

*a very early manuscript cookery book from Wales*

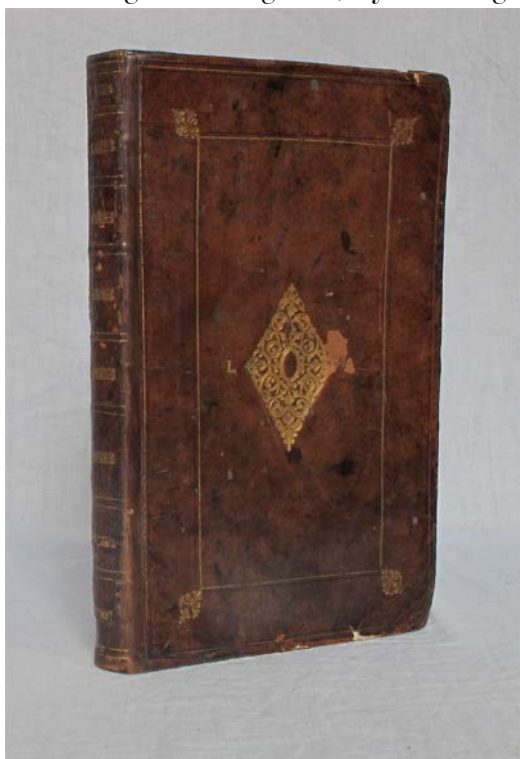
[Caroline Manuscript Cookery Book]. *Lettice Arnold, Her Booke, Given by the Lady G. 1639. [tete-beche with Miss Colt's Cooking Book.]* Monmouth, Wales. 1639 ff.

Quarto, unpaginated [138 leaves/276 pages]. 21cm x 31cm. A single volume organized *tete-beche* style, with recipes on 129 pages, 105 running front-to-back, and 24 back-to-front; 361 recipes in all. Decorative gilt-stamped full-brown calf, paneled with florets and a floral decorated diamond flanked by the initials L.A. [Lettice Arnold] gilt-stamped on both front and rear boards; original compartmented spine panel laid-down on rebacked spine in 18<sup>th</sup> or early 19<sup>th</sup> century. Text block rubricated on all edges, but the color is mostly worn away along the fore and bottom edges. Paper features a watermark design of a cockatrice hovering above a shingled house, used in 1626 in Porrentruy, Switzerland. (ARMS.1295.1, Gravel Watermark Archive). Margin-ruled paper with slight edge-wear. Some slight staining throughout, affecting the legibility of text in very few instances. First leaves from the rear show some professional

paper repair. Two early leaves appear to have been removed. Generally very good condition.

A Welsh noblewoman's presentation manuscript cookbook, containing three hundred fifty nine predominantly Elizabethan recipes, given by a Lady Lettice G., to Lady Lettice Arnold, (birth unknown, died after 1640). Lady Arnold married Nicholas Arnold (1599-1665) on July 29, 1633.<sup>1</sup> Nicholas Arnold entered Parliament in 1626 and 1628 and served as sheriff of Monmouthshire (1632-33). They lived at Llanvihangel Court, Monmouth, Wales. The presentation with the date "1639" is indicated on the front paste-down in gold ink. The free-front endpaper is inscribed, "Miss Colt" (alternately "A.S. Colt"), "Munderfield House, Bromyard, Herefordshire". Also inscribed, faintly, is "London." A.S. [Anne] Colt was the granddaughter, by marriage, of Lady Arnold, and the final recognized

owner to make a sizable contribution to the recipe collection.



The recipes themselves are in three main hands, the predominant and the earliest is neat, very readable, and likely that of a professional scribe. The scribe commits the majority of the recipes to the page for each section, leaving blank leaves between sections for additions. Eight leaves remain blank at the start of the volume, perhaps in anticipation of an index. At least three other hands contribute, certainly later and by subsequent owners (not scribes), as the handwriting of subsequent contributors is more ordinary and workaday. As the recipes recorded by the scribe were part of the book upon presentation, the majority of recipes date at or prior to 1639, and are

thus predominantly late Elizabethan-style recipes.

