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OLD KENTISH RECIPES.

BY CECIL A. V. BOWRA.

RICH as are the volumes of the *Archæologia Cantiana* in many matters illustrative of the history of our county, one aspect, and that a not unimportant one, of our forefathers' activities, seems rather to have escaped attention. Search among those volumes reveals little about questions of food, diet, and cookery, or of the method of preparation of the medicaments which in simpler times formed part of the housewife's duty. It is an omission which is peculiarly English. Food and the ways of preparing tasty dishes, a matter of serious discussion and the frequent subject of conversation in Continental countries, are seldom talked of, perhaps seldom thought of, here, where an interest in cookery is far from universal, and where the feats of our forebears as trenchermen have become an almost incredible tradition. Still even in these days of comparative austerity it will be conceded that researches into the habits of our ancestors are incomplete without some enquiry into their culinary and dietetic customs. The yeomen of Kent have been reputed throughout their history to be a prosperous class, enjoying a standard of life and comfort higher than in most other parts of England, and living indeed in an enviable state of luxury when their conditions are contrasted with those of husbandmen in other parts of the world. A record of the sort of food and drink they had, and of the various ways of preparing that food, should therefore be of value ; and, as it happens, such a record, kept by families of yeomen class in the Kentish Weald, has now come to light.

The three small MS. books from which the appended recipes have been extracted have been kindly lent me by Mr. Arthur Franks, a fellow member of the Kent Archæological Society, in whose family they have been kept as a valued record for a matter of half-a-dozen generations or so. The

volumes which are neatly bound in parchment have been preserved with great care. The writing is as a rule excellent ; in the earlier entries at least there is a distinct effort at fine penmanship ; the spelling is generally up to the standard of its period, though it must be admitted that there are occasions when it shows rather a sad falling away ; but the production as a whole throws a favourable light upon the state of culture in Kentish farmhouses in the eighteenth and early nineteenth centuries. Dates incline to be vague. The first dated recipe is 1722 (though there are some notes dated some years earlier) but this only occurs as a new departure after forty-four previous recipes have been concluded with " Finis " and a flourish. How long before this the book was begun is impossible to say : but we may not be far wrong perhaps if we assume the record to extend from the beginning of the eighteenth to towards the middle of the nineteenth century, covering a period of 150 years or so ; and it may well be that many of these recipes have been handed down from a much earlier period. The entries are confined at first to recipes for the preparation of food, potables and medicaments, but tend later on to include family matters and household affairs, such as births, marriages and deaths, and scraps of accounts, with records of tree-planting, jam-making, pig-killing, lambing, visits and excursions, with occasional newspaper cuttings and advertisements. The books show signs of having passed through the hands of several owners. On the first page of one of them appears the name ELIZ. FERMOR, who was presumably the first owner of the volume. Whether this Elizabeth was a member of the well-known Fermor family of Walsh Manor, Rotherfield, or, if so, to which of the many Elizabeths in that family this particular name belongs, I have no means of ascertaining. But there seems to be a possibility at least that the books originated with some member of the Fermor family. Sir Henry Fermor, who was born in 1667 and buried in Sevenoaks in 1734, had a house there and his name is perpetuated by his monument in the parish church and by his creation of the Fermor Charity. By his Will in 1732 he charged his lands at Hadlow

and Great Peckham with the yearly payment of a load of best wheat-bread corn, to be distributed to forty poor people not receiving alms of the Parish.

The whole forms an interesting record of the domestic life of a Kentish yeoman, and the various recipes give useful information about the standard of eighteenth century food in our county.

SOME OF THE RECIPES.

Many of the recipes are of sufficient interest to give in full but space only allows of a selection of a few, which it is hoped will be typical enough to give a general idea of the scope of the whole collection.

