with academic access, *Early English Books Online (EEBO)* and eventually *EEBO-TCP* became available. Suddenly digital editions taken from those UMI microfilms were available for viewing online. The only drawback, and this

remains true to this day, is that most libraries cannot afford a subscription to these online services.

In early 2010, the 1608 **Closet** was still not available, so I moved it to the top of my stack of projects and set about working with what was available, editing, and annotating as I went along. In late July 2010, ProQuest's new venture EEBO Editions actually released the 1635 edition of the **Closet**, but by that time I was well into my work on the 1608 first edition. Late in 2010, EEBO Editions followed up and released the 1614 and 1630 editions of **A Closet** again as part of their "Early History of Medicine, Health & Disease" series. These EEBO Editions are facsimile editions taken from the online scans which are in turn taken from the UMI microfilms. My work is not a facsimile edition or digital scan. It's an annotated transcription, based originally on the microfilmed edition of 1608 and supplemented by the Stuart Press edition. My work was then examined versus the 1608 digital versions offered by EEBO. Careful consideration went into the editing and proof-reading. Eventually, my plan is to create a long definitive edition, which will examine all the surviving editions and include pages more of information and footnotes. But as others have commented, it's time to release this work and move on to another little known Elizabethan work. This short, concise introduction must also do for now. Making the 1608 **Closet** available relies again on the good graces of Daniel Myers' website medievalcookery.com.

Here now for the first time in March 2011 is an annotated edition of the 1608 **A Closet for Ladies and Gentlewomen** for all to use and see. For this abbreviated introduction, I shall just describe a few interesting facets of the 1608 edition, concentrating on the central questions of who, why, what,

where, when, and how, along with Sir Hugh Plat's long rumored association with the work.

Who wrote the volume and what is it?

The 1608 **Closet** has always been a mysterious volume. It's a rather small or moderate-sized volume of two very different parts. The initial part concentrates on 'the art of preserving, conserving, and candying' with additional recipes for syrups and banqueting dishes. The second part attends to the medicines and salves needed for a household of the time. Even after all these centuries, the author remains anonymous. No author or authoress, not even a set of initials, is listed in any of the editions. For the modern reader, the volume just unexpectedly begins with just the words "An especiall note of CONFECTIONARY." One is then dropped directly into the recipes. No extended introduction or flowery prose is offered. No epistle or author's letter that urges the reader to read and take note. No acknowledgements. No dedication. The recipes are not credited. We have no idea, then, whose household kept what must have been a treasured manuscript.

Was the manuscript of **A Closet** possibly written by a literate woman? It's entirely possible that it was the work of a woman, intended for her household and personal use, but we cannot really know. It remains anonymous and mysterious, but it's also a very marvelous volume worthy of more study and notice. Making it available so that more readers can enjoy it has been the goal of this project.

When and Where?

In fact, we know that the work was entered into the Stationer's records in 1602 (entered in fact as on 1 September 1602), so it appears that this Elizabethan manuscript may indeed have been acquired and then remained in the printer's office for approximately six years prior to publication. Why? Perhaps the press was lacking in funds to undertake such a work or other works took precedence over a mere work of recipes. We just don't know. As to where, the title page of the 1608 **Closet** states: At London: Printed for Arthur Iohnson, dvvelling neere the great north dore of Pauls, 1608.

How many editions?

Besides the 1608, **A Closet**, (sometimes "Corrected, amended, and much enlarged;" at other times minus numerous recipes and the medical remedies) appeared in 1611, 1614, 1618, 1624, 1627, 1630, 1632, 1635, 1636, 1641, 1644, 1647, 1651, 1654, and 1656. Then, of course, there's the paperbound c. 1997 edition and the EEBO Editions of 2010. Also **The Ladies Cabinet Opened** (1639) and **The Ladies Cabinet Enlarged and Opened** (1654) both contain large sections lifted from editions of the **Closet**.

Who was the audience? Why was it published?

There's no doubt as to the intended audience. John Ferguson wrote a century ago, "This book is divided into different sections: of preserves, of candying, of pastes, of banqueting-conceits, of cordial waters, of conserves, of medicines and salves; and its contents show what a good housewife was expected to know two centuries ago." (Ferguson, p 44) I can only concur that the work represents the very special domestic arts of candies and preserves that well-off ladies, gentlewomen, and the good housewives of the gentry might be expected to be skilled in during the late-16th until the mid-17th century. The work is not concentrated on the day-to-day cookery for a household. (Was there as I suspect another volume that concentrated on those recipes for day-to-day cookery? This would explain the abrupt beginning of the text. The book of cookery was simply left out and discarded.) Rather, these are the special dishes that were created for use when the flowers and fruits were in season. It provides the recipes for making those very special banqueting sweets of sugar, pastes, and waters which were thought to be necessary for special occasions and as suitable special gifts.

Librarians have consistently catalogued the work not under cookery but under the subject headings: Canning and preserving -- Early works to 1800. Medicines, Popular -- Early works to 1800. Food -- Preservation -- England -- History -- 17th century. EEBO Editions have placed their three volumes in their "Early History of Medicine, Health & Disease" series.

The Association with Sir Hugh Plat

Many bibliographies, lists, catalogues, and histories of cookery books have ascribed or attributed the **Closet** of 1608 to Sir Hugh Plat. Why Plat? In 1602, possibly as early as 1600, the author Hugh Plat or Platt published **Delightes for Ladies, to adorne their Persons, Tables, closets, and distillatories. With beauties, bouquets, perfumes and waters.** Plat's **Delightes** sailed through twenty-plus editions and demonstrated there was an unmet demand for such volumes of stillroom knowledge. Why did librarians and bibliographers make this association? Foremost, the **Closet** came to be listed under Plat is for the simple reason that various editions of the anonymous **Closet** were sometimes bound with volumes of Plat's **Delightes**. These various combined volumes have survived and came to be catalogued under Plat's name. Those that have made an extensive study of various editions see the picture differently. There seems little reason to suppose Plat wrote the **Closet** and allowed it to be sold anonymously.

Early last century John Ferguson described the **Closet** as "another small treatise of the same character" as Sir Hugh Plat's **Delightes for Ladies**, but Ferguson misses the essential character of the **A Closet**. Whereas, Hugh Plat gave a distinctive voice to his various works and indeed often commented extensively upon certain recipes and his experiments, the 1608 **Closet** lacks a telling, personal voice. It also seems doubtful the enterprising Sir Hugh Plat would ever publish such a work as the **Closet** and not take credit. Rather more logical would be an instance where a small personal household manuscript or perhaps two household manuscripts (the one on confectionery and the second featuring the sovereign recipes) were

acquired by the printer and eventually published for the growing audience for such works.

What about the Domestic Medicine section?

After the sections on confections, preserves, and cordial waters, comes the second part of the 1608 **Closet**, which is titled: the “diuers soueraigne medicines and salues for sundry diseases”. Centuries before *Doctor Mom* became an advertising catch-phrase, ladies and gentlewomen, housewives and housekeepers were expected to comfort and attempt to heal members of their families and households. This section of the 1608 **Closet** is substantial. It presents a variety of remedies for medical conditions, diseases, acquired ills like worms and pests, and accidental conditions like broken bones. It also clearly represents another manuscript, perhaps from the same household, but likely not. These medical recipes for dealing with piles, worms, collick, sores, toothache, “for the pestilence,” laxatives, menstrual problems, falling sickness, and mad dogges are written in a different style. Unlike the first part of the **Closet’s** recipes, the medical recipes are jumbled and not organized. One finds, for instance, different gout and headache remedies scattered throughout the text.

For reasons of length and audience interest, I made the decision for this edition to omit this medical section, and concentrate on just the confections and stillroom recipes of the **Closet**. Somehow I feel that the reader of today will not be eager to create their own versions of a 16th - century toothache cure or to cure their headaches as suggested in this text. Certainly in the 21st century, recreating these recipes might be problematic and in some cases downright dangerous. I hope my readers agree with this

decision. I will note that I did lift from the medical section, three recipes for items of cookery and perfumes. These include a recipe for making fresh cheese, a recipe for the dessert known as snow, and an amusing recipe for King Henry VIII's perfume.

Annotations & Another Text Or, What I Discovered Along the Way

This edition is corrected and edited, and it is annotated lightly. Material within [**brackets**] is my original contributed material. The research for the annotations has been intriguing and even perhaps groundbreaking. While editing the 1608 **Closet**, I was struck with certain turns of phrase. I pulled another volume from my shelves and an "Aha! Eureka!" moment happened. What I came to suspect and have now confirmed is that the 1608 **Closet** (or a later edition of the **Closet**) is a source text for a number of the recipes that appear in the manuscript known as "A Booke of Sweetmeats." This manuscript of sweetmeats, along with another manuscript titled "A Booke of Cookery," came to be published as **Martha Washington's Booke of Cookery** in 1981 by Columbia University Press. In the mid-18th-century, Martha Washington came to own the manuscripts as a gift through her first husband's family. (These recipes were not the actual recipes or manuscripts compiled or based on cookery at Washington's 18th-century Mount Vernon. Martha Washington just happened to be the most prominent name attached with the volume, hence her name becomes part of the modern title. The work has nothing to do with George Washington, except as the second husband of Martha.) Food historian Karen Hess edited the manuscripts and provided substantial notes and commentary for the recipes. She dated the recipes as circa "mid-sixteenth century to about

1625.”(Hess, page 5) Many Society cooks have long used and cherished their copies of **Martha Washington’s Booke of Cookery**. Many of those readers refer to the volume fondly as **MWBC**, and I will use that shortened form in the annotations.

Hess mentions the 1608 **Closet** twice. In one section, she states **A Closet** provides a direct source for a marmalade or “marmalet” recipe. In the bibliography, she includes the 1608 **Closet** and describes it as “This book and our manuscript contain a number of parallel stillroom recipes.” (Hess, page 473) Further research over the course of several months has revealed that the **Closet** actually seems to have provided far more than just a mere “number”. In fact almost all the recipes in the 1608 **Closet** appear in “A Booke of Sweetmeats.” An additional two **Closet** recipes appear in “A Booke of Cookery.” It seems apparent that the compiler of the **MWBC** used an edition of **A Closet** for a source text.

Why did Karen Hess not mention these similar or near exact recipes or talk about the **Closet** being a more direct source? As a bibliographer, I suspect that it is a much easier task today to compare my edited copy of **The Closet** to the printed recipes in the published **MWBC** than the laborious chore which Karen Hess faced as she worked with the original manuscripts and her transcript in the late 1970s. Perhaps she examined an actual edition of **A Closet** from a Rare Book Library or perhaps she used the UMI microfilms. In any case, I am sure, my task was far easier and once the connection was made, it was fairly easy to compare the text of the 1608 **Closet** to the recipes found in **MWBC**.