The text is arranged into sections comprised of like recipes. There are three hundred one recipes in the front-to-back portion of the text, divided into twenty sections: jellies, waters, preserves, marmalades, pastes, quiddany [a confection of quinces, in consistency between a syrup and marmalade], candies, marchpane

<sup>1</sup> Chitty, Henry and John Phillipot. *The Visitation of the County of Gloucester: Taken in the Year 1623*. London: 1885, page 4. Accessed 3/18/2104: <http://books.google.com/books?id=Lm4-AQAAMAAJ&lpg=PA4&ots=ijAG5KSyJw&dq=Lettice%20Arnold%2C%201639&pg=PA4#v=onepage&q&f=false>

[marzipan], breads and cakes, syrups and several miscellaneous recipes, conserves, cream recipes, boiling (meats, fish, and poultry), puddings; baking (meats, fish, poultry, and fruit), pies, stews, made dishes, sallats/salads, and sauces. Several of the culinary recipes indicate an international perspective, from dishes in a “Spanish Way” or “French Fashion”, to recipes for French and Italian bread and instructions “To make China broth”, which calls for “China rootes”.

The reverse book includes fifty-eight recipes, more for the stillroom and the infirmary than the kitchen, with some remedies, including salves, ointments, and poultices, as well as cordial waters, walnut brandies, and more. Quite a few of these recipes are attributed: “A Cure for Consumption by M. Bagnol”, “Mrs. Hobby’s Jeniperbery Water [!]”, “Dr. Stevens His Rare Water” and “Lucar Tellus Bolsom” [Lucatellus’ Balsam]. There is some professional paper restoration to some of the leaves of this section, and thus some recipe titles and instructions have been rendered less than legible.

Some recipes in both sections are attributed to various members of the nobility: “To make Aquavite after my lorde of Killdare” (likely Gerald Fitzgerald, 11<sup>th</sup> Earl of Kildare, who is understood to have dabbled in alchemy), or “To make white marmalett after my Ladie Sommersett”; or to family members, “my daughter Anne Colt” or “Cosen Wood” [Cousin Wood].

Various symbols “\*” and “+”, for example accompany many recipes, perhaps denoting a successful, or unsuccessful, recipe. A few recipes in a later hand have been crossed out altogether. Catchwords appear sporadically, usually in the scribe’s hand. Other pencil marginalia is in the hand of the last owner, and takes the form of text clarification and script identification, as well as a recipe count.

Following the clearly delineated categories is a narration regarding The Great War:

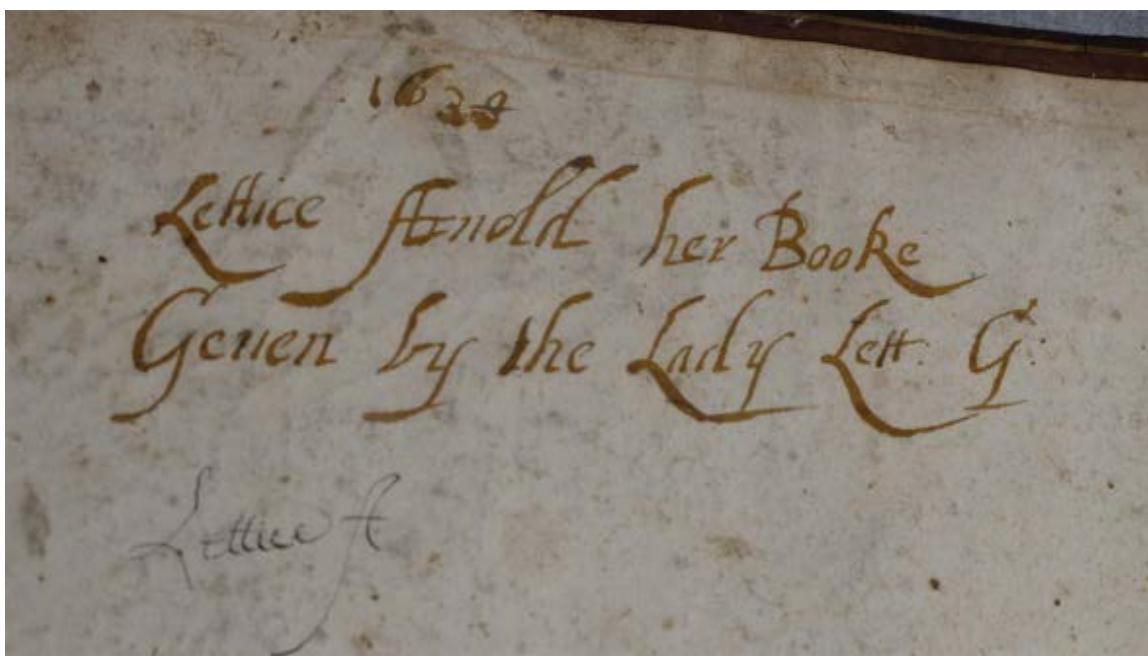


*“On the 4<sup>th</sup> of Aug.<sup>1</sup> 1914 began the Great War and, in the course of it, the supply of food in England became so short that the Government put the nation on “rations”. No one was allowed to buy or consume more than certain fixed quantities of victuals. The amount of meat corn sugar &c was strictly limited. Therefore the use of substitutes was necessary and new dishes were devised and came into use. A few recipes for them are here given...”*

Sadly, no recipes are recorded, though after thirty blank leaves there is one page, (in the same neat hand), titled “Notes of Villagers remedies, Somerset 1918,” that includes six remedies for ailments such as boils, healing a wound, and how to counter the ill-affects experienced by glass workers.

The book, while hailing from within the boundaries of Wales, and remaining many years in Wales at Llanvihangel Court, Monmouth, contains recipes that are decidedly aristocratic, and do not represent folk or peasant cooking of Wales. The recipes are in keeping in both subject and style, with those of Elizabethan aristocratic cookery books. While reading and writing were rare skills among English women of this age, 17<sup>th</sup> century elite women were educated enough to read and write, as this cookery book testifies.

In all, an historically important manuscript cookery book from Wales, the earliest we have been able to identify from Wales, and of great significance as a source of culinary, medical and cultural information.



*Genealogy*

Lady Lett. G., the presenter of this volume, remains undetermined, although there were a number of “Lettice G.”s associated with Llanvihangel Court in Monmouth, the most notable of which was Lady Lettice Gamage, daughter of Sir William Seymour and wife of Gilbert Gamage.

Lettice Arnold (birth unknown, died after 1640), daughter of Sir Edward Moore the son of Garrard Lord Viscount More [Moore] of Ireland, married Nicholas Arnold (1599-1665) on July 29, 1633.<sup>2</sup> Nicholas Arnold entered Parliament in 1626 and 1628 and served as sheriff of Monmouthshire (1632-33). They lived at Llanvihangel Court and issued one son, John.

Lettice Arnold was among a rare five percent of women to qualify as heiresses in 17<sup>th</sup> century England.<sup>3</sup> Beginning five years after their marriage, Nicholas Arnold petitioned King Charles I and the Lord Deputy to lay claim to “certain lands in Ireland” inherited by his wife.<sup>4</sup> Seeking the inheritance of a woman was heavily frowned upon and the litigation process took over two years to complete.<sup>5</sup> This proved to be just one example of Nicholas Arnold’s woeful financial agenda. Defaulted loans, mortgaged lands, and accusations of rack-renting haunted Arnold and eventually landed him in King’s Bench for debt, where he spent over 20 years and died, “to defeat his creditors”.<sup>6</sup>

Their son, John Arnold (circa 1635-1702), married Margaret, daughter of William Cooke of Highnam, Gloucestershire. They had three sons and two daughters. A Whig, Arnold was an activist in the Popish Plot, along with John Dutton Colt.<sup>7</sup> Upon Arnold’s death in 1702, his widow Margaret married John Dutton Colt.

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<sup>2</sup> Chitty, Henry and John Phillipot. *The Visitation of the County of Gloucester: Taken in the Year 1623*. London: 1885, page 4. Accessed 3/18/2014: <http://books.google.com/books?id=Lm4-AQAAMAAJ&lpg=PA4&ots=ijAG5KSyJw&dq=Lettice%20Arnold%2C%201639&pg=PA4#v=onepage&q&f=false>

<sup>3</sup> Stretton, Tim. *Women Waging Law in Elizabethan England*. Cambridge: Cambridge University Press, 1998.

<sup>4</sup> Great Britain Public Record Office, edited by Robert Pentland Mahaffy. *Calendar of State Papers Relating to Ireland of the Reign of Charles I, 1633-1647*. London: Printed for his Majesty’s Stationery Office, by the “Norfolk Chronicle” company, ltd., Norwich, 1901: pages 240-241. Accessed 3/22/14: <http://books.google.com/books?id=gyYqAQAAMAAJ&pg=PP5#v=onepage&q&f=false>

<sup>5</sup> Stretton. *Women Waging Law*. Cambridge: Cambridge University Press, 1998.