TO PICKLE MUSK-MELLONS LIKE MANGOES

Slitt the Green Mellons & take out y^e Seed part. Brine them hott as Cucumbers and lett them stand 4 days, then put into each Mangoes, four Cloves of Garlick and some fine Mustard seed and bind them close with tape then make a pickle The same as for y^e wallnuts, then pour it on them boiling hott, pour Oyle on the top and cover them close.

TO POTT VENISON OR BEEFE IN SLICES

Cutt your venison or beefe in Collops an Inch thick. Lard them with bacon, season them high with pepper salt and nutmig. Lay butter on the bottom of your pott, then Lay in a Lay of Collops, then Lay in some slices of the good fatt of an Ox being seasoned as y^e Collops, then lay in more of the Collops, then more of the said fatt, thus do till y^e potts be full. Lay on some butter and 2 bay leaves on y^e top, paper and cover it with course past, bake it tender, pour out the Gravy and fill it up with clarified butter. Lay a weight on it whilst it is hott that y^e fatt and collops may be congeale together. If you would have it Redd add a Little Salt peter.

Serve it with Mustard & Suggester

TO COLLAR A PIGG

Cutt of the head & splitt downe y^e back. Take out all y^e Bones, soake it in severall warm waters that it may looke white, drie and season it with a little time sage pepper nutmig, salt and a little cloves & mace, and season the head also, then rolle it up in 2 collars, put them into thinn cloths, tye them close with tape, then boyle them in an equal quantity of white wine & watter with a little vinegar and salt : y^e head will be enough in halfe & hour but the collars may boyle till you feele them tender. Add some salt, large mace & Lemon peelee & 2 bay leaves in the boyleing. They being tender take them out and lett the collars & the pickle coole tye the collars streighter & put them & the head into the pickle. Dish the head in the midle of the dish with an apple in his mouth and slice the collars round about.

Garnish with Lemon barberry bay leaves & flowers.

TO MAKE A RICE FLORINDYNE¹

Your Rice being boyled tender in water and after in milke stir in a pound of butter a pound of currants, a little salt, cloves, mace, nutmig, half a pound of fine sugar, sack, Rosewater, the yolks of 8 eggs, the whites of two, the marrow of two bones, or a little beafe suett finely minced, a pint of cream, some cittron & candeed lemon. Mix them well together. Sheet y^e dish with puff paste, carve, lay butter on y^e bottom & sweet meats & butter on y^e topp. Cutt a cover fitt for it of paste Royall, ice and bake it on paper then lay it on the Florindyne.

Serve it with collou'rd comfitts and spriggs of paste.

TO MAKE LEMOND BRANDY. . 1722

Take y^e Peels of 16 Lemonds cut very thin and put it into 2 quarts of French Brandy, then take a pint & half of spring water and boyle in it a pound of double refined sugar

¹ The N.E.D. explains this to mean especially meat baked in a dish with a cover of paste.

& scoure it well and put it warme to your brandy & 14 spoonfulls of milk a little warme, stir y^{em} well together & let it stand 4 days, then let it drop through a funnel into a Quart Bottle

HUNGARY WATER. Lady Marle

Take a gallⁿ of Brandy or Spirits fill'd full of Rosemary flowers, let it stand ten days, put in water sufficient to keep it from burning, if you'll perfume it put in Ambergrease of Musk in a Bag in y^e top of y^e still : you may draw 3 quarts from 4 if you please.

MR TONGUE'S DRINK FOR A CANCER'D BREAST

Take Sarsaparilla Shred 6 ounces China Shred 4 ounces Ivory shavings 4 ounces, Eringo and yellow Dockroots shred each 6 ounces, plantans & Strawberry leaves and roots each 3 handfuls, Alehoof¹ 4 handfuls, Semicle & Speedwell each 2 handfuls, Sago & Centery each a small handful, Coriandr & Sweet Fennel seeds bruised each $\frac{1}{2}$ ounce. Woodlice a thousand bruised, put them in Bag. For 6 gallons small Ale.