My annotations for **A Closet for Ladies and Gentlewomen**, therefore, provide mentions of the complementary or parallel recipes that I have identified or found in **MWBC**. I would suggest reading or using the

1608 **Closet** text with a copy of the **MWBC** in hand. This will allow the reader to see first-hand how recipes change, sometimes ever so slightly, between editions or in this case between a printed volume and a written manuscript like “A Booke of Sweetmeats.” I have not attempted to duplicate or re-examine every single word of Karen Hess’s notes and commentary for my annotations, but would suggest that a thorough reading of the **MWBC** will add to the reader’s appreciation of the **Closet**. It really is quite striking to compare the recipes in the **Closet** to those published in **Martha Washington’s Booke of Cookery**. My annotations in this edition primarily compare and highlight these two texts. Hopefully the annotations will be insightful and lead to a better understanding of both works.

Consideration should also be made to use this volume with a copy of Sir Hugh Plat’s **Delightes** as an associate text. The text of Plat’s **Delightes** compliments the text of the **Closet**. Using both Plat and the **Closet** will better allow one to create the late Elizabethan-early Jacobean table of sweets. Plat provides a number of baked sweets which the **Closet** omits and one would certainly want a few of these biscuits and suchlike to compliment the creams, pastes, and candies of the **Closet**.

The annotations for this online edition are not long or comprehensive then. Rather they are a taste of what an eventual fully-annotated edition might offer. Why not offer a more fully-annotated edition right now? Timewise? Additional annotations would delay publication by a number of months or even years.

Lengthwise? Such a volume would be very long.

Desirability? Would such a volume also be what an audience wants? Society cooks and readers at the moment desire free online texts and they want more of these texts made available as soon as possible. I have already promised to

work on another Elizabethan text so the work continues with an earlier volume. Therefore, the **Closet** text is just lightly annotated. This light annotation took a matter of months, making the work “light” in words only.

Features of This Edition

The work being reproduced here is the 1608 edition. The full title is: **A Closet for ladies and gentlewomen. or, The art of preserving, conseruing, and candying. With the manner hovve to make diuers kinds of syrups: and all kind of banqueting stuffes.** As I have explained, I have made the decision to leave out the medical section of the 1608 **Closet**. Three recipes from the “diuers soueraigne medicines and salues for sundry diseases” do appear in this edition, but the rest have been omitted. Besides containing my original, newly-created annotations, I will note two more features. I have for the first time numbered the recipes for ease of reference. I also have created for the first time a Table (table of contents) for the 1608 edition. I have also included as follows a few tips for working with the text.

Achieving Success in Working with the Text of the **Closet**

Almost anyone who has worked extensively with historical recipes will have their own opinions how one should proceed when working with an early text. One can, of course, take classes at certain collegiums and workshops. There are also blogs, online forums, and various lists that will discuss best methods and ideas. In brief, I find and suggest that the easiest way to work with this text or indeed any early modern recipe text is to first

read the recipes aloud. Keep in mind that the majority of these recipes are for sweets and confections. A background knowledge of working with sugar candies will help. Look up any unknown words. (I suggest using a good dictionary like the **Oxford English Dictionary**.) If helpful, try writing out the recipes in your own words. Think about the ingredients and possible substitutions for unobtainable ingredients, amounts, procedures, timing, and temperatures. Write notes. If necessary or helpful, write down the version you intend to work from in your own words. As you work through versions, take notes for each version. Don't trust memory alone when recreating a dish from the past. You may work with a recipe over a period of days or weeks. Be patient. Be observant. Also be sensible and practical. Not all recipes can be recreated because we do not have ready sources for civet, musk, ambergris, etc. I would suggest, of course, that one should also read other similar recipes and along the way investigate other versions of the dish, commentary, and ingredients. Look forward and backward in time for variations and other similar recipes. Take the opportunity to learn more about 16th and 17th-century flowers, fruits, and their sugars.

Please remember that treatment as to “i” for “j”, “u” for “v”, “the long s”, and “vv” for “w” varies from our modern practices. Keep that in mind and words like “vvaters” will suddenly make sense!

Regarding the Annotations

As explained earlier, in this 2011 edition of the 1608 **Closet**, I offer short annotations which point out recipes that bear direct comparison to the 1608 **Closet**. Other works besides the **MWBC** are also noted. Material in the

[**brackets**] has been added in 2010-2011, and is my original, copyrighted material. Please respect my rights. The abbreviation **MWBC** refers to the original hardback edition of **Martha Washington's Booke of Cookery**.

S equals "A Booke of Sweetmeates" manuscript. S107 means the 107th recipe in that manuscript. **C** equals the "A Booke of Cookery" manuscript. C106 would be, for example, the 106th recipe in that manuscript.

In Conclusion

Lastly, I am pleased to make this 2011 edition of the 1608 **Closet** available for inclusion and indexing as part of medievalcookery.com. It's important to recognize that the 1608 **Closet** represents perhaps hundreds of similar manuscripts that were once kept and prized by English households. Those manuscripts have largely been lost. Very few survive. We are very lucky that an enterprising printer took the time to place this manuscript into print so that we might be able to work with it in today's 21st-century kitchens. This volume is a silver anniversary (of my dedicated interest in early printed volumes) present to my readers and friends. I hope you all enjoy these Elizabethan recipes, as they can be a delicious and delectable way to explore confections and sweetmeats. The select bibliography at the end of the volume will help guide the reader to additional sources.

JK Holloway

19 March 2011

A Closet
for Ladies and Gentlewomen.

Or,

The Art of Preseruing,
Conseruing, and Candyng.

With the manner howe
to make diuers kinds of syrups:
and all kind of banqueting stufes.

[MINUS the diuers soueraigne medicines
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London: Printed [by F. Kingston]
for Arthur Iohnson,
dvvelling neere the great north dore of Paules, 1608.

[This edition edited and annotated by Johnna H. Holloway.
Material in []'s added by the editor in 2010-2011.]

An especiall note of CONFECTIONARY.

[1] To preserue Pippyns red.

TAke your best coloured Pippins and pare them, then take a percer and bore a hole through them, then make syrupe for them as much as wil couer them, and so let them boyle in a broad preseruing pan: put into them a pece of Cynamon sticke, and so let them boyle close couered verie leasurely, turning them very often, for if you turne them not very often, they will pot, and the one side will not bee like the other, and let them thus boyle, vntil they begin to gelly, then take them vp, and pot them, and you may keepe them all the yeare.

[Compare to **MWBC** –recipes S21 p. 237 “To Preserve Pippens” and S22 p. 238 “To Preserve Pippins Red.”]

[2] To Preserue Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole through them, as you did for the red ones, then make a weake Syrope for them, and so let them boyle till they be tender, then take them vp, and boyle your syrope a little higher, then put them vp in a Gally pot, and let them

stand all night, and the next morning the Syrope will be something weaker, then boyle the Syrope againe to his full thickenesse, and so pot them, and you may keepe them all the yeare. If you please to haue them taste a pleasant taste more then the naturall Pippin, put in one graine of muske, and one droppe of the Chymicall oyle of Cynnamon, and that will make them taste a more pleasant taste.

[Compare to **MWBC** –recipe S23 p. 238.]

[3] To preserue Pippins greene.

TAke Pippins when they be small and greene of the tree, and pare three or four of the worst, and cut them all to pieces, then boyle them in a quart of faire water till they be pap, then let the liquor come from them as you do from your quodiniacke into a bason, then put into thē [them] one poūd [pound] of sugar clarified, and put into this as many greene Pippins vnpared as that liquor will couer, and so let them boyle safely, and when you see they be boyled as tender as a quodling, then take them vp, and pill of the outtermost white skinne, and then your Pippins will be greene, then boyle them in your Syrope againe till the Syrope be thicke: and so you may keepe them all the yeare.

[**MWBC** offers –recipe S24 p. 239 “To Make Pippins Green” which is most like this recipe. **MWBC** also offers S25 pp. 239-240 “To Preserve Green Pippins”, but it is a slightly different recipe.]

[4] To preserue Apricockes.

TAke a pound of Apricockes, and a pound of sugar, and claryfie your sugar with a pint of water, and when your sugar is made perfect, put it into a Preseruing-pan, & put your Apricockes into it and so let them boyle gently, and when they bee boyled ynough and your Syrope thicke, pot them and so keepe them. In like maner may you preserue a Pear-plum.

[MWBC offers a number of preserved apricot recipes, including S39 p. 249-250. The MWBC recipe helpfully notes that one proceeds after the ‘apricocks’ are first being pared and stoned.]

[5] To preserue Mirabolans or Malacadonians.

TAke your Malacadonians and stone them, and per boyle them in water, then pill of the outward skin of them, they will boyle as long as a peece of beefe, & therefore you need not feare the breaking of them, and when they be boyled tender make Syrope for them, and preserue them as you doe any other thing, and so you may keepe them all the yeare.

[Karen Hess identifies ‘melocotion’ as ‘melum cotoneum’. Cindy Renfrow’s Glossary defines it as “Melocoton (*Melum cotoneum*) and says they are a Cydonian apple... a peach grafted onto a quince tree.” Hess suggests using peaches, perhaps even hard peaches for this antique grafted fruit. See MWBC –recipe S37 p.248-249.]

[6] To preserue Pomcitrons.

TAke your Pomcitrons one pound and a halfe, and cut them some in halfes, some in quarters and take the meate out of them, and boyle them tender in faire water, then take two pounds of sugar being clarified, and make Syrope for them, and let them boyle in syrope a quarter of an houre very gently, then take them vp, and let your Syrope boyle til it be thicke, and then put in your Pomcitrons, and you may keepe them al they yere. If you please you may pare some of them, forsome delight the skin, and some pared.

[Compare to **MWBC** –recipe S33 p. 246.]

[7] To preserue Cherries.

TAke of the best and fayrest Cherries some two pound, and with a paire of sheeres clippe of the stalkes by the midst, then wash them cleane, and beware you bruise them not, then take of fine barbarie sugar, and set it ouer the fire with a quart of faire water in the brodest vessell you can get, and let it seeth til it be somewhat thicke, then put in your Cherries, and stirre them together with a siluer spoone and so let them boyle, alwayes scumming, and turning them very gently, that the one side may be like the other, vntill they be ynough, the which to know, you must take vp some of the syrope with one Cherrie, and so let it coole, and if it will scarce run out it is ynough, and thus being cold, you may put them vp, and keepe them all the yeare.

[MWBC contains a number of cherry recipes and notes. See recipe S45 p. 252-253.]

[8] To preserue red Rose leaues.

TAke of the leaues of the fairest buds halfe a pound, sift them clean from seeds, then take a quart of faire water, and put it in a earthen pipkin, and set it ouer the fire vntill it bee scalding hot, and then take a good many of other red Rose leaues, and put them into the scalding water, vntill they begin to looke white, and then straine them, and thus do vntill the water looke very red: then take a pound of refined sugar, and beat it fine, and put it into the liquor with halfe a pound of Rose leaues, and let them seeth together till they bee ynough, the which to know is by taking some of them vp in a spoone, as you doe your Cherries, and so when as they be thorow cold, put them vp, and keepe them very close.

[See MWBC –recipe S66 p. 266-268.]