<sup>6</sup> Bowen, Lloyd. “Nicholas Arnold (1599-1665),” *The History of Parliament*. Accessed 3/18/2014: <http://www.historyofparliamentonline.org/volume/1604-1629/member/arnold-nicholas-1599-1665>.

<sup>7</sup> Cruickshanks, Eveline. “John Arnold (1635-1702),” *The History of Parliament*. Accessed 3/18/2014: <http://www.historyofparliamentonline.org/volume/1660-1690/member/arnold-john-1635-1702>

John Dutton Colt (1643-1722) had five sons and four daughters by his first wife.<sup>8</sup> The name Anne Colt appears several times within a generation: John Dutton Colt's daughter, was Anne (died unmarried); and his first son to marry, Harry Dutton Colt, married one of John Arnold's daughters, also Anne (they produced no issue). The name Anne Colt continues to appear in following generations (John Dutton Colt's eldest son, also John Dutton Colt, married another daughter of John Arnold, Margaret, and their daughter was also Anne).

The free front endpaper is inscribed with the name "Miss Colt" (alternately A.S. Colt), Munderfield House, Bromyard, Herefordshire. Also inscribed, faintly, is "London." Herefordshire is located approximately 225 kilometers northwest of London, and likely the second household this book was a part of. The final place name mentioned is Somerset, indicated in the two pages regarding the Great War, dated 1918. All three locations are within one hundred kilometers of each other.



<sup>8</sup> Rowlands, Edward. "John Dutton Colt (1643-1722)," *The History of Parliament*. Accessed 3/18/2014: <http://www.historyofparliamentonline.org/volume/1660-1690/member/colt-john-dutton-1643-1722>; Bentham, William. *The baronetage of England, or, The history of the English baronets, and such baronets of Scotland, as are of English families* v. 3. London: For E. Lloyd, Harley Street, 1803. Accessed 3/18/2014: <http://books.google.com/books?id=IGAOAAAAQAAJ&lpg=PA108&ots=Hdmr4TS7ZT&dq=John%20Dutton%20Colt&pg=PA107#v=snippet&q=John%20Dutton%20Colt&f=false>

*Recipe List—Front book*

- To Collar Eels  
To Make White Jellie  
A Note for redd Jellie  
To Make Jellie of Hartshorne  
A receipt of the best Jellie  
To Make a Jellie of Raspis  
A Cordiall Jellie  
To Make a Jellie for a sicke Boddie  
To Make a Jellie of Raspberries  
    or Gooseberries  
To Make Cynamon Water  
To make Cinamon Water  
A Water to drinke with wyne  
A water to keepe ones teeth from stinking  
    and to make them white  
Howe to make Aqua Celestis  
To make Damaske Water  
Another  
To make Aquavite after my lorde  
    of Killdare  
To make a water to drinke with wyne  
A water called plague water good for the  
    stomacke small pox or [siwfeat?]  
To Preserve Apricockes or Peare plumbes  
To Preserve pumcittrons  
To Preserve Quintes yellowe  
To Preserve Budds of Broome  
To Preserve Barbarries Whole  
To Preserve Rose Leaves in Sirryppe  
To Preserve Peeches  
To Preserve violettes for Salads  
To Preserve Ornges or Lemmonds  
To Preserve Philburdes  
To Preserve Wallnuts  
To Preserve Borage Rootes and stalkes  
To Preseve Goosberries  
To Preserve Quinces  
To Preserve Raspberries  
To Preserve Pippins  
To Preserve Oringes  
To Preserve Hartichoke  
To Preserve Medlers  
To Preserve Quinces yellowe  
To Preserve oringes the best way  
To Preserve oringes and loamonds  
To Preserve Quinces white or redd
- To Preserve Apricockes peares  
    plummes or pippins Greene  
To Preserve Apricockes peares  
    plummes or pippins when they bee ripe  
To Preserve cherries  
To Preserve Quinces Redd  
To Preserve Cherries  
To Preserve Quinces White  
To Preserve Apricockes  
To Preserve pippins in shires greene  
To Preserve fruite greene  
To Preserve oringes or Lemmomds  
To Preserve codfins[?] greene  
To Preserve Eheatoane [?]  
To Preserve green fruites  
To Preserve damaske Roses for a purge  
To Preserve oringes  
To Preserve Quinces  
To make surup of Roses Lacity feex[?]  
To preserve cherrys my daughter  
    Anne Colts  
To preserve Gosberrys by the same  
To make Marmalade of oringes  
    and lemmonds  
To make Marmalade of oringes  
To make greate Marmalade of Quinces  
To make white Marmalad  
To make Marmalad in Lumpes  
To make Marmalett of Quinces  
To make white marmalett after my Ladie  
    Sommerset  
To make marmalett of Quinces  
    both White and redd  
To make marmalett of Quinces  
    without boylinge of water  
To make marmalett of oringes  
To make marmalett of Quinces  
To make redd Marmalett  
To make Marmalett of Apricockes  
To Make Marmalett of oringes,  
    when y'make oringe water  
To make paste of pippins  
    Genuarye fashion  
To make paste of Raspes  
    Gooseburies Apricockes or any Plumes