FROM Y^B SAMPIER MAN²

Take your sampier & pick it from y^e large stalks. Then wash it well with water & salt, and drain it from y^e water very dry. Then boyl your vinegar in a brass pott, & put y^e sampier to it, & give it a boyl or two, then pour it all into y^e pott you design to keep it in and stop it very close, it may be reboyl'd once in 2 or 3 weeks till its green & tender. It must be wine or Dutch vinegar, and 2 quarts is used for a gallon of sampier.

A GREEN OYNMENT TO BE MADE IN MAY. Bullard's oynement

Which cureth strains, swelling, aches, ribes, cutts, cramps, scalding, burning, y^e stone, being chaft in y^e small

¹ Ground Ivy = *Nepeta glechoma*.

² Samphire (L'herbe de Saint Pierre) *Crithmum maritimum*.

of y^e back, all outward greifs as fellons, scyaticas, gout, all swelling in y^e face & throate, strained synews, sticthes, & fetches out y^e Ague in y^e breast or els where.

Take bay leaves newly sprung out, & wormwood, of each half a pound, redsage & rue of each a pound, pick them cleane, but wash them not, gather them in the heat of y^e day, beat them very small in a mortar. Then take new sheeps suet 3 pound : shread small, beat all these together till they be well incorporated, then put thereto a potle of oyle olive working it well with your hands till it be all of one colour & softness, then put it into a new earthen pot and stop it close, and let it stand in a close cold place 8 days, then boyl it on a soft fire 4 hours or more, stirring it well & then put to it 4 ounces of y^e oyle of spyke and let it boyl on. Dropp a dropp of it on a sawcer, if it looks duskish boyl it longer, if a fair green take it of and strain it through a new canvas cloath Keep it close in a gallipot in a coole place and it will last 8 year.

FROM Y^E DUCHES OF DORSET, TO MAKE THE HAIR GROW
THICK

of rosemary 6 handfuls & 6 handfuls of y^e curls of a grape vine. Of hony one pound, put a littel water in y^e still & still it in a cold still.

STRAWBERRY BALSAM

Take one ounce of Balsam of Tolu the newest you can get, bruise it and put it into a quart of spring water & boil it to a pint, keep the skillet close cover'd, then pour it on a quart of Wood Strawberrys that are full ripe. Let it stand cover'd till t'is cold, but mash the strawberrys while t'is warm, then strain it off and put to it 2 pound of double refine sugar and let it stand one day, then boil it up to a thick syrup.

This I gave my Boy to take when he had the Hooping
Cough 1752.

MILK PUNCH. Lady Betty Germain

Take twenty quarts of Brandy, put into it the peels of thirty Seville oranges & thirty Lemons pared thin, let them infuse twelve hours, then have ready boiled & cold again thirty quarts of water with fifteen pound of double refin'd sugar. Mix the water and Brandy together, adding the juice of thirty oranges and twenty-four lemons, then strain it from the peels, and barrel it up with one quart of new milk, bung it up close and let it stand a month or six weeks, then bottle it if fine.

N.B. It will keep many years the old the better.

MRS BORRETT'S R^e FOR AN AGUE

Take 20 grains of Camphire finely beaten & 40 grains of Venice Treacle. Mix this together, then divide it, and give it an hour before you expect the fitt, repeat it the next fitt and give the rest. You must mix it in a spoon with a little distill'd waters & drink something warm in the fitt.

HARTSHORNE FLUMERY

Take a quarter of a pound of hartshorn, boyle it in a quart of water. When it is a strong jelly put in half a pint of cream, a spoonfulls of orange flower water. Sweeten it when it is well boyled together. Pour it into saucers & next day eat it. cutt it in dice.