[9] To preserue Oranges and Lymonds.

TAke your Oranges and Lymonds large and well coloured, and take a raspe of steele, and raspe the outward rind from them, then lay them in water three dayes and three nightes, then boyle them tender and shift them in the boyling to take away their bitternesse, and when they bee boyled tenderly, take two pound of sugar clarified with a pint of water, and when your syrope is made,

and betwixt hot and cold, put in your Lymonds and Oranges, and there let them bee infused all night, the next morning let them boyle two or three walmes in your Syrope, let them not boyle too long in the sugar, because the rinds will be tough, take your Lymonds out and boyle your Syrope thicker, and so when it is colde, put them vp and keepe them all the yeare.

[**MWBC** has recipes for preserving oranges and lemons. Those **MWBC** recipes do not resemble this recipe.]

[10] To preserue Quinces.

TAke your Quinces two pound, & core them, & then perboyle them, & pil off the outtermost white skin, and then weigh them, and put them into claryfied sugar one pound, and then boyle them closly couered vpon a very gentle fire, putting vnto them a sticke or two of good Cynnamon, cut into small pieces, and so stirre them continually that they may be well coloured on euery side: and when the syrop is come to the height of a perfect gelly, take them off the fire, and so keepe them, for the higher your syrope is, the better will your Quinces keepe.

[**MWBC** has numerous recipes for preserving quince, but this recipe is not among them. This recipe is rather different from others in this section. It employs “&” and not “and” for instance. It also does not end with the usual phrase “put them vp and keepe them all the yeare.”]

[11] To preserue Peaches.

TAke a pound of your fayrest and best coloured Peaches, and with a wet linnen cloth wipe of the white hoare of them, then perboyle them in halfe a pint of white wine, and a pint and a halfe of running water, and being perboyled, pill off the white skin of them, and then weigh them; take to your pound of Peaches, three quarters of a pound of refined sugar, and dissolue it in a quarter of a pint of white wine, and boyle it almost to the height of a Syrope, and then put in your Peaches, and let them boyle in the Syrope a quarter of an houre or more if neede should require, and then put them vp, and keepe them all the yeare.

[See **MWBC** –recipe S36 p. 248. The “pint” in “pint and a halfe of running water” appears almost like pine in the 1608 text. I suspect the top of the t was broken off.]

[12] To preserue Eringus Rootes.

TAke your Eringus Rootes fayre, and not knottie one pound, and wash them cleane, and when they be washed, set them on the fire, and boyle them very tender, pill off the outermost skinne of them, but see you breake them not, and as you pare them put them into cold water, and let them remaine there till all be finished, and then you must take to euery pound of Rootes, three quarters of a pound of clarified sugar, and boyle it almost vnto the height of a syrope, and then put in your rootes, but looke that they boyle very gently

together, with as little stirring as may bee for feare of breaking, vntill they be ynough: and when they bee cold, put them vp, and so keepe them.

[Eryngo is a form of sea holly. See **MWBC** –recipe S34 p. 247 and also **MWBC** –recipe S35 “To Preserve Oringo Rootes” pp. 247-248.]

[13] To preserue Barberies.

TAke your Barberies very faire and well coloured, and picke out euery stone of them, and then weigh them, and to euery ounce of Barberies, you must take three ounces of hard sugar, and with halfe an ounce of the pulpe of Barberies, and one ounce of red Rose water, you must disolue your suger: and then boyle it to a syrope, being so boyled, put in your Barberies, and let them boyle a quarter of an houre, and then take them vp, and as soone as they begin to waxe coole, put them vp, and they will keepe their colour all the yeare.

[See **MWBC** –recipes S63, S64, S65 feature barberries. Starting p. 265.]

[14] To preserue Goos-berries.

TAke of your large Berries, but not thoroughly ripe, and picke off all the staulkes from them, and wash them cleane, take a pound of them, and set them on the fire, till they bee hot, and then take them off, and let the liquor run from them, then take ten ounces of hard sugar, and foure ounces of suger Candie, and clarify it with a pint of water and the white of an egge, and

boyle it to a thicke Syrope, and then put in your Goos-berries, and let them boyle one walme or two, and so betwixt hot and cold, put them vp, & keepe them all the yeare.

[See **MWBC** –recipe S57 pp. 261-261. **MWBC** offers four gooseberry preserve recipes.]

[15] To preserue Damsins.

TAke of your Damsins large and well coloured, but not thorough ripe, for then they will breake, and picke them cleane and wipe them one by one, then weigh them, and to euery pound of damsins, you must take a pound of Barbery sugar white & good, & dissolued in halfe a pint or more of water, and boyle it almost to the height of a Syrope, and then put in your Damsins, keeping them with continuall scumming, and stirring, and that with a siluer spoone, and so let them boyle vntill they be ynough vpon a gentle fire, and when they be ynough, take them vp, & keepe them all the yeare.

[Compare to **MWBC** –recipe S53 p. 259.]

[16] To preserue Raspises.

TAke of your fayrest and well coloured Raspises, and picke of their staulkes very cleane, then wash them, but in any case see that you bruise them not: then weigh them, and to euery pound of Raspises you must take sixe ounces of hard sugar, and sixe ounces of Sugar-candy, & clarifie it with halfe a pint

of faire water, and foure ounces of iuyce of Raspises, being clarified, boyle it to a weake Syrope, and then put in your Raspises, stirring them vp and down, and so let them boyle vntill they bee ynough: That is, vsing them as your Cherries, and so may you keep them all the yeare.

[See **MWBC** –recipe S61 p. 264.]

[17] To preserue Enula Campana rootes.

TAke of your Enula Campana rootes, & wash them, scrape them verie cleane, and cut them thin vnto the pith, the length of your little fingar, and as you cut them, put them into water, and let them lie in water thirtie dayes, shifting them twise euery day to take away their bitternes, weigh them, and to euery pound of rootes, you must take xij. ounces of clarified sugar, first boyling your rootes as tender as a Chickin, and then put them into your clarified sugar, and let them boyle vpon a gentle fire, vntill they be ynough: and so let them stand off the fire a good while, and betwixt hot and cold put them vp to your vse.

[**MWBC** includes a recipe for “To Candy Elicompane” S 91 pp. 282-283. A Paste of Enula-campana rootes is found in Murrell’s **A Daily Exercise for Ladies and Gentlewomen**. Elecampane (*Inula Helenium*) is known also as scabwort, elf dock, wild sunflower, horseheal, or velvet dock. See Grieve’s **A Modern Herbal**.]

[18] To preserue Saterion Rootes.

TAke your Saterion Rootes, and picke out the faire ones, & keepe them by themselues, then wash them, and boyle them vpon a gentle fire, as tender as a quodling, then take them off, and pare off the blackest skinne of them, and put them as you pare them into faire water, and so let them remaine one night and then weigh them, and to euery pound of rootes, you must take xj. ounces of clarified sugar, and boyle it almost to the height of a syrope, and then put in your rootes, but take heede they boile not too long, for then they will grow hard and tough, and therefore when they bee boyled ynough, take them off, and set them a cooling, and so keepe them according to the rest.

[**OED** defines *saterion* or *satyrion* as “a name given to various kinds of Orchids. Quotations cited by **OED** indicate that according to the 1526 **Grete Herball** that it “groweth on hylles & playne felde.” It’s not mentioned in **MWBC**.]

Heere endeth the Preseruatiues.

[All the sorts of Candyng.]

[19] To make Manus Christi.

TAke halfe a pound of refined Suger, and some Rose water, and boyle them together, till it come to suger againe, then stirre it about while it be somewhat cold, then take your leafe gould, and mingle with it, then cast it according to art, That is, in round gobbets, and so keepe them.

[**OED** defines “Manus Christi” as a “restorative confection.” There is a recipe for the confection in **MWBC** -recipe S107 pp. 290-291. It was also a term used to indicate a sugar boiling temperature. One was instructed to boil syrups to “Manus Christie height.” See **MWBC** -recipe S4 pp. 226-227 for Karen Hess’s notes on sugar heights. She reckoned it as 215 degrees F. Recipes [49] and [50] of the 1608 **Closet** also call for sugar to be at “Manus Christi’ height. For more recipes, please see my article on the topic as cited in the bibliography.]

[20] To Candy Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night, then take your double refined suger, and boyle it to the height of Suger againe, then when your suger beginneth to bee cold, take your Ginger, and stirre it well about while your suger is hard to the panne, then take it out race by race, and lay it by the fier for foure howers, then take a pot and warme it, and put the Ginger in it, then tye it very close, & euery second

morning stirre it about roundly, and it will be rocke Candied in a very short space.

[Compare to **MWBC** -recipe S92, pp. 283-284. For more recipes, please see my article on the topic as cited in the bibliography.]

[21] To Candy Rose leaues as naturally as if they grew vpon the Tree.

TAke of the fayrest Rose leaues, red or dammaske, and on a Sun-shine day sprinkle them with Rose water, and lay them one by one vpon faire paper, then take some double refined suger, and beat it very fine, and put it in a fine lawne searce, when you haue layd abroad all the Rose leaues in the hottest of the sunne, searce suger thinly all ouer them, then anon the Sun will candy the suger, then turne the leaues, and searce suger on the other side, and turne them often in the Sun, sometimes sprinkling Rose water, & some times searsing suger on them, vntill they be ynough, and come to your liking: and being thus done, you may keepe them.

[Compare to **MWBC** -recipe S81 p.278.]

[22] To Candy Marigolds in wedges the Spanish fashion.

TAke of the faire yealow Marigold flowers, two ounces, and shred them, and dry them before the fire, then take foure ounces of suger, and boyle it to the height of Manus Christi, then poure it vpon a wet Pieplate, and betwixt hot and cold, cut it into wedges, then lay them on a sheete of white paper, and put them in a stone. [stove]

[Later editions clearly indicate that the last word should be stove and not stone, which of course makes far more sense. See **MWBC** -recipe S84 pp. 279-280.]

[23] To Candy all manner of flowers in their naturall colours.

TAke the flowers with the staulkes, and wash them ouer with a little Rose water, wherein Gum-arabecke is dissolued, then take fine searsed suger, and dust ouer them, and set them a drying on the bottome of a siue in an ouen, and they will glister as if it were Suger-candy.

[Compare to **MWBC** -recipe S85 p. 280.]

[24] To Candy all sorts of flowers, fruits, and spices, the cleare rocke Candy.

TAke two pound of Barbarie Suger, great grained, clarified with the whites of two egges, and boyle it almost as hie as for Mantus Christi, thē [then] put it into a Pipkin, That is, not very rough, then put in your flowers, fruits and

spices, and so put your Pipkin into a still, and make a small fire of small coales vnder it, and in the space of twelue dayes, it will be rocke candied.

[See **MWBC** -recipe S82 p. 279.]

[25] To Candie Eringus rootes.