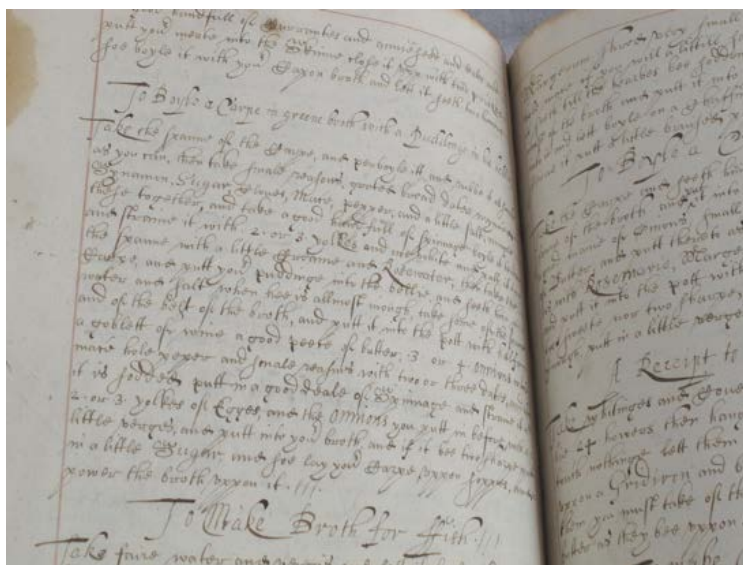
- To make paste of all kinde of flowers, the  
collor of marble when wenfover you  
breae it, it will look like marble stone
- To make paste of oringes or lemmonds
- To make Past of Hipps wch Bee  
called gelatine Berries as redd as Currell
- To make paste Roiall
- To make paste of Apricockes
- To make paste of Greene Pippins
- To make paste of Rasberries
- To make pase of ane Plumes
- To make Quiddeny of the liquor that  
comes from Plumes
- To make Quiddeny pippins of 2  
collors that you may make any tyme of  
yeare of a Rubie color or Amber
- To make Qinddianarke
- To make Jelly of Corrance or other fruit
- To Candie ane thing Cleare
- To Candie the Cleare Rocke Candie
- To Candie Ringor Rootes they bee called  
Sea holy rootes
- To Candie flowers with their owne collour
- To Candie violet coroslippes,  
or Rosemarie flowers, an otherway
- To Candie Flowers in losenges that you  
may make sugar plates of some of the  
powder thereof
- To Candie oringes
- To make and Candie the cleere  
Roth Candies
- To Candie flowers the spanish way
- To Sirade Candie orenges  
Lemmonds Cifoones and Lettes  
Stalkes[?]
- To Rose Candie of all of spices
- To Suckett Candie oringes  
Lemmonds Cittrons Mushmillion &  
lettis stalkes
- To make Muske Cumfettis
- To make Sugar Plates
- To boyle sugar to a Candie height
- To Boyle sugar to manus Christie Height
- To refine Sugar
- To glister all colours of Pinkes
- To make Wallnutes Artifituall
- To make ane Artifituall fruites
- To drie Angelliroe
- to Candy Angellica Cosen wood  
[Cousin Wood]
- To drie Peares
- To drie Apricockes with out stones and  
pared
- To drie Apricockes peaches Pippens  
or peare plumes
- A receipt to drie Apricockes
- To drie Apricockes
- To drie Apples or peares
- To drie peares or pippins without sugar
- To drie Apricockes or pippins that they  
shall looke as cleare as Amber
- The driemye of wardorhes
- To drie Cherries
- To drie greene Plumes
- To drie Apricockes
- To drie Cherries White
- To drie orreniges or Lemmons To  
drie Apricockes
- To drie Apricockes
- To drie Apricockes Greene
- To Drie Plumes
- To dry all maner of plume  
green cosenwood
- To make Lozanges of oriniges
- To make Lozenges of oreniges
- To make Lozenges of Cowslippis
- To make Lozenges of the Juice of Licoris
- To make March pan
- To make a Marchpaine to See it Guild it  
and Garnish it
- To make good Marchpane
- To make good Marchpane
- To make Cakes
- To make Almond Cakes
- To make Quince Cakes
- To Make Oreniges Cakes
- How to make Quinces Cakes
- To make Diesse Honye that with  
gentlewomen call Cleere Cakes
- To Make very good Cakes
- To Make Sugar Cakes
- To Make Rasbery Cakes
- To make Angellics Cakes
- To Make Biskett
- To make Biskett Breade
- To Make your Cleare Cakes of Raspis or  
ane other plumes that shall bee  
candied without one both sides and  
moist within
- To make prince Biskett
- To make Biskett yellowe
- A receipt to make Apricockes Cakes