TO MAKE SNAIL WATER. 1737 from Mrs. Bull

Take a great peck of garden snails & a pint of red earth-worms made clean by rubing y^m with a dry cloth. Crush y^m shells and all in a mortar and wooden pestel. Just as you go to infuse y^m lay in y^e bottom of your pott 2 handfulls of Angelica & as much celandine, a quart of rosemary flowers or tops, agrimony, betony, of each 2 handfulls, bears-foot, red-dock roots & Bark of barbary-tree wood, of each 2 handfulls and half. Rue half a handfull. Sennigreen,

turnmerick, of each an ounce, 6 penyworth of safron, these only being layed in y^e pott. Put in y^e worms last of all, pour in gently 3 gallons of y^e best Ale you can get. Cover it close let it stand 36 houers. In y^e morning when desine to distil it open y^e top and put in one ounce of cloves and 6 ounces of shaving of harteshorn but stir it not least y^e things get to y^e bottom that should be a top. Distil it gently and coald it will yield 5 quarts of watter which must be after a days stilling. Mix the first and last drawing that it may be alike. The way of taking it is 3 spoonfulls of it mix^d with 6 or 7 spoonfulls of milde beer or ale which agrees best in y^e morning or else in y^e afternoon fasting two houres after it. Mightely helps weaknesse provided the person be not to hott. If y^e person be not inclind to be loose they may take it in a spoonfull of surup of voilets. The water is stil^d in a limbback.

TO MAKE CLARY WATER. 1737 Mrs Bull

Take 3 gallon of middeling bear and put it into a limbback and put to it 10 handfull of clary gather^d in a dry day, reasons of y^e sun ston^d 3 pound, annesseeds & liquorish of each 4 ounces, y^e whites and shells of 24 eggs (or half as many if there be not so much need of it for your back). Beat y^e shells small and beat them with the whites put in y^e bottoms of 3 white loaves. So put it into y^e limbeck and distil it leting it drop on a pound of white sugar candy & white suger. Keep it close and be not without it for it is good for y^e stomach and hart, strengtheth y^e back, provoth an appetit and helpeth digestions, driveth away sadness and heavyness of y^e hart.

AN EXCELENT RECEIPT FOR A DROPSY. Jan. 1737-8 from
Miss Amhurst

Bruise the green leavs of Artichoke plants and squeeze out the juice. Take a spoonful every morning fasting in a spoonful of strong Madera wine and take the same quantity every afternoon about 5 o' clock.

It will make the person who takes it very sick and will work off violently but if they continue taking it the violent working and sickness will abate by use and it does great cures even when all other medcins fail.

TO MAKE A BATTER TO DIP FISH IN, OR HOGS FEET AND EARS
DIP^d IN AND FRY'D ARE VERY GOOD

Take 2 egges & some small beer & some flower. Make a pretty thick batter of it, grate a little nutmeg in it and a little salt. When you have dipped your fish in have some grated bread ready to strow on both sides of them, fry them in a pretty deal of fat.

TO MAKE NEW COLLIDG PUDING Mrs Brodnax

Take a white penny Lofe, grate it, and half a pound of Beef suet shread small, half a pound of curants, a little salt, & a little nutmeg. Mix all these together, then add 3 eggs, well beaten, & a little sack, & rose water, and as much cream as will make it up a stiff past. Then make it up in the fashion of an egg, then melt a quarter of a pound of butter in a dish, and lay your puding in, and cover the dish & set them over a quick fire to fry, and when they are enough, have ready for the sauce, melted butter & sugar, & sack, and rose water, and send them to table hott.

FOR THE BITING OF A MAD DOG

Take the leaves of Rue, picked from the stalks and bruised, six ounces, Garlick picked from the stalks and bruised, Venice Treacle and Mithridate and the scraping of pewter, of each four ounces : boil all these over a slow fire in two quarts of strong ale, till one pint be consumed : then keep it in a bottle close stopd and give of it nine spoonfuls to a man or woman, warm, seven mornings together, Fasting, and six to a Dog. This the author believes will not (by God's Blessing) fail if it be given within nine days after the biting of the dog. Apply some of the ingredients from which the liquor was strained to the bitten place.