TAke your Eringus ready to be preserued, and weigh them, and to euery pound of your rootes, you must take of the purest suger you can get, two pound, and clarifie it with the whites of egges exceeding well, that it may be as cleere as Christall: for then it will be very commendable: it being clarified, you must boyle it to the height of Manus Christi, & then dippe in your rootes, two or three at once, till they be all candied, and so put them in a Stow,[stove] and keepe them all the yeare.

[Once again later editions indicate that the word should be stove and not a “stow” as given here. See **MWBC** -recipes S89 and S90 pp. 281-282.]

[26] To Candie Elecampane.

TAke of your fairest Enula Campana rootes, and take them cleane from the Syrupe, and wash the suger off them, and drye them againe with a linnen cloth, then weigh them, and to euery pound of rootes you must take a pound and three quarters of suger, and clarifie it well, and boyle it to the height of Manus Christi, and when it is so boyled, dippe in your rootes, three or foure

at once, and they will candie very well, and so stone [stove] them, and keepe them all the yeare.

[Again the word is clearly “stove” in the later editions, here meaning that one must dry them in a stove. **OED** defines the elusive elecampane as “A perennial... Horse-heal (*Inula Helenium*).” It has “very large yellow radiate flowers and bitter aromatic leaves and root.” See **MWBC** –recipe S91 pp. 282-283.]

[27] To Candy Violet flowers.

TAke of your Violet flowers which are good and new, and wel coloured, and weigh them, to euery ounce of your Violet flowers, you must take foure ounces of refined suger, which is very white and faire grained, and dissolue it in two ounces of faire running water, and so boyle it til it come to suger againe, but you must scum it often, least it be not cleare ynough, and when it is boyled to suger againe, then take it off, and let it coole, and then put in your Violet flowers, stirring them together till the suger grow hard to the pan: this done, put them into a boxe, and keepe them in a stoau.

[See **MWBC** –recipe S86 p. 280.]

[28] To Candy Goos-berries.

TAke of your fairest Berries, but they must not bee two ripe, for then they will not bee so good, and with a linnen cloth wipe them verie cleane, and picke off all the staulkes from them, and weigh them, and to euery ounce of

Berries, you must take two ounces of suger, and halfe an ounce of Suger-candy, and dissolue them in an ounce or two of Rose water, & so boyle them vp to the height of Manus Christi, and when it is come to his perfect height, let it coole and put in your Berries, for if you put them in hot, they will shrink, and so stirre them round with a wooden spatter, till they bee candied: and thus put them vp and keepe them.

[See **MWBC** –recipe S95 p. 285.]

[29] To Candy Rosemarie flowers.

TAke of your Rosemarie flowers, readie pickt, and weigh them, to euery ounce of flowers, you must take two ounces of hard suger, and one ounce of Suger-candy, and dissolue them in Rosemarie flower water, and boyle them till they come to suger againe; which done, put in your Rosemarie flowers, when as your suger is almost cold, and so stirre them together, vntill they be ynough, and then take them out, and put them in a boxe, and keepe them to your vse in your stoae.

[See **MWBC** –recipe S87 p. 281.]

[30] To Candy Borrage flowers.

TAke your flowers, & picke them very cleane, & weigh them, & vse them in euery respect as you did your rosemary flowers, saue this, that when they be candied, you must set them in a still, & so keepe them in a sheete of white paper, putting euery day a chafindish of coales into your Still, and it will be candied very excellently, and that in a short space.

[See MWBC –recipe S88 p. 281.]

Here endeth the sorts of Candyng.

[31] To make Past of Pippins the GENVA fashion, some with leaues, some like Plums with staulkes, and stones in them.

TAke your Pippins, and pare them, and cut them in quarters, then boyle them in faire water till they be tender, then straine them, and drie the pulpe vpon a Chafindish of coales, then weigh it, & take as much suger as it weigheth, and boyle it to Manus Christi, and put them together, then fashion them vpon a Pie-plate, and put it into an Ouen, being very sleightly heat, the next morning you may turn it, and put them off the plates vpon sheetes of paper vpon a hurdle, and so put them into an Ouen of like heat, and there let them remaine foure or fiue dayes, putting euery day a Chafindish of coales

into the Ouen, and when they be thorow dry, you may boxe them, and keepe them all the yeare.

[Later editions of **A Closet** change the title of this recipe from GENVA to Geneva as in: **To make Paste of Pippins, the Geneva fashion** in the 1635 edition. In the **MWBC**, the recipe is titled “To Make Paste of Pippins of the Genoway Fashion.” It’s recipe S118 pp. 297-298. A number of the recipes in the **MWBC** state a recipe is of “Genoway” or “Genoa.” In this case, the **Closet** may definitely have meant Geneva and not Genoa. Or perhaps the later editions and later printers should have actually chosen Genoa and not Geneva.]

[32] To make Past of Eglantine of the colour of thrred Corall.

TAke your EglantineBerries, otherwise called Hips, and stampe them in a mortar, with Gum-tragacant and Rosewater, then strayne it thorough a strayner, then take halfe a pound of refined suger, beaten and searsed, and worke it vp into Past with this straying, then print it with your moulds, then stoauē it, and then guild them.

[The title of this recipe in the 1608 edition certainly looks like “thrred.” Later editions clearly show that “thrred” is two words: “the red”. The title of the recipe then becomes: **To make Paste of Eglantine, of the colour of the red Corall** in the 1635 edition. The words “Eglantine Berries” are indeed run together in the first line. Compare with **MWBC** –recipe S127 p. 302. **OED** defines eglantine as the sweet-briar rose.]

[33] To make Past Royall white.

TAke a pound of refined suger beaten and searsed, and put into an Alabaster mortar, with an ounce of Gum-tragacant, steeped in Rose water, and if you

see your Past bee too weake, put in more suger, if too drie, more gumme, with a droppe or two of oyle of Cynamon, so that you neuer deceiue your selfe to stand vpon quantities, beat it into perfect Past, and then you may print it with your moulds, and when it is drie, guild it, and so keepe them.

[See **MWBC** –recipe S130 p. 303. Sugar combined with gum tragacanth created the white sugar paste, which could be molded or sculpted into decorative figures or objects. Today the substance is known as gum paste or sugar paste. The recipe appears in the 1558 English translation of Alessio’s **Secrets**; the original volume appeared in Italy in 1555. The 1608 **Closet** offers two *past royall* recipes in numbers 32 and 33. By the time John Nott compiled his **Cooks and Confectioners Dictionary** in 1726, his three paste royal recipes were now pastry mixtures of flour and butter, suitable and “fit for Orange Puddings, all Sorts of Tartes, and to garnish dishes.”]

[34] To make Past royall in spices.

TAke of Cynamon and Ginger, of each a like quantitie, being finely searsed, mingle it with your searsed suger, and Gum-tragacant steeped in Rose water, and worke it into Past, as you did your Past royall white, and then you may turne it vpon stickes made of peeces of arrowes, and make them hollow like Cynamon stickes: in like sort you may make it tast of what spices you please.

[**MWBC** offers a paste royall recipe calling for cinnamon and ginger. See **MWBC** –recipe S129 p. 303. Peter Brears in his article “Rare Conceits and Strange Delights: The Practical Aspects of Culinary Sculpture” uses this recipe from the 1608 **Closet** as his source for his working recipe to produce faux cinnamon sticks of sugar paste.]

[35] To make Past of Genua the true way.

TAke two pound of the Pulpe of Quinces, and as much of peaches, and straine it, and drie it in a pewter platter vpon a Chafindish of coles, then weigh it, and take as much suger as it weigheth, and boyle it to the height of Manus Christi, and then put them together, and so fashion it vpon a Pie-plate, and dry it in an Ouen with a Chafindish of coales, vntill it be thorough drie, and then if it please you, you may spot them with Gold.

[This recipe is omitted from some later editions of the **Closet**. See **MWBC** – recipe S116 p. 296.]

[36] To make Past of Violets.

YOu must take of your Violets, which are ready picked, & bruise them in an Alabaster or marble mortar and wring the iuyce from them into a porringer, and put as much hard suger in fine powder as that iuyce will couer, drie it, and then powder it againe, and then take as much Gum-tragacant steeped in rose water, as wil bring this suger into a perfect past, when it is perfect, take it vp and print it with your moulds, and so drie it in your Stoaue, and not by the fire for feare of daunger, and when it is drie, guild it. It is a fine banqueting conceit.

[This recipe begins with the words “You must take” instead of the more common instruction “Take”. As someone who works with confectionary recipes, I find the instruction that one should use “as much hard suger in fine powder” to be interesting. How fine a powder this should be and how would

that fineness of sugar compare to modern sugars is always a lingering question when adapting early recipes. Compare to **MWBC** –recipe S128 p. 303.]

[37] To make Past of Goos-berries.

TAke of your Goos-berries, and cut them one by one, and wring the iuyce from them, till you haue gotten so much as you think wil serue your turne, boyle your iuyce a little, that it may be the thicker, then take as much double refined suger, as your iuyce will sharpen, and dry it as you did for your Violets, and being drie, beat it very fine, and take as much Gum-tragacant steeped in Red rose water as will serue, and beate it into perfect past in an Alabaster mortar, and then take it vp, and print it with your moulds, vsing it in euery respect as your past of Violets: This is excellent good for one that hath a weake stomacke.

[Compare to **MWBC** –recipe S114 pp. 295-296.]

**Here beginneth Banqueting conceits, as Marmalades,
Quodiniackes, and such like.**

[38] To Make Muskadine Comfits.

TAke halfe a pound of Muske suger beaten and searsed, then take Gum-tragacant, steeped in Rose water, and two graines of Muske, and so beat them in an Alabaster mortar, till it come to perfect Past, then driue it verie thinne with a rowling pinne, and then cut it into small pieces like Diamonds, some cut with a rowle spoone on the sides: being thus cut, stoue them, and so keepe them all the yeare.

[According to the **OED**, muskadines are sweetmeats flavored with musk. Robert May in his 1665 cookery book would include a recipe titled “To make Muskedines, called Rising Comfits or Kissing Comfits.” The appearance of the word muskadine in this 1608 volume predates the **OED**’s etymology of “French *muscadin* (1616), alteration of *muscardin* (1611 in Cotgrave; also *moschardin*).” Compare to **MWBC** –recipe S197 p. 352.]

[39] To make Diacitonium simplex of Quinces.

TAke of your Quinces, and pare them, and cut them in pieces, and boyle a pound of these pieces in a quart of faire water, till they be very soft: then let the liquor runne from them, then take a pound of Suger-candy, and beate it fine, and put it into that liquor, and let it seeth till you see it stand like Gelly, then take it from the fire, and put therein foure droppes of oyle of Cynnamon

and Nutmegs, and then put in fiue and twentie leaues of fine gold and stirre it together, and so put it in fine Christall Glasses, and keepe it all the yeare.

[*Diacitioniums* are medicinal concoctions with *dia* meaning “made of” followed by the active ingredient. **OED** explains “diacy' donium (conserve of quinces, marmalade)” See also C. Anne Wilson in **The Book of Marmalade**. Compare to **MWBC** –recipe S208 p. 357, which is titled: “To Make A Decocktion of Quinces.”]

