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 18th or early 19th 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, Gravell 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. 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

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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, 11th 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 4th of Aug. 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, 17th 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. 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 17th-century England. 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. Seeking the inheritance of a woman was heavily frowned upon and the litigation process took over two years to complete. 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”.

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. Upon Arnold’s death in 1702, his widow Margaret married John Dutton Colt.

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John Dutton Colt (1643-1722) had five sons and four daughters by his first wife.\(^8\) 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.

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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 Rasberries
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 Aquavitie 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 plumbs
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 Peese Goosberries
To Preserve Quinces
To Preserve Rasberries
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 Lemmonds
To Preserve codfins[?] greene
To Preserve Eheatoane[?]
To Preserve green fruite
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
greene
To make greate Marmalede of Quinces
To make white Marmalad
To make Marmalad in Lumpes
To make Marmalett of Quinces
To make white marmalett after my Ladie
Sommersett
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 M armalett of Apricockes
To Make M armalet 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 breake it, it will look like marble stone.

To make paste of oringes or lemonds
To make Pase 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 thinge Cleare
To Candie the Cleare Rocke Candie
To Candie Ringor Roots they bee called Sea holy rootes
To Candie flowers with their owne colllour
To Candie violet coreslippes, 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 Both Candies
To Candie flowers the spanish way
To Sirade Candie orenge Lemmonds Gifoones and Lettes Stalkes?
To Rose Candie of all of spices
To Suckett Candie oringes Lemmonds Cittrons Mushmillion & letts stalkes
To make Muske Cumfetts
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 Artifitual
To make ane Artifitual fruites
To drie Angeliioe
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 Greene
To Drie Plumes
To dry all maner of plume green cosenwood
To make Lozangges of orineges
To make Lozenges of orengees To drie Apricockes
To make Lozenges of Cowslipps
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 Orenges Cakes
How to make Quinces Cakes
To make Diesse Honye that with gentewomen 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 mak makaroones
To make Cracknells
To make Canaloinans alias Sinomon Stickes
To Make Angilico Cakes
To Make Surrupe of Roses
To make Sirrupe of sheepe's 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 good one
To Make Cheney Broth
To Boyle Chickins or piddggiions in Goose Broth
To Boyle Chickins in white Broth
The Boyling of a Capon with orrengge pills
The Boyling of a Capon with the meate of orrenge
To Boyle a Capon in white Broth
To Boyle a Neck or ehme[?] 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 Seeth a Pigge
To Boyle a Racke of Mutton with Onniones
To Boyle Calves Nuggets
To Boyle a Capon with orrenge's or Lemmonds
To Boyle Veales feets
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 puddings of Hogs liners
A pudding with Marrow
Another Pudding
Another Pudding
A Breade Puddinge
A Bagg Puddinge
A Bakt Puddinge
To make a Quakinge Puddinge
To make an Allmonde Pddinge
To Make a Pudding in a Chickins skine
To mak Quakinge Puddinge thicke
A receipte to make a puddinge
To make a pudding
To make a hagges pudding
To Bake a Veales Tonge to be eaten hott
To Bake a Calves Chaldron
To Bake a Carpe
To Bake a Tench with a puddinge in her Bellie
To Bake Eles
To Bake Chickens with grapes
To Bake a pigge
To Bake fallow Deere in the best manner
To Bake redd Deare
To Bake a Swan
To Bake Peares
A way to Bake Cittronnes
To Bake a Hare
To Bake Lamperies
To Bake peaches
To Bake orrenge
To make a pye in a potte
To make a Cittron Pye
To make a pie of Paris
To make a Capon pie Spanish fashion
To make a potato pie
To make an oyster pie
To make an umble pie for want of umbles
to doe it with a Lambe head
and purfenante
To make a Steake pie with a french pudding in the pie
To make a good Quince Pie
To make a Pippin pie
To make a Calvesfoote Pie
To Stew a Rumpe of Beefe
To Stewe a Mallard
To Stewe Veale
To Stewe Stecks
To Stewe Sparroes
To Stewe Nuggetes
To Stewe a Rumpe of Beefe
To Stewe Rabits
To Roaste a fatt Henne after the French fashion
To Roste a Calves heade
To Roste a Legge of Mutton
To Roste a greene goose
A made dish of mussells and cockles
A made dish
Another made dish
To make a made dish
To make puffles or a made dish
To make fesselys or Chawbeges
a compound dish
To make Asmore pott a compound dish
To make butter bunnes
To mak fryed tostes
To make a cold possett
To make a Loafe
To make a Sallet of Cabidges
A Sallet of Bettes
To make spinnage Sallett or any other
To make a Sallett to keepe all the yeare
To make sawce for Rabbetts or Chickens
To make sauce for a shoulder of veale
To make sawce for Rosted Mutton
Notes of Villagers remedies, Somerset, 1918 [6 remedies]
### Recipe Index—Reverse book

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<td>Reason wine or Lemone wine</td>
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<td>To make ale for a [illegible] or a [illegible]</td>
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<td>A purge to bee taken before the [illegible] drinke for a consumption [illegible]</td>
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<td>A very good oyle for any bruise or greene wound</td>
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