This Receipt was taken out of Cathorp Church in Lincolnshire, the whole town being bitten with a mad dog ; and all that took this medicine did well and the rest died mad. And it has since been found effectual in every instance not only to human kind but to dog, cattle and other animals.

TO CURE A BURN

Take the inner Rine of Elem Bark and boil it in water till it looks of a deep colour like Beer, then dip fine rags in the liquor & lay on the part, so do often in the day. The liquor must be as warm as milk from the cow when you use it.

TO MAKE WIGGS.¹ Mrs Amherst

Take three pints of Flour, 4 eggs and 2 whites, half a nutmeg and a little mace, beat fine three spoonfulls of yeast, melt half a pound of butter in a little milk and wet the wigs jest stiff enough to make up. Let it stand half an hour before the fire to rise and jest as it goes into the oven add half a pound of sugar.

TO MAKE A GOOSE HAM FASHION

Buy the fattest goose you can get, rub it with one ounce of saltpetre, 3 ounces of brown sugar and a good deal of common salt. Turn it every day and bast it for 9 days with the brine, then smoak it for 8 days. When you boil it put it into water cold, let it boil an hour and half.

TO COLLAR A BREAST OF VEAL

There must be 3 pounds and three quarters of meat after the bones are taken out.

Salt half an ounce full weight

White peper 6 drams or the weight of 10 cards

Mace full 3 drams beat small

Nutmeg full 3 drams beat small

¹ Wiggs in their simplest form are a kind of currant bun.

parsly 8 drams
 Red sage 2 drams and a half
 Margaram 2 drams and a half
 Spenage 5 drams and a half
 Winter seavory 1 dram and a half
 Lemon peel 4 dram full weight
 Lemon thyme 4 drams
 Common thyme 2 drams
 Suet one ounce and a half and half quarter of ounce
 3 yolks of eggs boild hard
 6 anchovys washed boned and taken in halves
 half a pound of baccon cut in slices
 all the Herbes cut small by themselves

then mix all the Herbs but the parsly together, beat the veal with a rolling pin after it is bone^d then cutt it a little to let in the peper and salt. After it is cut then strow on it a little of the salt and peper, mix together then a little mace, then parsly, then the other Herbs, then great a little nutmeg, then the yolks of eggs brock in halves and quarters, then suet, then nutmeg and seasoning again, then anchovy in halves lay^d in rowes, and Bacon the same between the anchoves, then suet and then mace, then Lemon peel, then Herbs, and parsley, then Bacon.

Roll it up tight in a Rubing cloth, pin it tight and roll it with a broad tape, then boil it in 3 gallons of water with the bones, three drams of Lemon peel, 6 drames suet, one onion, 9 drams of parsly, salt one ounce. Boil it two hours and half, then take it out and let it lie to be a little cool that you may handle it, but not cold, it will not close if it is. Then squeeze it tight by taking the two ends of the cloths in your hand, then roll it between two, one hold the tape and the other roll the collar tight. Tye the end tight and hang it up till next day, then take it out of the rubber and put on a fine rag round the collar. Boil up the pickle after the collar is out with half a pint of vinegar, let it be cold and then put in the collar. You may make two collars out of a breast of veal if you add fatt and lean from a leg of veal.

FOR A COUGH

Figs 6, Raisin 12, an ounce of pirlle barly, a good handful of wood sorrol, a quart of water and boyl it to a pint.

FOR WEAK & SORE EYES. from Miss Curtis

Take 4 ounces of May Butter clarify^d, melt in it 2 ounces of Virgin Wax, put it into white Rose water to cool. Work 'em well together, then pour off the rose water and put in 4 scruples of camphire and an ounce of prepared Tutty. Sift the Tutty very fine, then mix the ingredients very well together. Anoint the eyes with a little piece when you go to bed, it will make the eyes water & seen misty upon first using it, but you will find great good from it in time if you on with it for about 3 nights and then rest a night or two and so on till well.