[40] To make fine Christall Gelly.

TAke a knuckle of veale, and foure Calues feete, and set them on the fire with a Gallon of faire water, and when the flesh is boyled tender, take it out, then let the liquor stand still vntill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified suger, foure or fiue droppes of oyle of Cynnamon and Nutmegs, a graine of Muske, and so let it boyle a quarter of an houre leasurely on the fire, then let it run through a gelly bagge into a bason with the whites of two egges beaten, & when it is cold, you may cutte it into lumpes with a spoone, and so serue three or foure lumpes vpon a plate.

[**MWBC** offers several jelly recipes, but not quite like this one. Those recipes call for hartshorn. Sir Hugh Plat does include a recipe for: “To make crystall gelly” (recipe 26 in the 1609 Fussell edition) which calls for a “knockle of veale, and two calves feete.”]

[41] To make white leach of creame.

TAke a pint of sweete creame, and sixe spoone-fuls of Rose water, and two graines of Muske, two drops of oyle of Mace, or one piece of large Mace, and so let it boyle with foure ounces of Isin-glasse: then let it run downe through a gelly bagge, when it is cold, slice it like brawne, and so serue it out: this is the best way to make leach.

[Again the recipe may be found in the **MWBC**, but not in “A Booke of Sweetmeates”. This recipe appears in “A Booke of Cookery.” See **MWBC** – recipe C127 pp. 143-144.]

[42] To make a Walnut, that when you cracke it, you shall find Biskets, and Carrawayes in it, or a prettie Posey written.

TAke a piece of your Past royall white, being beaten with Gum-tragacant, and mixed with a little fine searsed Cynnamon, which will bring your past into a Walnut shell colour, then driue it thinne, and cut it into two pieces, and put the one piece into the one half of your mould, and the other into the other, then put what you please into the nut, and close the mould together, & so make three or foure Walnuts.

[Compare to **MWBC** –recipe S171 p. 331.]

[43] To make Quodiniacke of plums.

TAke two pound of plummes, and put them into a posnet with a pound and halfe of brasill suger, clarified with a pint of faire water, and let it boyle till the plummes breake, then take it off, and let your liquid substance run through a strayner, and then put it againe into the posnet, and so let it boyle till it come to his thicknesse, and then print it with **you[r]** moulds on what fashion you please.

[With regard to the word **you[r]** in the next to final sentence, it appears as **you** in the 1608 **Closet**, but I think the **r** in the intended **your** failed to print as the word was squeezed in next to the decorated margin. Later editions clearly state **your**. Compare to **MWBC** –recipe S202 p. 355, which is titled: “To Make Quidony of Plums.”]

[44] To make Biskatello.

TAke two ounces of very fine suger, beaten and searsed, and put into it halfe a spoon-full of Amidum, That is, white starch, a graine of Muske, then beat it into perfect past with Gum-tragacant steeped in Rose water, then make it into little prettie loaues, the fashion of manchets, and so put a wafer in the bottome of euery one of them, and bake them in a baking-pan, but take heede your pan be not hot, and so specke them with gould, and so boxe them. It is a very fine banqueting conceit.

[MWBC includes recipes for “biskettello” and “biskittello.” The later recipe, MWBC –recipe S181 p. 339, is not quite this recipe. This is one of the few recipes in the 1608 **Closet** for a baked conceit.]

[45] To make a speciall sweet water to perfume clothes in the foulding, being washed.

TAke a quart of Dammaske rose water, and put it into a glasse, put vnto it a handful of Lauender flowers, two ounces of Orris, a dram of Muske, the weight of foure pence of Amber-greece, as much ciuet, foure drops of oyle of cloues, stoppe this close and set it in the Sun a fortnight: put one spoonfull of this water into a bason of common water, and put it into glasse, & so sprinkle your clothes therewith in your folding, the drugs left in the bottome, (when the water is spent) will make as much more, if you keepe them, and put fresh Rose water to it.

[And here quite suddenly we come across the Elizabethan-Jacobean equivalent of a modern Febreze freshening spray. Compare to MWBC – recipe S318 pp. 437-438.]

[46] To make Mosse powder.

TAke two pound of Mosse of a sweete Apple-tree, gathered betweene the two Lady dayes, and infuse it in a quart of Dammaske Rose water foure and twentie houres, then take it out and drie it in an Ouen vpon a siues bottome, and beat it to powder, put vnto it one ounce of Lignum-aloes, beaten and searsed, two ounces of Orris, a dramme of muske, halfe a dram of Amber-

greece, a quarter of a dram of ciuet, put all these into a hot mortar and pestell, and beat them together, then searse them through a course hairen searse, and put it into a bagge, and lay it amongst your clothes.

[This is another household recipe for a scent to be laid among clothing. Compare to **MWBC**'s "To Make Moss Powder for a Sweet Bagg" –recipe S316 p. 436.]

[47] To make Aromaticum Lozenges.

TAke of fine suger, halfe a pound, boyle it with red Rose water, vntill it come to the height of Lozenges, and in the cooling put in of the spices of Aromaticum rosarum foure drams, with a little Confectio Alchermes, and so make them into Lozenges, guilding them first, and then cut them square with a knife for that purpose, and when you guild them, if your guilding will not sticke on, wet them gently with a little Rose water, but not too much in any case.

[**MWBC** includes a recipe titled "To Make Aromaticum Lozenges" –recipe S110 p. 293, but oddly enough it does not include any "spices of Aromaticum." According to a number of sources, including the **OED**, the Aromaticum are cloves – the "dried flower-bud of *Caryophyllus aromaticus*." *Aromaticum Rosatum* in Culpepper and even later in the 18th century was a medicinal powder that contained cloves and other powders.]

[48] To make a Marchpane, to yce it, and garnish it after the Art of Comfit making.

TAke two pound of small Almonds blanched, and beaten into perfect Past, with a pound of suger finely searsed, putting in now and then a spoonfull or

two of Rose water, to keepe it from oyling, and when it is beaten to perfect Past, rowle it thin, and cut it round by a charger, then set an edge on it, as you doe on a tart, then drie it in an Ouen, or a backing pan, then yce it with Rose water and suger, made as thicke as batter for fritters, when it is iced garnish it with conceits, and sticke long comfits in it, and so guild it, and serue it.

[This is a rather marvelous recipe that mentions both the word “yce” (ice) and the word icing. And it also mentions garnishing! Compare to these recipes in the **MWBC** –recipes S158, S159, S160, S161, S162 pp. 322 – 328.]

[49] To make all sorts of banqueting conceits of Marchpane stuffe, some like Pyes, Birds, Baskets, and such like, and some to print with moulds.

TAke a pound of Almond past, made for the Marchpane, and drye it on a Chafindish of coales, till you see it waxe white, then you may print some with moulds, and make some with hands, and so guild them, then stoue them and you may keepe them all the yere. They bee excellent good to please children.

[On page 38 of the original text is the word “moulds.” The recipe on the facing page then begins “mouldds, and”. The printer obviously made a mistake and the word should be “moulds.” **MWBC** –recipe S170 p.331 titled “To Make Marchpane Conceits” is shorter but essentially the same. It leaves out the personal advice: “They bee excellent good to please children.”

[50] To make all kinde of Birds and Beasts to stand on their legges in cast worke.

TAke Barbary suger, clarifie it, and boyle it to the height of Manus Christi, then poure it into your mouldes, they being seasoned as for your

Quodiniacke: let them stand a quarter of an houre and they will be colde, and then you may take them out and guild them.

[Compare to **MWBC** –recipes S167 and S168 p. 330.]

[51] To cast all manner of frutage hollow in turnd worke, and put them in their colours, as Oranges, Lymonds, and suchlike.

TAke your Suger, being boyled to the height of Manus Christi, and put it into your Alabaster mouldes, being made of three pieces, turne it round about in your hand while it is hot, and when it is colde, take it out and put them in their naturall colors.

[**MWBC** “To Cast All Kinde of Frutage Hollow in Turn’d Worke & To Print Them” –recipe S169 pp. 330-331 is slightly longer and includes the coloring instructions.]

[52] To make Prince bisket bread.

TAke a pound of very fine flower, as much suger throughly searsed, one ounce of anniseeds cleane pickt, take eight egges and a spoonefull of Muskadine, and beat all into batter as thicke as for fritters, beat it thus in a bowle one houre, then put it into your coffins of plate, or frames of wood, and set in an Ouen, and let it remaine there one houre, you may slice some of them when they bee a day old, and drie them againe vpon a hurdle of wicker, you may also take one of your loaues, and wash it ouer with the yolke of an egge, beaten with a little Rose water, and while it is greene, cast biskets and carrawaies on it and a little white candy, and it will shew as if it did haile on it, then spot it with golde and giue to whom you please.

[This recipe specifies both “coffins of plate, or frames of wood” as does **MWBC**’s recipe S183 pp. 340-341. S183 is a longer recipe with practical advice at the end stating “take ye oven stone downe sometimes to keepe them from burning or from cullering too fast.”]

[53] To make the vsuall bisket solde at Comfitmakers.

TAke a pecke of flower and foure ounces of corriander seede, one ounce of anniseed, take three egges, three spoonefulls of ale yeast, and as much warme water as will make it as thicke as past for Manchets, make it in a long roule, and bake it in an Ouen one houre, and when it is a day olde pare it,

and slice it, suger it with searsed suger, and put it againe into the Ouen, and when it is drie, take it out, and new suger it againe, and so box it and keepe it.

[The Comfitmakers provided the sweets and biscuits for banquets. Sir Hugh Plat includes a recipe titled “To make bisket bread, otherwise called French bisket.” (Fussell, A19) The amounts seem to be doubled for this version. Compare also to **MWBC** –recipe S179 p. 338.]]

[54] To make an especiall sweet Powder for sweet bagges.

TAke of the purest orris one pound, of red and dammaske rose leaues, of each two ounces, of Cloues three drammes, corriander seed one dram, Ciprus and Callamus, of each halfe an ounce, Benzoin and Storax, of each three drammes, beat them all saue the Benzoin and the Storax, and poudere them by themselues, & mixe it with the rest of the powder, then take of Muske and Ciuet, of each twenty graines, Amber-greece ten graines, mixe these with a little of the foresaid powder with a warme pestle, and so by little and little you may mixe it with all the rest, and so with Rose leaues dried you may put it vp into your sweete bagges, and so keepe them seauen yeares.

[Recipes for sweet powders to keep clothing smelling nice can be found in John Partridge’s **The Treasure of Commodious Conceits** from 1573. Markham’s **The English House-vvife** of 1631 contains a slightly different recipe under “To make sweetpowder for bags.”]

[55] To make an excellent Marmelate which was giuen Queene Mary for a New-yeares gift.

TAke a pound and halfe of Suger, boyle it with a pint of faire water till it come to the height of Manus Christi, then take three or foure small Quinces, one good Orang pill, both very well preserued and finely beaten, & three ounces of Almonds blanched and beaten by themselues, Eringus roots preserued, two ounces and a halfe, stirre these with the suger till it will not sticke, and then at the last put in of Muske and Amber, dissolued in rose water, of each foure graines, of Cynamon, Ginger, Cloues and Mace, of each three drammes, of oyle of Cynnamon two droppes, this being done, put it into your Marmelate boxes, and so present it to whom you please.

