

Recipe transcript

The ingredients of the Purging Ale

Take 6 ounces of scena Alexander 6 ounces of polypodium of ye [the] Oake two ounces of bay berries huld 2 ounces of any seed 12 of Rhubarbe or if it bee English Rhubarbe halfe ye [the] quantity 3 ounces of ashe keys bruised 2 ounces of sasafras wood of ounce of sarsaparella 2 ounces of saldavella all these must bee bruised into gross powder except ye [the] scena then take 4 gallons of ye [the] first sprouting of strong [] worte tun it up in a stand & put the above named ingredients into a canvas bag wth [with] hazellstick through ye [the] bag soe if ye [the] end of it may be out of it two inches below ye [the] botom of the bag or else put a stone in it to keep it from floating on ye [the] top with ye [the] [barme] & hang it soe as it may come within 2 inches of ye [the] bottome of the vessell put barme to it & wthin [within] two or three days as soon as it hath done working it will be fit to drink. It must be drunk sprink and fall for a moneth together in ye [the] morning fasting halfe a pint & about eleven a clock take a little warme broath goeing to bed take 3 parts of a halfe pint and nothing after it.