



## *Too make the best Caraway Cakes*

[143]

Take 1/2 a peck of flouer  
4 pound of butter Rub fine in the flouer,  
3 pounds of Caraway Comphets,  
a pound of allmons, thin sliced,  
1/2 a pint of sacke  
4 eggs  
a qrt of good alle yeist warm  
and mix the yeist eggs and sack  
and Lett the oven bee hot and Redy before  
it bee mixed  
and put in the Allmons Cittern and Carawais—  
when it is well mixed put it in the oven—

*“Caruwaie seeds confected, or made with sugar into Comfits, are very good for the stomacke they helpe digestion, provoke urine, asswage and dissolve all windinesse: to conclude in a word, they are answerable to anise seed in operation and virtues.” p. 1539, Gerarde’s Herball (1636).*





## *Too make Itallyon Biskett*

[85]

Take serched suger and the white of an egg  
a Littell ambergrese  
a Littell muske  
beat these apart in a Alliblaster mortar,  
then put in a Littell Aniseed finly beaten,  
mingle all these together  
and make them up in Littell Loafes Like Cracknells,  
put them in an oven as hot as for manchets,  
bake them on plats,  
when thay bee risen high take them out  
and remove them one other plats—

**Cracknells**, a light crisp kind of biscuit of a curved or hollowed shape. (1523): "When the plate is hote, they cast of the thyn paste thereon and so make a lytle cake in maner of a crakenell, or bysket."





## *Too Make Mackerouns*

[16]

Take a pound of fine suger beaten serced [sifted]  
and a pound of Allmonds, blanched.  
beat youre Almons in a stone mortar with a Littell  
Rose water,  
then strain youre suger and beat them to gether,  
till they bee well tempered,  
then put them in a puter dish,  
and sett them on a few Colls  
but keep them sturing that thay do not burne —  
to the dish take the yeilks of 14 eggs,  
beaten too froath,  
and wett them againe with the froath of the eggs,  
then make them upon wafars  
and bake them in an oven heated for manchets —

*A macaroon was the same thing in Penn's day that it is today.*







## *Too Make Allmon Cake*

[25]

Take a pound of allmons, Blanch them  
in Cold water  
then with a knife slise them as thin as you Cann  
then put a pound of fine suger beat and sifted  
to the almonds  
and 1/2 an oz of Corawa seeds, brused  
2 spunfulls of rose water,  
a grain of muske,  
a grain of ambergrece  
1/2 a handfull of fine flouer,  
temper them together with the froath of the  
white of an egg  
and gem dragon Layd in Rose watter,  
as much of the one as the other,  
so stur them till thay are moyst,  
lay them one a Maser, in the maner of  
a Round Cake  
So bake them in an oven heat as for suger Cakes—

**Gem dragon**, possibly *gum dragon* (see #107).

**Gum dragon**, *dragant*, *adragant*, a *gum teagacath*. Mentioned in English literature as early as 1265. In 1704 the London Gazette referring to a ship's cargo mentioned "Gum Arabeck, Gum Dragant, etc."

*Mazer*, *mazre*, **maser**, a bowl of maple wood, found in English usage as early as 1290.





## *Too make Elizabeth Kimbols Cake*

[97]

Take 6 pound of flouer well Dried,  
6 pound of Corants  
one pound of Raisons of the sun stoned and cutt  
1/2 a pound of dats Cut,  
oring and Lemon and Citorn,  
spice and parsoms what you plese  
10 yeolks of egg 3 whits  
Crem a quart,  
butter 2 pound  
balme a quart  
sack 10 spunfuls,  
Rose water 6 spunful,  
3/4 of a pound of Lofe sugger,  
take youre fruit flouer suger and mix together,  
beat youre eggs with youre Creme and strain  
them [with] youre sack and rose water,  
melt youre butter and putt youre Creme too it,  
put youre flouer and other Ingredions into a  
large earth pann—  
put them up the sides with a hole in the midell  
then take youre bame eggs buter and Creme and  
put them into the midell of youre flouer,  
and only strow one sum flouer with youre hand,  
and set it down to the fire till it rise over  
then take it up and mix it well together  
and set it doen again, till it rise  
have your coffen Redy buttered fill it 1/2 full  
set it in the oven an houer and 3/4





## *Too make Ginger Breed*

[96]

Take 3 pound of treckell  
and as much flouer as it will need,  
mingle with the flouer a 1/4 of a pound of  
beaten ginger,  
and a qr of Coraway Coriander and Anis seeds,  
a Littell brused  
and 3 grated nutmegs  
1/2 a pound of suger,  
then make it into a stife past,  
and beat it with a Rouling pinn, to make it Lite,  
it must bee baked in tinn pans which must bee  
a Littell buttered,  
as sone as thee take it out of the oven  
just dip it in to scalding hot watter,  
and put it into the oven againe, and Lett it,  
If thee hast any oring or Lemon peelee  
slice sum very thin in to the treckell  
3 or 4 days before thou makest the ginger breed

**Treacle,** *molasses.*







**Parsoms** (*persimmons?*) plum-like American fruit described (1612) by John Smith.

**Balme**, name of some fragrant garden herbs, i.e. balm gentle or balm mint (*melissa officinalis*).

## *Too Make Portingall Cake*

[100]

Take Lofe suger a pound,  
beat it and search it throu a sive  
with a pound of flouer very fine that is well aired  
and then take a pound of butter,  
and wash it well in Rose water,  
then worke it well with youre hands till it bee soft,  
and strew the flouer and suger in bye degrees,  
till it bee 1/2 in. still working it with youre hands  
then put 6 yeolks of eggs and 4 whits  
then by degrees worke in the other 1/2 of the  
suger and flouer,  
and when the oven is hot,  
putt in 2 spunfuls of Rose water  
a pound of Corants  
then have youre pans Redy butered  
and fill them not almost 1/2 full  
and sirup suger one them just as you set them  
in the oven —