[This recipe is discussed in C. Anne Wilson's in **The Book of Marmalade**. Compare to **MWBC** –recipe S20 pp. 235-236 where Karen Hess notes this was one of the few recipes “for which I found a direct source....” The **MWBC** version simply states “To Make a Marmalet That Was Presented to Ye Queene for a New Years Gift.” It doesn't state that it was for Queen Mary Tudor. Marmelade of this sort was thought to be an aphrodisiac.]

[56] To make another sort of Marmelate very comfortable and restoratiue for any Lord or Lady whatsoeuer.

TAke of the purest greene Ginger, sixe drammes, of Eringus and Saterion rootes, of each an ounce and a halfe, beate these very finely, and draw them with a siluer spoone thorow a haire searse, take of nut kirnells and almonds blanched, of each an ounce, Cockes stones halfe an ounce, all steeped in

hony twelue houres, and then boyled in milke, and beaten and mixed with the rest, then pouder the seedes of redde nettles, of rocket of each one dramme, Plantane seeds halfe a dramme, of the belly and backe of a fish called *Scincus marinus* three drammes, of Diasaterion foure ounces, of Cantarides adde a dram, beate these very finely, and with the other powder mixe it, and so with a pound of fine suger dissolued in rose water, and boyled to suger againe, mingle the powder and all the rest of the things, putting in of leafe golde sixe leaues, of pearle prepared two drammes, oyle of Cynnamon fixe drops, and being thus done and well dried, put it vp in your Marmelate boxes, and guild it, and so vse it at your pleasure.

[This is again a medicinal or restorative remedy. Jo Wheeler in **Renaissance Secrets** reveals that disasatirion “was based on the bulbous roots of an orchid, satyrion.” The *Scincus marinus* is a small lizard, possibly a skink. See **MWBC** –recipe S70 pp. 269-272 which features a long involved accessment of the recipe and its ingredients.]

[57] To make a blaunch for any Ladies face.

TAke of white Tarter two drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure egges, iuyce of two Lymonds, oyle of tarter foure ounces, Plantane water as much, white Mercuri a pennyworth, bitter almonds two ounces, all must be powred and mixed with the oyle and water, and then boyled vpon a gentle fire, and straine it and so keepe it: The partie

must rub her face with a scarlet cloth, and then ouer night wash her with it, and in the morning wash it off with bran and white wine.

[A blaunch is obviously a wash or perhaps a white wash for a face. **OED** only cites *blanch* as a verb, meaning to whiten. The **MED** lists *blaunchet* “(n.) as [OF] (a) A cosmetic powder for whitening the skin.”]

[58] To make printed Quodiniacke of Quinces a rubye colour.

TAke two pound of Quinces, pared & cut in smal pieces, and put them into a posnet with three pints of faire water, and so let them boyle till they be tender, then put into them a pound of suger, and let it boyle till the fruit fall to the bottome of the pan, let the liquor runne through a strayner into a bason, and put it into a faire posnet, and let it boyle till it come to his colour and thicknesse, then print it with your moulds, you shall know when it is ready to print by rowling a little vpon the backe of a spoone, and if you see it will stand and not runne downe print it, in like sort you may make your Quodiniacke of Pippins, your Pippins will hold all the yeare.

[The word *Quodiniacke* does not appear in the **OED**. A quince marmalade or jelly in French was known as a *contignac* and in Italian as a *cotognata*. Combined with the word quince, these became recipes in English for dishes known as *quidony*, *quiddany*, or *quidoniac*. Others were known as *codinacs*. C. Anne Wilson discusses them in her book. Plat includes a recipe “To Make Quidini of Quinces.” See **MWBC** –recipe S199 pp. 353-354; the following **MWBC** –recipe S200 p. 354 and –recipe S203 p.355 provide recipes for “Quidony” made with pippins or as mentioned here “Quodiniacke of Pippins”.]

[59] To make Quodiniackes of Raspises or English Coriants.

Take Raspises ripe and well coloured and put them in a dish, and put them
iiiiij spoonfulls of rose water, & mix them together with the backe of a
spooone, then wring the lyquid substance through a linnen cloth, season it by
your mouth with suger till it be sweete ynough, then boyle it on a chafindish
of coales in a dish till it be reddy to print: then print it in your moulds and
box it, and so keepe them.

[**MWBC** –recipe S205 p. 356 is a recipe for a “Quidony of English
Currans.” The following –recipe S206 p. 356 is a recipe for a Quidony of
Respas.”]

Here endeth the conceits of Banqueting.

Your mouldes must lie in water one night before you vse
them: and an houre before you print with them, take them
out of the water.

[In the 1608 edition of the **Closet**, these words regarding the use of molds
appear in a larger typface at the bottom of page 47 and immediately after the
words **Here endeth the conceits of Banqueting.**]

CORDIAL VVaters.

[60] Aqua Coelestis.

TAke of Cynnamon six ounces, Cloues one dram, Nutmegs one dram and a halfe; of Ginger two drammes and halfe, of Gallingale one dram and halfe, Cubebs two drammes, Callamus rootes one dram, all brusen and kepe in a paper, then take of Bettony and sage flowers of each a handfull, Maxioram, Penneryall, of each halfe a handfull brused likewise, then take of these pouders, of Aromaticum Rosarum three drammes, Diambrae Diamargariton frigidum, Diamoscum dulce, of each a dram and halfe, you must put all these into a gallon of spirit of wine, and steepe them three dayes and three nights shaking them well euery day, and then distill it in your Limbeck, and when it is destilled, you must hang halfe an ouce of yellow Sanders and twentie graines of Muske and amber in it.

[“To Make Aquecelestis” appears in the **MWBC**. See –recipe S273 pp. 399-401. For a text on distillation and its place in the English home, see C. Anne Wilson’s **Water of Life**.]

[61] To make Cynnamon water.

TAke one pound of the best Cynnamon you can get, bruse it well, and put it into a gallon of the best sacke, and infuse it three daies and three nights, and then distill it as your Aqua coelestis.

[The MWCB contains four recipes for cinnamon waters. The –recipe S291 p. 418 is the same as this recipe.]

[62] To make Doctor Steeuens water.

Take of Rose leaues one dram, Borage, Buglosse, violets and rosmarie flowers, of each a dram and halfe, Spiknard a dramme, Cinnamon two ounces, Ginger one ounce, Cloues & Nutmegs of each halfe an ounce, Cardamons a dram and halfe, Gallingale two drams, Cubebs a dram, Pepper three drams, Aniseeds Carraway seeds and Fennill of each an ounce, Lignum Alloes halfe a dram, Corall and Pearle in fine powder of each one dram, bruse these and put them in a pottle of Aqua vitae and a quart of Sack, vsing it in euery respect as your Aqua coelestis.

[Doctor Steephen's, Steeven's, or Steven's Water was a popular cure or even preventative medicine for a number of conditions, including the plague. It appears in a number of texts, including Dawson and Plat. In the **MWBC** see –recipes S275 - S277 pp. 402–405.]

[63] To make Baume water.

TAke Baume drie three ounces, time, Peneryall of each an ounce Cynnamon foure ounces, a dramme of Cardomons, Graines halfe an ounce, sweet Fennil seeds one ounce, Nutmegs & Ginger, of each a dram, Galingale one ounce, Caliamus and Cyprus, Cubebs and Pepper, of each two drammes, of Caper rootes half a dram, of Diptamus one dram, bruisse these things, and put them

to a pottle of sacke, & steepe them xxiiij. houres, and then vse it as the former waters.

[See **MWBC** –recipe S296 pp. 420-421.]

[64] Angellica water.

TAke Cardus dry a handful, Angelica roots three ounces, of Mirh one dram, Nutmegs halfe an ounce, Cynamon, ginger, of each foure ounce, Saffron one dram & halfe, Cardamons, Cubebs, Galingale & Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spicknard, Iuncus odoratus of each a dram, Sage, Borage, Buglosse, Violets, and Rosemary flowers, of each halfe a handfull: bruise these and steepe them in a pottle of sacke xij. hours, & distil it as the rest.

[See **MWBC** –recipe S295 p. 420.]

[65] Rosa Solis.

TAke Liquerish eight ounces, Aniseed, Caraway, of each an ounce, Raysons stoned, Dates, of each three ounces, Nutmegs, ginger, Cynamon, Mace, of each halfe an ounce, Gallingle a quarter of an ounce, Cubebs one dram, Figs two ounces, Suger foure ounces, bruse these and destill it with a gallon

of Aqua vitae as the rest: but when it is distilled, you must colour it with the herbe Rosa Solis, or else Alkanet roote.

[See **MWBC** –recipe S274 pp. 401-402.]

[66] Wormwoode water.

Take of Wormwoode two ounces and halfe, Sage, Betony, and Rue, of each halfe a handfull, Rosemary tops a handfull, Cinnamon 3. ounces, Nutmegs halfe an ounce, Cloues and Mace, of each halfe a dram, Ginger, an ounce, Gallingall, Cubebs, and Spicknard, of each a dram and halfe, of Scordium halfe a handfull, bruse these and put them into a pottle of Sacke and a pinte of Aqua vitae, and steep them foure and twentie houres, and distill them as the **the** rest.

[See **MWBC** –recipe S297 p. 422. The last line “and distill them as the the rest” does repeat **the** in this 1608 edition.]

Here beginneth *Consarues*.

[67] To make Marmelade of Quinces.

TAke your Quinces and boyle them tender, then pare them and cut them to the coare, then draw the pulpe, That is, the Quince through a haire searse and weigh it, to euey pound of pulpe, take a pound of clarified suger, and boyle

them together till they come to a perfect colour, putting to them in the boyling a little oyle of Cynamon, and when it is boyled ynough that it will not sticke to the panne, put it into your Marmelade boxes. But your conserue must not be boyled so high in any case, for then it will not bee so good.

[This is another variation of quince marmalade. It keeps the restorative oyle of Cynamon, but drops the many other ingredients called for in the **Closet's** recipe 54 and 55. See also recipes 10, 38, and 56.]

[68] To make conserue of red and damaske Roses.

TAke of the purest and best coloured buddes you can get, and clip off the whites from them and to euery pound of leaues you must take three pound of Barbarie sugar, and beat them together till they be very fine, and then with a wodden spatter take it vp, and set it on the fire till it be through hot, and then presently put it vp, and it will be of an excellent colour.

[**MWBC** offers –recipe S80 p. 278 “To Make Conserue of Roses”, but it’s not the same recipe. This recipe and the one for violets which follows most resemble versions found in John Partridge’s **The treasure of commodious conceits**. See also Ivan Day’s excellent website for more on conserves of red roses.]

[69] To make Conserue of Violets.

