

**Syrups, By Primary Ingredient**  
**Compiled by Baroness Selene Colfox (Susan Fox)**

**FLOWERS**

• **LAVENDER**

**Syrup of Lavender (Halhâl)** (The Manuscrito Anonimo<sup>1</sup>)

Take a ratl of lavender and cook it in water to cover until its substance comes out. Then take the clear part of it and add it to a ratl of honey and cook all this until it takes the form of a syrup. Drink an ûqiya and a half of this with three of hot water. Its advantages are in cleaning the brain and the stomach; it lightens the body and dries up black bile gently, but it contracts the breath, and it is fitting to regulate the drink with the cheering drink or water of mufarrih (cheering).

• **ROSE**

**The Recipe for Making a Syrup of Julep** (The Manuscrito Anonimo<sup>1</sup>)

Take five ratls of aromatic rosewater, and two and a half of sugar, cook all this until it takes the consistency of syrups. Drink two ûqiyas of this with three of hot water. Its benefits: in phlegmatic fever; it fortifies the stomach and the liver, profits at the onset of dropsy, purifies and lightens the body, and in this it is most extraordinary, God willing.

**Syrup of Fresh Roses, and the Recipe for Making It** (The Manuscrito Anonimo<sup>1</sup>)

Take a ratl of fresh roses, after removing the dirt from them, and cover them with boiled water for a day and a night, until the water cools and the roses fall apart in the water. Clean it and take the clean part of it and add to a ratl of sugar. Cook all this until it takes the form of a syrup. Drink an ûqiya of this with two of hot water; its benefits are at the onset of dropsy, and it fortifies the stomach and the liver and the other internal organs, and lightens the constitution; in this it is admirable.

**A Recipe for Making It by Repetition** (The Manuscrito Anonimo<sup>1</sup>)

Take the same, a ratl of roses or more, and place it in water to cover it, boiling for a day and a night. Then take out the roses that are in the water and throw them away, and go with the same quantity of fresh roses, which are to be covered likewise with this water, after boiling it a second time, and leave this also a day and a night. Throw away these roses likewise, and put in others and treat them as before, and continue doing this for ten days or more. Its benefit and the strength of its making are solely in the manner of repeating. Then clarify the water of roses and add to it as much sugar, and cook it until it takes the form of a syrup. It reaches the limit in thinning and moistening the constitution, God willing.

**Syrup of Dried Roses** (The Manuscrito Anonimo<sup>1</sup>)

Take a ratl of dried roses, and cover with three ratls of boiling water, for a night, and leave it until they fall apart in the water. Press it and clarify it, take the clear part and add it to two ratls of white sugar, and cook all this until it is in the form of a syrup. Drink an ûqiya and a half of this with three of water. Its benefits: it binds the constitution, and benefits at the start of dropsy, fortifies the other internal organs, and provokes the appetite, God willing.

**Rose Syrup** (Libre de Diversis Medicinis<sup>2</sup>)

Tak an vnce or twa of roses & sethe tham in water to the ij partis be sothen in. Than clene it thurgh clathe & do suger ther-to & sethe it to it be thikk as hony & vse as thu dose the tother.

- **VIOLET**

**Syrup of Violets** (Elinor Fettiplace's Receipt Book, 1604)

First make a thicke sirrop of sugar and clarifie yt well, then take blew violetts and picke them well from the whights then put them in the sirrop, let them lye in yt 24 howres keepinge it warme in the meane time, then straine these violetts out and put in fresh, so do 4 times then set them on the fire, let them simper a good while but not boyle fast put in some juice of limonds in the boyleinge then straine yt and leepe yt to your use.

## **FRUIT**

- **APPLE**

**Syrup of Apples** (The Manuscripto Anonimo<sup>1</sup>)

Take a ratl of sweet apples, those that the common people call sarîj [this might mean "little lamps"], cook them in water to cover until they fall apart and their substance comes out, then clarify it and take the clear part and add it to a ratl of sugar. The bag: an ûqiya of aloe stems, pounded and put into the bag. Cook until it takes the form of a syrup. Drink an ûqiya in two of hot water. Its benefits: it fortifies and gladdens the heart.

