

## Outside the Box

### Transcript

<b>Document title:</b>	Recipe book	<b>CR number (if known):</b>	CR 341 301
<b>Document description:</b>	Recipes for: almond milk for face, dried beef, smoked beef	<b>Date (if known):</b>	18 <sup>th</sup> century
		<b>Page number (if known):</b>	Leaf 20

To make  
Almond Milk  
For y<sup>e</sup> Face  
45

Take a pint of Elder flower water & a pint of Femetory water & mix y<sup>m</sup> [them] together then take ½ a pound of Bitter Almonds Blanch them then beat them in a Stone Mortar small & put some of the water into the water to the Almonds & stir it well then strain it of from that then Beat it again & put the rest of the water to it & when it is done it will be thick like Milk then take a clean Bottle & put it in & wash your face with nothing else it will smooth y<sup>e</sup> Face & alay y<sup>e</sup> Heats.

To Dry Beef  
The Dutch way  
46

About 2 Stone of Buttock of Beef rub into it about a pound & a ½ of Brown Sugar let it lye 2 days then whipe it with a cloth then take one ounce of salt Peter & 2 handfulls of ordinary salt rub this well into y<sup>f</sup> meat & Let it lye 3 Nights & a Day longer then then take it up in a Lineing Cloth & hang it in the smoake for a week & afterwards hang it in a warm room when you Boyl it don't over Boyl it

To Order Smoakd  
Beef  
47

Take & rub y<sup>f</sup> Beef all over with peter salt & let it lye 1 2 or 3 hours then take Bay salt & beat it then rub the Beef very well all over with it & let it lye all night then put it into pickle so strong as to bear an Egg & let it lye 9 days in that then take it out of the Pickle & let it drain an hour or 2 then hang it in the Chimney to smoak over saw Dust & some wood it must hang 3 weeks or a month & if you can have Oaken saw dust that is best to smoak it with.