TAke of your Violet flowers, and picke off all the blew flowers, and keepe them and weigh them, and take to euery ounce of flowers three ounces of refined suger, and beat them in a alabaster mortar till they be very fine, and then take them vp and put them into an earthen Pipkin, and set them vpon the fire vtill snch [such] time as they be thorough hotte, and then take them off, and put them vp and keep them.

[The 1608 recipe clearly says “snch” and not “such.” John Partridge’s **The treasurie of commodious conceits** contains a similar recipe.]

[70] To make pectorall rowles for the Cough.

TAke liquorish powder finely searsed one ounce, of the spices of Diatragacanthum frigidum ij. drams, of Gum-arabecke and Tragarant in fine powder, of each a dram, white starch halfe a dram, Aniseeds in fine powder one ounce mingle with the rest, then take of suger sixe ounces, of Pennits an ounce and halfe, Suger-candy one ounce powdred & mingled with the former powder, then take Gum-tragacant steeped in Rose water and bear it into past, and so make it into long rowles and so drie them, and keepe them.

[A pectoral roll is a medicinal recipe for digestive or respiratory complaints. Liquorice was often employed in cough syrups and powders. This does not appear in the **MWBC**.]

[71] To make Conserue of Borage flowers.

TAke of your Borage flowers well colored and picke the blacks from them, then weigh them, to euery ounce of flowers you must take three ounces of suger, and beat them together in an Alabaster mortar with a wooden pestle vntill they be verie fine, so that you cannot discerne any suger in lumps, then take them out and put the conserue into a pipkin, and heat it through hot, and hauing thus done put them vp & keepe them all the yeare.

[Again see Partridge. See also the notes to **MWBC** –recipe S77 p. 276.]

[72] To make conserue of Rosemary flowers.

TAke your Rosemary flowers, fresh and good and picke them from the greene tuske, weigh them, and take to euery ounce of flowers three ounces of Suger-candy, and beate them very fine, vsing them in euery respect as you did your other Conserues.

[See **MWBC** –recipe S79 pp. 277-278.]

[73] To make Conserue of Buglosse flowers.

TAke your buglosse flowers, and picke them as you did your borage flowers, and then weigh them, and to euery ounce of flowers you must take

two ounces of hard sugar and an ounce of sugar Candie, and beate them together till they be exceeding fine, and then set them on the fire to dissolve the sugar, and when it is dissolved and the conserue hot, put it vp and keepe it all the yeare.

[Again see Partridge. See also the notes to **MWBC** –recipe S77 p. 276. The recipe says: “then set them **one** the fire,” but of course the wording should read “**on** the fire.”]

[74] To make a Pomauder.

TAke of Beazou in one dram and halfe, of storax, halfe a dram of Lignum aloes in fine powder halfe a scruple, of Labdamum halfe an ounce, powder all these very fine and searse them through laune, and then take of muske a dram, Amber greese ten graines, Ciuet ten graines, and dissolve them in a hot mortar with a little rose water and so make them into a pomander putting into it six graines of Ciuet.

[There are numerous recipes for pomanders scattered throughout recipe books of this era, but not this recipe.]

[75] To make Consaure of Barberies.

TAke of your Barberies which are very red and ripe and picke them from the stalks and then wash them and put vnto them a prettie deale of faire water and set them on the fire in an earthen pan and so scald them, and being thoroughly scalded pulpe them thorough a fine searse, and to euery pound of

pulpe take a pound of powder suger and boyle them til it be ynough that is,
till it wil cut like marmelade.

[See **MWBC** –recipe S76 pp. 275-276.]

[76] To make Consarue Cichorie flowers.

TAke of your Cichory flower new gathered; for if you let them lie but one
hower or two at the most they will loose their colour and doe you very little
seruice, therefore waie them presently, and to euey ounce of flowers you
must take three ounces of dubble refined suger and beate them together in a
morter of Alabaster and a wooden pestle vntil such time as they be
thoroughly beaten, for the better the flowers and suger be beaten, the better
will your Conserue be, let this alwayes be for a generall rule, and being very
well brayed, you must take them vp, and put it into a chafer cleane scoured,
and set it on the fire til it be throughly hot, and then take it off, and put it vp
and keepe it all the yeare.

[“Waie” is, of course, weigh. Compare this recipe with “To Make Conserue
of Suckory Flowers” **MWBC** –recipe S78 pp. 276-277. As Thomas Elyot in
his **Castel of Helthe** in 1541 recorded, “Cykorie or suckorie is lyke in
operation to lettise,” making the suckory and chicory simply variations of
the same sort of recipe.]

[77] To keepe Cowcumbers in pickle all the yeare.

TAke foure gallons of Conduit water and put vnto it three quarts of bay salt, two handfulls of Sage, one handfull of sweete Marioram, and foure handfulls of Dill, let these boyle til it come to three gallons, and then take it off, and when it is almost cold, put in a hundreth of Cowcumbers into that liquor, into a butter barrel & keepe them al the yeare, but looke that alwaies the herbs lie vpon them, and thus done, it will be a most excellent sallet with oyle, vineger, and pepper.

[This is the sole pickle recipe for cucumbers in the 1608 **Closet**. It does not contain wine or vinegar. See the **MWBC** for slightly different –recipes S161 “[To P]ickle Cowcumbers” and S162 “To Pickle Cowcumbers Greene” on pp. 168-169.]

[78] An exceeding fine pill vsed for the goute.

TAke of Aloes two ounces, Mastick three drammes, Agricke halfe an ounce, Ginger halfe a dramme, let these be poudred very fine, then take of the extraction of Rhubarbe three drammes, and with white wine let them be incorporated into a masse of pills, adding vnto them a droppe of oyle of cloues, and as much or Nutmegges.

[See below for a discussion of these recipes pertaining to the goute.]

[79] A Medecine for the Goute.

TAke of the slippes of starres to the number of foure, and then take to euery stippe foure snayles, and put them into an earthen pot, & sprinckle foure or fiue handfuls of salt vpon them, and then put to them Sage, Rue, Wormewood, and Hyssope, of each foure handfuls, and so distill them, and when you haue distilled them, put to them a quart of wine Vineger, wherein an ounce of white Mercury is dissolued, and so bath the place infected with the goutte, and it will ease them presently.

[Salves and medications that might in the words of the excellent doctor Konrad Gesner, “easeth & helpeth the gout,” were highly sought after. That does not help to explain why quite suddenly a pill and medicine for the goutte appear in this location in the 1608 **Closet**. We would expect to find both of these recipes in the accompanying second section where “the diuers soueraigne medicines and salues, for sundry diseases” were featured. Is it a printer’s error or were these recipes inserted in the original manuscript between the pickles and the syrups to make use of a blank page? To date, no other such recipes worded in exactly this fashion have been located.]

[80] To make Syrupe of Pomcitrons

TAke of Pomcitrons, and cut them in halfes and iuyce them, but beware you wring them not too hard, least it be slimie, and then take to euery pint of iuyce three quarters of a pound of refined suger, and boyle it in an earthen pipkin, till it come to the height of a Syrupe, and take heed in any case that you boyle it not on too hot a fire, least it burne, and then when it is boyled ynough, put it vp, and keepe it all the yeare.

[See **MWBC** –recipe S237 p. 371.]

[81] To make Syrupe of Violets.

TAke your Violets, and pick the flowers, and weigh them, and then put them into a quart of water, and steepe them vpon hot embers, vntill such time as the flowers be turned white, and the water as blew as any violet, then take to that quart of infusion and take foure pound of clarified Suger, & boyle it till it come to a syrupe, scumming them and boyling them vpon a gentle fire, least it turne his colour, and being boyled, put the Syrupe vp and keepe it.

[See **MWBC** –recipe S221 p. 363. **MWBC** features four more syrups featuring violets.]

[82] To make Syrupe of Liquorish.

TAke your Liquorish eight ounces, and scrape it verie cleane, and briuse it verie well, and mayden haire one ounce, Anyseede, and Fennell seede of each halfe an ounce, steepe these in foure pintes of raine water halfe a day, and then boyle it to a quart, then take a pound and a halfe of clarified suger, and boyle it with that liquor, till it come to a Syrupe, and then put it vp and keepe it.

[See **MWBC** –recipe S240 pp. 372 - 373.]

[83] To make Syrupe of Hore-hound.

TAke of Hor-hound two handfals, of Coultsoote a handfull, of time, peneriall, and Calamint of each two drams, of Liquorish one ounce and a halfe, of figges and raysons of the sunne of each two ounces, Pionye kernels a quarter of an ounce, Aniseeds, and Fennell seeds, of each a quarter of an ounce, boyle these in a gallon of faire water, till it come to a pottell or three pintes, and then straine it, and take three pound of Suger, and three egges, and clarifie that liquor, and so boyle it to a Syrupe, and so keepe it all the yeare.

[See **MWBC** –recipe S246 p. 376.]

[84] To make Syrupe of Maydenhaire.

TAke of Maiden heare sixe ounces, of Liquorish one ounce scraped and sliced, steepe these foure and twentie houres in foure pintes of Conduit water, and then boyle them to quart, and then take two pound of clarified Suger, and boyle it with that liquor vpon a gentle fire, vpon Charcoales, vntill it come to a Syrupe, scumming it very often, that it may be the clearer, for the clearer it is the better it is, and being boyled ynough, put it vp.

[See **MWBC** –recipe S242 p. 374. S243 is another recipe for syrup of mayden haire.]

[85] To make Syrupe of Hyssop.

TAke of Hyssop one handfull, of Figges, Raysins, Dates of each an ounce, of Calamint halfe a handfull, of French barley one ounce, boyle these in three pintes of water to a quart, and then straine it, and then clarifie it with the whites of two eggs, and two pound of Suger, and so boyle them to a Syrupe, and being boyled ynough, keepe them all the yeare.

[MWBC offers –recipe S244 p. 375 which is this recipe. It also offers a variant in S245 pp. 375.]

[86] To keepe Cherries all the yeare to haue them at Christmasse.

TAke of your fairest Cherries you can get, but be sure that they bee not bruised, and take them and rub them with a linnen clothe, and put them into a Barrell of hay, and lay them in rancks, first laying hay in the bottome, and then Cherries, and then hay againe, and then stoppe them vp close, that no ayre may come neere them, and lay them vnder a fetherbed, where one lyeth continually, for the warmer they are, the better, yet neere no fire, and thus doing, you may haue Cherries at any time of the yere.

[And here among and between the syrups, appears this recipe for preserving cherries. The recipe may be found in the MWBC, but not in “A Booke of Sweetmeates.” It appears in “A Booke of Cookery.” See MWBC –recipe

C153 pp. 162, where the recipe ends: “you allsoe may keep cherries or other fruits in glasses, close stopt from ayre.”]

[87] To make a Syrupe of Mulberries.

TAke your Mulberries which are very ripe, presse out the iuyce from them, thorough a linnen cloth betweene two stickes, and then to euery pint of iuyce, take a pound of suger and boyle it to the height of a Syrup, and then keepe it all the yeare long, and if it waxe any thing thinner a moneth after you put it vp, boyle it againe, and then put it vp.