- **GRAPE**

**Syrup of Sour Grapes** (The Manuscripto Anonimo<sup>1</sup>)

Take a ratl of juice pressed from sour grapes, and another of sugar, join them and cook until it takes the form of a syrup. Drink an ûqiya of this in two more of water. Its uses: for mastering jaundice and cutting bilious vomiting; it gives appetite and cuts the thirst, dissolves phlegm by cutting it, and stops bitterness in the mouth.

- **LEMON**

**Syrup of Lemon** (The Manuscripto Anonimo<sup>1</sup>)

Take lemon, after peeling its outer skin, press it and take a ratl of juice, and add as much of sugar. Cook it until it takes the form of a syrup. Its advantages are for the heat of bile; it cuts the thirst and binds the bowels.

\*This we also serve as a strong, hot drink. Alternatively, dilute it in cold water and you have thirteenth century lemonade. All three of the original recipes include comments on medical uses of the syrups.\*

**Lemonade** (The French Cook<sup>3</sup>)

How to make lemonade: It is made several ways, according to the diversity of the ingredients. For to make it with jasmine, you must take of it about two handful, infuse it in two or three quarts of water, and there leave it for the space of eight or ten hours; then to one quart of water you shal put fix ounces of sugar; those of orange flowers, of muscade roses & of gilli flowers are made after the fame way. For to make that of lemon, take some lemons, cut them and take out the juice, put it in water as above said, pare another lemon, cut it into slices, put it among this juice, and some sugar proportionally. That of orange is made the same way.

- **PEACH**

**Of Peaches** (Castel of Helth<sup>4</sup>)

Peaches doe lesse harme, and doe make better iuyce in the bodie, for they are not so soone corrupted being ealten: of the iuyce of them may be made a syrupe very hole|some against the distemperance of choler, whereof pro|céedeth a stinking breath, they be cold in the first degré, and moyst in the second.

- **POMEGRANATE**

**Pomegranate** (Maimonides<sup>5</sup>)

... brew prepared with pomegranate seeds, sugar, many spices, and a touch of hot spices like clove and mace, or a syrup of rose or sorrel, with water of oxtongue ...

- **QUINCE**

**Quince** (The Book of the Description of Familiar Foods<sup>6</sup>)

One part quince juice and three parts filtered syrup, in both of which you have boiled pieces of quince until nearly done. They are taken up, and the syrup takes it consistency. To every pound of the whole you add two ounces of lemon juice. Then return the pieces of quince; they improve the consistency. It is scented with musk, saffron and rose-water and taken up and used.

- **TAMARIND**

**Syrup of Tamarind** (The Manuscrito Anonimo<sup>1</sup>)

Take a ratl of tamarind and steep in five ratls of water, throw away the dregs immediately and add the clarified water to a ratl of sugar. Cook all this until it takes the form of a syrup. Drink two ûqiyas of it in three of cold water. It is beneficial in jaundice, and takes it away easily; it cuts bilious vomit and thirst, awakens the appetite to eat, and takes the bitterness of food out of the mouth.

## **HERBS**

**The Great Drink of Roots** (The Manuscrito Anonimo<sup>1</sup>)

Take the skin of the stems of fennel, the skin of the stems of celery, the skin of the roots of carrot and ...[three words missing]... chicory and Mecca fig,[\[207<sup>1a</sup>\]](#) half a ratl each; three handfuls each of halhâl (lavender?), cilantro of the spring [i.e., water source], dawmirân,[\[208<sup>1b</sup>\]](#) tamarisk, pennyroyal, ghâfit, chicory, mint, clove basil and citron basil; two ûqiyas each of the seeds of celery, carrot and roses, fennel, and habba hulwa and nânûkha [two names for, or perhaps two varieties of, nigella seed], and half an ûqiya of dodder seed. The bag: half an ûqiya each of cinnamon, flowers of cloves, ginger, Chinese rhubarb, Indian spikenard, mastic, nutmeg and aloe stems, a mithqâl of saffron, six ratls of honey, cleansed of its foam. Cook the herbs and seeds in water that covers them until their force comes out; then take the clean part of it [strain it] and throw it in honey. Put this on the fire, and leave the spices in the bag after they have become mushy, throw them into the drink and macerate them time after time, until their force passes into the drink. Lay it aside and take it from the fire, let it cool, and keep until needed. Drink one ûqiya of this with three of water on arising, and see that the water is hot. Benefits: fortifies the stomach and the liver, opens blockages of the liver and spleen, cleans the stomach, and is beneficial for the rest of the phlegmatic ailments of the body.[\[209<sup>1c</sup>\]](#)