- To make Italian Biskett Breade  
To make primre Biskett  
To make Kayles Biskett  
To make Biskett Breade  
To make French Breade  
To make Wafers  
To make Ginger Bread with Almonds  
To make makaroones  
To mak makaroones  
To make Cracknells  
To make Canaloinans alias  
Sinomon Sticke  
To Make Angilico Cakes  
To Make Surrupe of Roses  
To make Sirrupe of sheepes harts  
for Consumption  
To make sirrup of berges  
To mak a Julip  
To make Almon milke  
To make Almond Butterr  
To make Conserves of Barberries  
How to make Converses of Quinces  
To make Conserves of Roses  
To make Conserves of Roses  
To make Conserves of Barbaries  
To make Clouted Creame of Almonds  
To make Snowe Creame  
The Boylinge of Creame  
To make Clouted Creame  
To make made Creame  
To make Thicke Creame with Rice  
A receipt to make fresh cheese  
and creame  
To make a sackepossett  
To Make Amonde butter, or a  
good Crame before it coms to butter  
To Boyle a Capon in orrenge broth  
To Boyle a Capon in white Broth  
To Boylea Capon wth Allmonds in  
white broth a goode one  
To Make Cheney Broth  
To Boyle Chickins or piddgions in Goose  
Broth  
To Boyle Chickins in white Broth  
The Boyling of a Capon with orrenge pills  
The Boyling of a Capon with the meate of  
orrenge  
To Boyle a Capon in white Broth  
To Boyle a Neck or ehme<sup>[?]</sup> of Veale  
The Boylinge of Chickins  
To Boyle Larkes or sparrows  
To Boyle a Rabbett  
To Boyle a Capon  
To Boyle a Chinne of Mutton or Veale  
To Boyle Veales Tonge  
To Boyle a Chickenye and mutton after ye  
Duth fashion  
To Seeteh a Pigge  
To Boyle a Racke of Mutton  
with Onniones  
To Boyle Calves Nuggets  
To Boyle a Capon with orrenge  
or Lemmonds  
To Boyle Veales feet  
To Stew veale  
To Boyle Calves feete  
To Boyle a Legge of Mutton with  
a Pudding  
To Boyle a Carpe in greene broth with a  
pudding in his bellie  
To Make Broth for fish  
To Seeth a Carpe  
To Seeth Soules  
To Boyle a Carpe  
A Receipt to Boyle whitinges  
To make China broth  
To make Rice porage  
To boyle Jacke ore perch or any other fish  
To Make Cocks come poradge  
To boyle a dishe of salmone  
To make a pudding of Rice  
To make puddinges of Hoggs liner  
A pudding with Marrow  
Another Puddinge  
Another Puddinge  
A Breade Puddinge  
A Bagg Puddinge  
A Bakt Puddinge  
To make a Quakinge Puddinge  
To make an Allmonde Pddinge  
To Make Rice Puddinges  
To make a greene puddinge  
To make a pam puddinge  
To make a puddinge  
To Make a Puddinge in Calves chaldren  
To make Cafinge<sup>[?]</sup> puddinge  
To Make a Pudding in a Chickins skine  
To make an Allmond Pudding  
To mak Quakinge Puddinge thicke  
A receipte to make a puddinge  
To make a puddinge  
To make a haggges puddinge