A LETTICE SOUP. Miss Lee very good

Take a good quantity of Lettice leaves & Fry them in butter. They must be cut in pieces & the stalks taken out. Let them be brown but not burnt, when done put in a quart or as much boiling water as you chuse, a Pint or more of young green pease, whole peper & salt & a Bundle of sweet herbs, let all this stew together an hour or more till the pease are quite tender, then thicken it with a piece of Butter rolled in flour, stir it well, & it is done.

NOTES ON SOME PERSONS MENTIONED IN THESE BOOKS

(Kindly contributed by DR. GORDON WARD)

MRS. KIRRILL. In 1740 John Kirrill, Esq., was a considerable land owner in Sevenoaks. He had a map made of what was apparently his own house, a farm now occupied by the Lime Tree Hotel, and the houses in Lime Tree Walk, Argyle Road, Victoria Road, etc.

MRS. OWEN. Hugh Owen and his son of the same name were Rectors of Sevenoaks from 1703 to 1750.

MRS. QUAKER OWEN. Presumably the wife of Nathaniel Owen, a mercer and prominent Quaker of Sevenoaks. His goods to the value of £140 were seized because he refused to pay tithe. He issued a halfpenny token in 1669.

MRS. LAMBARD. LADY LAMBARD. The Lambards came to Sevenoaks in 1654 and lived at Park Grange. Multon Lambard was the first of the family to be knighted, but he died in 1634. It is possible that the Lady Lambard was his widow and came to her son's house at Sevenoaks from Greenwich after Sir Multon's death. It is certain that the memorial in Greenwich to Sir Multon and his father was removed to Sevenoaks Church.

ELIZABETH FERMOR. There is a memorial in Sevenoaks Church to John Fermor who died in 1722 of small-pox. It was erected by his brother. The Fermors were of what was later Suffolk House, Sevenoaks, and their pedigree may be seen in Horsfield's *History and Antiquities of Sussex*, I, 398. In 1721 Colonel John Fermor had licence to enclose part of the high road opposite his house in Sevenoaks. I imagine he was not married as his brother succeeded him.

DR. LAIN, usually spelt Lane. Henry Bosville, of Bradbourne, Sevenoaks, highly approved of his medical attendant, Dr. Thomas Lane, and left all his estate with remainder to Dr. Lane's sons, to whom it eventually came. Dr. Lane died at Southover, Sussex, in 1779.

DR. WILLMOT, succeeded a Dr. French in practice at Sevenoaks. This seems to have been soon after 1800.

MISS CURTIS. The Rectors of Sevenoaks from 1716 to 1831 included four of the name of Curteis, and there was another from 1874 to 1907.

MRS. AMHERST. The Amhersts were of Montreal, Sevenoaks.

MARY AND MARGARET STREATFEILD, a branch of the Streatfeild family of Chiddingstone, resided at the Chantry House, Sevenoaks, which was built by one of them. Madam Streatfeild appears in a Sevenoaks assessment of 1741 and evidently occupied this house.

MADAM MONKE appears in the same list and is probably the lady who made a cake for Mr. Charles Waters (whose name does not appear) and whose servant is also mentioned.

In the same list appear MRS. SALTMARSH, MR. LAKE, and some of the above.

MRS. BORRETT. The Borretts lived at Shoreham Place.

LADY BETTY GERMAIN. Long resident at Knole (see Knole and the Sackvilles for her story).

MRS. PETTELY. Of Riverhead House, Sevenoaks. Jane, relict of Ralph Petley, died in 1704, but there were other members of this family there.

MARY BLACKMAN. One records with regret that J. Blackman of Sevenoaks hanged himself on November 19th, 1770, and Mrs. Blackman drowned herself five years later.

THOS. AUSTIN. ? the Sevenoaks Doctor of this name.