[MWBC offers –recipe S233 p. 370 and another version titled “To Make SIRRUP of Mulberies or Rasberies” –recipe S234 p. 370.]

[88] To make Syrupe of Lymonds.

TAke your Lymonds, and cut them in halfes, and betwixt your fingers iuyce them, and the liquor that runnes from them wil be very cleare, then take to a pint of iuyce, a pound and a quarter of hard suger, which is very white and boyle it to a Syrupe, and it will keepe excellent well.

[There are two lemon syrups in the MWBC. See –recipes S235 and S236 pp. 370 - 371.]

[89] To make Syrupe of Roses sollitine.[?]

TAke of Dammaske Roses, and pull them, then take a gallon of water, and when the water is hot, put a good many Damaske Rose leaues, and take them out when they looke white, and doe so ten times, and then the water will looke red, and then to euery pinte of that liquor, put a white of an egge and a pound of suger, and clarifie it, and boyle it to a Syrupe, and keepe it all the yeare, the thicker the Syrupe is the better it will keepe.

[The Roses sollitine in the title may be Roses *sollitiue* or *sollitive*. The print in the original 1608 **Closet** appears obscured. Plat included a recipe for Rosa-Solis in **Delights**. The term “rose of Sollace” appears such works as **The Muses Sacrifice** of 1612. The **MWBC** offers a number of recipes for rose syrups, including –recipe S228 p. 367.]

[90] To make Syrupe of drie Roses.

TAke of red Roses dried foure ounces, & infuse them in a quart of faire water vpon hot embers, till the roses haue lost their colour, then take a pound and a halfe of Suger, and clarifie your Liquor and Suger with two egges, and then boyle it to the height of a Syrupe: but take heed in any case that you set not your Syrupe vpon too hot a fire, for then it will loose his colour, and bee worth naught.

[**MWBC** includes –recipe S230 which calls for “Take of dryed red rose leavs 4 ounces”. See page 368. With this recipe, the 1608 **Closet** concludes its selection of confectionary and preserving recipes.]

Three Additional Recipes

In the 1608 **Closet**, the next section begins the medicinal section, being named **the diuers soueraigne medicines and salues, for sundry diseases**. It is found on pages 69-190 of the original volume. Except for the following three recipes, I've omitted the rest of the medical section for this 2011 edition, choosing to concentrate and annotate the confectionery recipes. I've numbered these recipes **M1**, **M2**, and **M3** as to designate that they were found in the medical section.

[M1.] To make a fresh Cheese.

TAke a quantitie of new milke, and set it on the fire, and let it boyle, and take halfe a dozen yolkes of eggs, and beat them and stirre them in the milke on the fire, then take it off the fire, and keepe it stirred, vntill it be luke warme, and then put runnet into it, and stirre it, and let it stand vntill it be gathered together & take vp the curd, and put into it Cinamon and Ginger, and stir it about, & make dishes of it, as you thinke good.

[Although I've searched, I've not identified a recipe for a fresh cheese of this sort. **MWBC** does not include this recipe.]

[M2] To make Snow.

TAke the whites of fiue or sixe eggs, a handfull of fine sugar, and as much rose water, and put them in a pottle of cream of the thickest that you can get, beat them all together, as the snow riseth, take it off with a spoone, you must beat it with a sticke clouen in foure, then must you take a loafe of bread and cut away the crust, and set it vpright in a platter, then set a faire rosemarie branch in the loafe, and cast your snow vpon it with a spoone.

[There are numerous versions of snow recipes in early printed texts. **MWBC** includes, for instance, –recipe C120 “To Make a Creame with Snow.” See pages 139-140. It’s not this recipe, however. This recipe or one very like it with some spelling variations does appear in John Evelyn’s later 17th - century manuscript of recipes. See recipe 132 in the text **John Evelyn, Cook**. What I find unusual about this recipe is the use of bread to provide the foundation for the mounded whipped cream and egg mixture. Most recipes use apples.]

[M3] King Henry the eight his perfume.

TAke sixe spoonfulls of compound water, as much of rose water, a quarter of an ounce, of fine sugar, two graines of muske, two graines of amber-greece, two of Ciuet, boyle it softly together, all the house will smell of Cloues.

[This rather amusing recipe is not in the **MWBC**. It’s essentially a recipe for a perfume that smells like cloves, yet it includes no cloves. With this recipe, we conclude our presentation of the 1608 **Closet**.]

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The Table

By the seventeenth century books of cookery often contained the feature of a Table, which listed the contents. These tables might appear at either the beginning or at the end of a volume. The 1608 and other early editions of the **Closet** did not include a table. The 1651 edition of the **Closet** was the first to include a Table of Contents.

For this special and new edition of the 1608 *Closet*, I have created an original Table.

Table created in 2010

An especiall note of CONFECTIONARY

The Preseruatiues.

- To preserue **Pippyns red.**
- To Preserue **Pippins white.**
- To preserue **Pippins greene.**
- To preserue **Apricockes.**
- To preserue **Mirabolans or Malacadonians.**
- To preserue **Pomcitrons.**
- To preserue **Cherries.**
- To preserue **red Rose leaues.**
- To preserue **Oranges and Lymonds.**
- To preserue **Quinces.**
- To preserue **Peaches.**
- To preserue **Eringus Rootes.**
- To preserue **Barberies.**
- To preserue **Goos-berries.**
- To preserue **Damsins.**
- To preserue **Raspises.**
- To preserue **Enula Campana rootes.**
- To preserue **Saterion Rootes.**

Heere endeth the Preseruatiues.

[All the sorts of Candyng.]

To make **Manus Christi.**

To Candy **Ginger.**

To Candy **Rose leaues** as naturally as if they grew vpon the Tree.

To Candy **Marigolds** in wedges the Spanish fashion.

To Candy **all manner of flowers** in their naturall colours.

To Candy **all sorts of flowers, fruits, and spices**, the cleare rocke Candy.

To Candie **Eringus rootes.**

To Candie **Elecampane.**

To Candy **Violet flowers.**

To Candy **Goos-berries.**

To Candy **Rosemarie flowers.**

To Candy **Borragage flowers.**

Here endeth the sorts of Candyng.

[All the sorts of Pastes]

To make **Past of Pippins** the GENVA fashion,

To make **Past of Eglantine** of the colour of thred Corall.

To make **Past Royall white.**

To make **Past royall in spices.**

To make **Past of Genua** the true way.

To make **Past of Violets.**

To make **Past of Goos-berries.**

Here beginneth Banqueting conceits, as Marmalades, Quodiniackes, and such like.

To Make **Muskadine Comfits.**

To make Diacitonium simplex of **Quinces.**

To make fine **Christall Gelly.**

To make white **leach of creame.**

To make a **Walnut**, that when you cracke it, you shall find Biskets, and Carrawayes in it,

To make **Quodiniacke of plums.**

To make **Biskatello.**

To make a **speciall sweet water** to perfume clothes in the foulding, being washed.

To make **Mosse powder.**

To make **Aromaticum Lozenges.**

To make a **Marchpane**, to yee it, and garnish it after the Art of Comfit making.

To make all sorts of **banqueting conceits of Marchpane stuffe,**

To make all kinde of **Birds and Beasts** to stand on their legges in **cast worke.**

To **cast all manner of frutage hollow** in turnd worke,

To make **Prince bisket bread.**

To make the vsuall **bisket solde at Comfitmakers.**

To make an **especiall sweet Powder** for sweet bagges.

To make an **excellent Marmelate** which was giuen Queene Mary for a New-yeares gift.

To make a **blaunch for any Ladies face.**

To make printed **Quodiniacke of Quinces** a rubye colour.

To make **Quodiniackes of Raspises** or English Coriants.

Here endeth the conceits of Banqueting.

CORDIAL Waters.

Aqua Coelestis.

To make **Cynnamon water.**

To make **Doctor Steeuens water.**

To make **Baume water.**

Angellica water.

Rosa Solis.

Wormwoode water.

Here beginneth Consarues.

To make **Marmelade of Quinces.**

To make **conserue of red and damaske Roses.**

To make **Conserue of Violets.**

To make **pectorall rowles** for the Cough.

To make **Conserue of Borage** flowers.

To make **conserue of Rosemary** flowers.

To make **Conserue of Buglosse** flowers.

To make a **Pomaunder.**

To make **Consaure of Barberies.**

To make **Consarue Cichorie** flowers.

To keepe **Cowecumbers in pickle** all the yeare.

An exceeding **fine pill vsed for the goute.**

A Medecine for the Goute.

To make **Syrupe of Pomcitrons.**

To make **Syrupe of Violets.**

To make **Syrupe of Liquorish.**

To make **Syrupe of Hore-hound.**

To make **Syrape of Maydenhaire.**

To make **Syrupe of Hyssop.**

To keepe **Cherries** all the yeare to haue them at Christmasse.

To make a **Syrupe of Mulberries.**

To make **Syrupe of Lymonds.**

To make **Syrupe of Roses sollitine.**

To make **Syrupe of drie Roses.**

From the medical section

To make a **fresh Cheese.**

To make **Snow.**

King Henry the eight his perfume.

Selective Bibliography

To begin, the preferred bibliographic entry for **A Closet for ladies and gentlewomen. or, The art of preseruing, conseruing, and candying.** [From the British Library <http://estc.bl.uk>] is:

A closet for ladies and gentlewomen. or, The art of preseruing, conseruing, and candying. With the manner hovve to make diuers kinds of syrups: and all kind of banqueting stufes. Also diuers soueraigne medicines and salues, for sundry diseases. Created/Published: At London : printed for Arthur Iohnson, dvvelling neere the great north dore of Paules, 1608.

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The work can be found in a number of formats.

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A Closet for Ladies and Gentlevvomen. Or, The Art of Preseruing, Conseruing, and Candyng [microform]. London: Printed [by F. Kingston] for Arthur Iohnson, Dvvelling Neere the Great North Dore of Paules, 1608. Microform. *Early English Books, 1475-1640* (1964): reel 0948:008. Microfilm. Ann Arbor, Mich.: UMI, 1964. 1 microfilm reel ; 35 mm. Reproduction of the original in the British Library. Additional editions also on microfilm.

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subscription service. A number through EEBO-TCP are being turned into full text versions, again offered on a subscription basis.

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JK Holloway is a professional librarian, former university information scientist, and former head librarian of a county library. These days she's a dedicated faculty wife and mom to a college student. Crippling, degenerative osteo-arthritis from a freak knee injury in 2002 leaves her unable to drive distances or travel by herself. Her book, *Concordance of English Recipes: Thirteenth to Fifteenth Centuries* by Constance Hieatt and J. Terry Nutter with Johnna Holloway, was published in 2006 by MRTS [Medieval and Renaissance Text Studies] at Arizona State University. Most recently she completed a bibliography for Oxford University Press on the topic of Medieval Food and Drink with Professor CB Hieatt. *Oxford Bibliographies Online (Authority and Innovation for Research)* went live in December 2010.

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