- |   |  |
|---|--|
| To Bake a Veales Tonge to be eaten hott   | To Stewe a Mallard                               |
| To Bake a Calves Chaldron   | To Stewe Veale                                   |
| To Bake a Carpe   | To Stewe Stecks                                  |
| To Bake a Tench with a puddinge in her Bellie   | To Stewe Sparroes                                |
| To Bake Eles  | To Stewe Nuggetes                                |
| To Bake Chickens with grapes  | To Stewe a Rumpe of Beefe                        |
| To Bake a pigge   | To Stewe Rabits                                  |
| To Bake fallow Deere in the best manner   | To Roaste a fatt Henne after the French fashion  |
| To Bake redd Deare  | To Roste a Calves heade                          |
| To Bake a wild Boare  | To Roste a Legge of Mutton                       |
| To Bake a Swan  | To Roste a greene goose                          |
| To Bake Peares  | A made dish of mussells and cockles              |
| A way to Bake Cittrones   | A made dish                                      |
| To Bake a Hare  | Another made dish                                |
| To Bake Lamperies   | To make a made dish                              |
| To Bake peaches   | To make puffes or a made dish                    |
| To Bake orrenge   | To make fesselys or Chawbeges<br>a compound dish |
| To make a pye in a potte  | To make Asmore pott a compound dish              |
| To make a Cittron Pye   | To make butter bunnes                            |
| To make a pie of Paris  | To mak fryed tostes                              |
| To make a Capon pie Spanish fashion   | To make a cold possett                           |
| To make a potato pie  | To make a Loafe                                  |
| To make an oyster pie   | To make a Sallet of Cabidges                     |
| To make an umble pie for want of umbles<br>to doe it with a Lambes head<br>and purfenante | A Sallet of Bettes                               |
| To make a Steake pie with a<br>french puddinge in the pie                                 | To make spinnage Sallett or any other            |
| To make a good Quince Pie   | To make a Sallett to keepe all the yeare         |
| To make a Pippin pie  | To make sawce for Rabbetts or Chickens           |
| To make a Calvesfoote Pie   | To make sauce for a shoulder of veale            |
| To Stew a Rumpe of Beefe  | To make sawce for Rosted Mutton                  |
| To Stewe a Capon  |  |

Notes of Villagers remedies, Somerset,  
1918 [6 remedies]



Recipe Index—Reverse book

Treacle Water	To make ale for a [illegible] or a [illegible]
Cocke Water	To [illegible]
Oringe Water	To [illegible]
Milke Water	A purge to bee taken before the [illegible]
Surfit Water	drinke for a consumption
Surfiet Water	[illegible]
The Palseye Water	An execlent cure for a Consumption xp: by M
To make Mallencolly water	Bagrod
To make Aqua Mirabilis	For the biting of a Madd Dogs or any vennom
A Cordial Water	To make the spesial Denonsheer oyntment
A relaif to make the [illegible]	Lucan Tellus Balfon
Stomake Water	Mrs Harberts green oyntment
Fr. Stevens his Rare Water	[illegible]
Stocke water	[illegible]
My cosen Langlys vesct of Plague Water	A very good oyle for any bruise or greene
To make cherry brandy	wound
To make blackcherry watter; my	The Adderstongue Oyntment
Aunt Doyley	Marrow Oyntment
To make wt thay call sperit of orringes	Lady Strattons Poullice
Mrs Hobbys Jeniperbery Water	To make a greene oyntment
To make Cherry water	Dr Butters Resceipt for a Belson whea[?] with
A pleasing cordial exelcir upon acasions	he did gret curs
of surfits & to help digestion Mrs Poyley	To Make ane execlent whit oyntment
Mrs Holrys Cordial Water [illegible]	Plaister for the Gout
To make a surfitt water with wallnutts	Leade plaster
To make a cordiall water good for ye wind	Black Salve
To make meththegline	Captaines Greenes Green Searecloth
To make rosmay water	The toothace Plaster
To make cynamon water	Mrs Harberts salve
To make cynamon water	My Uncle Arnolds resaight for the Goute the
A water to drinke with wine	resaight of ye powder
A water to keepe ones teeth from stinking	The plaster for ye gout
and to make them white	The purge for ye goute
Mr Mulliness his mouth water	
Reason wine or Lemone wine	