**The Little Drink of Roots: Way of Making It** (The Manuscrito Anonimo<sup>1</sup>)

Take the skin of the stems of caper bush, the skin of the stems of celery, the skin of fennel root and the skin of wild carrots, two ûqiyas of each; two handfuls each of halhâl (lavender?), cilantro of the spring, dawmirân, ghâfit, chicory, pennyroyal and euphorbia. The bag: cinnamon, and flower of cloves and ginger, an ûqiya of each; half a mithqâl of saffron; three ratls of honey, cleaned of its foam. Cook the seeds and herbs, covered with water, until their strength comes out. Then take the clean part, add to the honey, and take it to the fire, and put the bag in a kettle until it forms a well-made syrup. Take it from the fire and pour it into an earthenware vessel. The drink is made with two ûqiyas of syrup to three ûqiyas of hot water. Its benefits: it benefits the liver and opens occlusions of it, it is useful for the spleen and cleanses the stomach of its extra phlegm wherever it is found in the body, and it is of profit in diseases of dropsy, God willing.

### **The Great Cheering Syrup: Way of Making It** (The Manuscrito Anonimo<sup>1</sup>)

Take half a ratl each of borage, mint, and citron leaves, cook them in water to cover until their strength comes out, then take the clean part and add it to a ratl of sugar. Then put in the bag: a spoonful each of aloe stems, Chinese rhubarb, Chinese cinnamon, cinnamon and clove flowers; pound all these coarsely, place them in a cloth, tie it well, and place it in the kettle, macerate it again and again until its substance passes out, and cook until [the liquid] takes the consistency of syrups. Take one û qiya with three of hot water. Benefits: It profits [preceding two words apparently supplied; in parentheses in printed Arabic text] weak stomachs, fortifies the liver and cheers the heart, digests foods, and lightens the constitution gently, God willing.

### **Oxymel against fevers and thirst** (The Small Dispensatory<sup>7</sup>)

The preparation of sugar-and-honey-in-one oxymel which is useful against fevers and thirst and clears the stomach.

You take ten ratl of good aged wine vinegar and pour it over about twenty ratl of pure fresh water, more or less depending on how acid and how exquisite the vinegar is; add from the root peels of fennel and celery three uqiya each and from the seeds of fennel and anise one uqiya each, but wash it all in water before soaking it in the liquid, and leave that for a day and a night, after that cook it on a low flame until one sixth of it vanishes; then take it off the fire, and leave it to cool; then strain it through a cloth of cotton, let two parts of this decoction from water and vinegar and roots and seeds share one part of white sugar candy and add for each two and a half parts of it one part honey water, cook that over a low flame until one half of it is left, take it of the fire, let it cool, strain it, and use it after having previously skimmed the froth off of it.

#### • ALOE

### **Syrup of Aloe Wood [Stem?]: Way of Making It** (The Manuscrito Anonimo<sup>1</sup>)

Take half an ûqiya of aloe, a quarter û qiya each of cinnamon, cloves, Chinese cinnamon, Indian lavender, nutmeg, mastic and saffron, a ratl of sugar and the same of rosewater. Close the roots in a bag and place them in the sugar and rosewater. Bring all this to the fire until it takes the consistency of syrups; then remove it from the fire, grind eight grams of musk, and throw it in an earthenware vessel. The drink is an û qiya with two of hot water. Its benefits: it fortifies the stomach, the liver, and the other parts, cheers the heart, tempers the constitution a bit, and helps in the beginning of dropsy.

#### • BASIL

### **Syrup of Basil** (The Manuscrito Anonimo<sup>1</sup>)

Take seeds of fresh green basil, pound them in a stone mortar, and press out their water. Take these seeds and cook them in water until half of the water remains, clarify it and leave it to cool. Pour in a suitable amount sugar when it is cold, and put it on the fire until it takes the consistency of syrup. If seeds cannot be found, take the leaves, be they green or dried, cook them in water to cover until their substance comes out, and then take the clean part of it and add the sugar; cook it as I have indicated for the seeds, and take it to an earthenware vessel. Drink an ûqiya of this in three of cold water. Its benefits are to free the bowel with blood and for him who has a cough with diarrhea.

#### • CARROTS

### **Syrup of Carrots** (The Manuscrito Anonimo<sup>1</sup>)

Take four ratls of carrots, after removing the fibers [lit. "nerves"] that are in the centers, and cook them in water to cover until their substance comes out. Then take the clear part of it and add it to three ratls of honey, cleaned of its foam. The bag: ...[about three words missing]... an ûqiya of cubebs, two ûqiyas each of ginger and long pepper, and half an ûqiya of cinnamon and flower of cloves. Cook until it takes the form of a syrup. Drink an ûqiya of this with three of hot water: it is beneficial in the lack of urine, increases desire, and dissolves phlegm, heats the kidneys admirably, and likewise the other parts of the body, God willing.

- **CITRON**

**Syrup of Citron Leaves: Way of Making It** (The Manuscripto Anonimo<sup>1</sup>)

Take fifty leaves and remove the dust on them with a cloth, then cover them all with water in a pot and cook it until the strength comes out. Then take the clean part of it and add a ratl of sugar. The bag: half an ûqiya each of aloe stems, Chinese cinnamon, and cloves. Cook all this until it becomes good to drink. Drink one ûqiya with three of water. Its benefits: it cheers the heart with much gaiety, fortifies the internal organs, and softens the bowels gently; it is extraordinary.

- **HYSSOP**

**Syrup of Hyssop** (The Manuscripto Anonimo<sup>1</sup>)

Take an ûqiya of hyssop and two of fennel and anise, and an ûqiya each of jujubes, watermelon seeds and cucumber seeds, and a handful of cleaned figs, two handfuls each of lavender and cilantro of the spring, and two ûqiyas each of the skin of fennel stalk and the skin of celery stalk. Cook all this in water to cover until its substance comes out; then take the clean part of it and add it to two ratls of sugar, and cook all this until it takes the consistency of syrup. Drink an ûqiya and a half of this in three of hot water when fasting. It benefits in moist coughs and stops abscesses of the brain; it dissolves phlegm from the other parts of the body and causes urine and menstrual fluid to flow, it fortifies the stomach, and it is admirable.

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with two ûqiyas of hot water. Its benefits are in the various kinds of dropsy; it fortifies the stomach and prevents jaundice rising to close the liver, it excites the appetite, cools fevers, and is not harmful to the chilled.

- **MINT**

**Syrup of Mint: Way of Making It** (The Manuscripto Anonimo<sup>1</sup>)

Take mint and basil, citron and cloves, a handful of each, and cook all this in water to cover, until its substance comes out, and add the clear part of it to a ratl of sugar. The bag: an ûqiya of flower of cloves, and cook all this until a syrup is made. Its benefits: it frees bodies that suffer from phlegm, and cuts phlegmatic urine, fortifies the liver and the stomach and cheers it a great deal; in this it is admirable.

- **THISTLE**

**Syrup of Thistle** (The Manuscripto Anonimo<sup>1</sup>)

Take a ratl of thistle, ground coarsely, half a ratl of mashashtir, and an ûqiya of bay leaves [rand: this word can also mean myrtle or aloes, according to the dictionary], a handful which fills the hand of leaves from the interior of an orange tree, half an ûqiya each of anise, seeds of wild carrot, and seeds of dodder, an û qiya each of bitter and sweet almonds; pulverize all the roots and greens and cover them with three ratls of water in which black garbanzos have been steeped for a night and a day. Then put it in a new pot and cook until the water is reduced by half, then steep it and clarify it and take the clear part to add to a ratl of sugar and another of honey. The bag: half an ûqiya each of Indian spikenard, asârûn, [220<sup>1d</sup>] and flower of cloves, and cook all this until it takes the form of a syrup. Drink an ûqiya and a half of it with three ûqiyas of hot water, and above all, if it is drunk in the bath, it has a greater effect, if it please God the Most High, praise be to Him.

## HONEY

### A Syrup of Honey (The Manuscrito Anonimo<sup>1</sup>)

Take a quarter ûqiya each of cinnamon, flower of cloves and ginger, mastic, nutmeg, Chinese cinnamon, Sindi laurel, Indian lavender, Roman spikenard, elder twigs, elder seeds, oil of nutmeg, bitter and sweet nuts, large and small cardamom, wild spikenard, galingale, aloe stems, saffron, and sedge. Pound all this coarsely, tie it in a cloth, and put it in the kettle with fifteen ratls of water and five of honey, cleaned of its foam. Cook all this until it is at the point of drinking. Drink an û qiya and a half, and up to two, with hot water. Its benefit is for weak livers; it fortifies the stomach and benefits dropsy among other ailments; it dissolves phlegm from all parts of the body and heats it a great deal, gives gaiety, lightens the body, and it was used by the ancients like wine for weariness.

### Recipe for Honey-Water (The Manuscrito Anonimo<sup>1</sup>)

Take a ratl of honey and add five ratls of water, cook until the water departs and the honey remains, and clean off the foam little by little. Pound half an ûqiya of pellitory and place it in a cloth, put it in the kettle and bruise it once and again until its substance comes out. Remove it to an earthenware vessel, and take it from it at the necessary time, for it makes up for all that which detracts from this notable quality.

### Clarea de Agua (The Libro de Guisados<sup>8</sup>)

A un azumbre de agua, cuatro onzas de miel; echa las mismas especias que la otra clarea; hervir el agua con la miel y despues echar las especias aparte del fuego.

#### Water Clarea (Water Clarea translated)

To an azumbre of water, four ounces of honey; add the same spices as the other clarea; boil the water with the honey and then add the spices off the fire.

### Especias de Clarea (the recipe referenced in **Clarea de Agua / Water Clarea**)

Canela tres partes, clavos dos partes, gengibre una parte, todo molido y pasado por estameña y para un azumbre de vino blanco echa una onza de especias con una libra de miel, bien mezclado y pasado por una manga de lienzo pesado tantas veces para que el vino salga claro.

#### Spices for Clarea (Especias de Clarea translated)

Cinnamon three parts, cloves two parts, ginger one part, all ground and passed through a sieve and for an azumbre of white wine add an ounce of spices with a pound of honey, well mixed and passed through a sleeve of heavy linen enough times that the wine comes out clear.

### WEAK HONEY-DRINK (The Closet of Sir Kenelm Digby Knight Opened)

Take nine pints of warm fountain water, and dissolve in it one pint of pure White-honey, by laving it therein, till it be dissolved. Then boil it gently, skimming it all the while, till all the scum be perfectly scummed off; and after that boil it a little longer, peradventure a quarter of an hour. In all it will require two or three hours boiling, so that at last one third part may be consumed. About a quarter of an hour before you cease boiling, and take it from the fire, put to it a little spoonful of cleansed and sliced Ginger; and almost half as much of the thin yellow rinde of Orange, when you are even ready to take it from the fire, so as the Orange boil only one walm in it. Then pour it into a well-glased strong deep great Gally-pot, and let it stand so, till it be almost cold, that it be scarce Luke-warm.

[At this point, you have a good drink of honey, ginger and orange, which can be consumed straight or with water or ice. The instructions continue with ale-yeast and fermentation instructions, not germane here.]

**White mead to make that will be used soon** (KOG BOG, Danish source, 1616)

Take one measure white honey and eight measures fresh spring water. Let this seethe together 4 hours and scum it well. You must not make it too thick. Let it then stand to cool. Thereafter sieve it through a Lutendrancks bag [straining bag] with herbs, cinnamon, cardamom, cubeb, galingale, grains of paradise, ginger, long pepper and cloves.

**Of Hony CAP. 22** (Castel of Helth<sup>4a</sup>, whole chapter)

Hony as well in meat as in drink, is of incomparable efficacie: for it not only clenseth, altereth, and nourisheth, but also it long time preserueth that vncorrupted, which is put into it, in so much, as Pliny saith: such is the \* nature of hony, yt it suffereth not the bodies to putrifie: and he affirmeth that he did see an Hippocentaure, which is a beast halfe a man & halfe a horse, brought in hony to Claudius the Emperour, out of Egypt to Rome. And he telleth also of Pollio Romulus, who was aboue a hundred yeares old, of whom Augustus the Emperour demanded by what meanes he liued so long, and retained still the vigour or liuelines of bodie and minde. Pollio answered, that he did it inward with Meade, which is drinke made with honey and water: outward, with oyle. Which saying agréeth with the sentence of Democritus the great Philosopher, who being demaunded, how a man might liue long in health: he answered. If he wet him within with honey, without with oyle. The same Phi|losopher when he was an hundred yeares old and nine, prolonged his life certaine daies with the euaporation of hony, as Aristoxinus writeth. Of this excellent mat|ter, most wonderfully wrought and gathered by a little Bée, as well of the pure dewe of heauen as of the most subtile humour of swéet and vertuous herbes & flowers, bee made licours commodious to mankinde, as Meade, Metheglin, and Oximel. Meade which is made with one part of honey, and foure times so much of pure water, & boyled vntill no skim doe remaine, is much commended of Galen, drunke in summer for preseruing of health. [Lib. 4. de tuen|da sanitate.]

The same author alway commendeth the vsing of ho|ny, either rawe eaten with fine bread somewhat leaue|ned, or sodden, and receiued as drinke. Also Meade per|fectly made, clenseth the breast and lungs, causeth a mā to spit easily and pisse abundantly, and purgeth the belly moderatly. Metheglin, which is most vsed in Wales, by reason of hot hearbs boyled with honey, is hotter then Meade, and more comforteth a cold stomack, if it be per|fectly made, and not new or very ••ale. Oximel, is where to one part of vineger is put double so much of honey, foure times as much of water, and thē being boyled vn|to the thirdpart, and cleane skimmed with a feather, is vsed to be takē where in the stomack is much fleume or matter vndigested, so that it be not red choler. Looke the vse thereof in Alexandro Tralliano. Many other good qualities of honey I omit to write of, vntill some other occasion shall happen to remember them particularly, where they shall seeme to be profitable.

**Aloxa, Honey spice water** (Aviso de Sanidad)

La aloxa es cierto genero de agua miel que se haze con especias calientes, bevese en tiempo de estio, porque dizen que refresca, y no se engañan mucho en ello, porque aunque sea verdad que por parte de las especias y la miel caliente, empero por la mucha porcion de agua refresca, y las especias hazen penetrar la agua por todo el cuerpo, por que se abren los caños y poros del cuerpo, y ansi casualmente de per accidens refrescan, aunque de suyo calienten.

**Aloxa (Translated)** Aloxa is a certain kind of honey water which is made with hot spices; it is drunk in summertime, because they say that it refreshes, and they are not very wrong about that, because although it is true that the spices and the honey heat it up, however, the much larger portion of water refreshes, and the spices cause the water to penetrate throughout the body, because they open the channels and the pores of the body, and thus coincidently and per accidens [Latin for "by accident"] they refresh, although by themselves they cause heat. [Elsewhere in the book, it mentions that cinnamon, cloves, and galingale are all hot.]

## SUGAR

### Of Sugar. CAP. 23 (Castel of Helth<sup>4b</sup>, whole chapter)

I do finde none ancient author of Gréeke and Latines to write by name, but onely Paulus Aelgineta, who sayth in this wise, after that he hath treated of hony. Moreouer, sugar which they call hony, that is brought to vs from Arabia, called Felix, is not so swéete as our hony, but is equall in vertue, and doth not annoy the stomacke, nor causeth thirst. These be the words of Paulus. It is now in daily experiēce, that sugar is a thing very temperat and nourishing, and where there is choller in the stomacke, or that the stomack abhorreth hony, it may be vsed for hony in all things, wherein honey is required to be. With sugar and vineger is made syrupe acetose.

## VINEGAR

### Oxymel against fevers and thirst (The Small Dispensatory<sup>7</sup>)

The preparation of sugar-and-honey-in-one oxymel which is useful against fevers and thirst and clears the stomach.

You take ten ratl of good aged wine vinegar and pour it over about twenty ratl of pure fresh water, more or less depending on how acid and how exquisite the vinegar is; add from the root peels of fennel and celery three uqiya each and from the seeds of fennel and anise one uqiya each, but wash it all in water before soaking it in the liquid, and leave that for a day and a night, after that cook it on a low flame until one sixth of it vanishes; then take it off the fire, and leave it to cool; then strain it through a cloth of cotton, let two parts of this decoction from water and vinegar and roots and seeds share one part of white sugar candy and add for each two and a half parts of it one part honey water, cook that over a low flame until one half of it is left, take it of the fire, let it cool, strain it, and use it after having previously skimmed the froth off of it.

### Sekanjabin (Fihrist of al-Nadim c10th c.)

Dissolve 4 cups sugar in 2 1/2 cups of water; when it comes to a boil add 1 cup wine vinegar. Simmer 1/2 hour. Add a handful of mint, remove from fire, let cool. Dilute the resulting syrup to taste with ice water (5 to 10 parts water to 1 part syrup). The syrup stores without refrigeration.

### Syrup of Simple Sikanjabîn (The Manuscrito Anonimo<sup>1</sup>)

Take a ratl of strong vinegar and mix it with two ratls of sugar, and cook all this until it takes the form of a syrup. Drink an ûqiya of this with three of hot water when fasting: it is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst, since sikanjabîn syrup is beneficial in phlegmatic fevers: make it with six ûqiyas of sour vinegar for a ratl of honey and it is admirable.

### Of Hony. CAP. 22. (Castel of Helth<sup>4b</sup>, whole chapter)

Oximell is, where to one parte of vyneger is put double to moche of hony, foure times as much of wter, and that beynge boyled unto the thyerde parte, and cleane skymened with a fether...

## FOOTNOTES

- 1) The Manuscrito Anonimo (13th c. Andalusian) has a whole chapter on drinks. Translation courtesy of Cariadoc: Cariadoc's Miscellany. The Miscellany is Copyright (c) by David Friedman and Elizabeth Cook, 1988, 1990, 1992. <http://www.pbm.com/~lindah/cariadoc/miscellany.html>

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- a. [http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian\\_footnotes.htm#fn207](http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_footnotes.htm#fn207)
  - b. [http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian\\_footnotes.htm#fn208](http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_footnotes.htm#fn208)
  - c. [http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian\\_footnotes.htm#fn209](http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_footnotes.htm#fn209)
  - d. [http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian\\_footnotes.htm#fn220](http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_footnotes.htm#fn220)
- 2) The 'Libre de Diversis Medicinis' in the Thornton Manuscript (MS. Lincoln Cathedral, A.5.2). Edited by Margaret Sinclair Ogden. Published for the Early English Text Society by Humphrey Milford, Oxford University Press. Amen House, E.C. 4. England. 1938. Text circa early 1400 CE. Page 60
- 3) Adapted from The French Cook by Francois Pierre de La Varenne For Charls Adams, 1654. 12°. University Microfilms International. (1653 English translation of the 1651 text). Page 288-9
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- 6) from The Book of the Description of Familiar Foods, trans. Charles Perry, p. 442-443, in "Medieval Arab Cookery", Prospect Books, 2001.
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- 9) Francisco Nuñez de Oria, Aviso de Sanidad (Advice on Health), Madrid, 1572 [http://alfama.sim.ucm.es/dioscorides/consulta\\_libro.asp?ref=X533126427](http://alfama.sim.ucm.es/dioscorides/consulta_libro.asp?ref=X533126427)
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