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THE STRUCTURE OF EARLY MODERN ENGLISH RECIPE HEADINGS: CULINARY VS. MEDICAL¹

ABSTRACT

The present paper is a contribution to the analysis of the structure of recipes. Special attention will be given to the headings of the culinary and medical instructions written in the Early Modern English period. The authors will concentrate not only on the syntactic structures which build up the recipe headings but also on the semantic content they carry. The research will be based on over 2,500 recipes from the 16th and 17th-century collections.

KEYWORDS: recipe, culinary, medical, structure, heading, Early Modern English

STRESZCZENIE

Celem proponowanego artykułu jest porównanie schematu kompozycyjnego przepisów kulinarnych i medycznych. Szczególna uwaga zostanie zwrócona na strukturę nagłówków przepisów. Oprócz struktur gramatycznych omówione zostaną także treści semantyczne zawarte w tytułach przepisów. Badanie oparte jest na korpusie ponad 2500 tekstów kulinarnych i medycznych powstałych w języku angielskim w okresie od szesnastego do końca siedemnastego wieku.

SŁOWA KLUCZOWE: przepis, kulinarny, medyczny, nagłówek, struktura, wczesno-nowoangielski

INTRODUCTION

English recipes and their historical development have been subject to many scholarly discussions.² The majority of these studies concentrate on the medieval instructions and analyze such issues as their structure, linguistic features, authorship

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² See for instance Görlach (1992, 2004), Alonso Almeida (1998, 1999, 2008, 2013), Carroll (1999, 2004, 2005–6, 2009), Jones (1998), Taavitsainen (2001a, 2001b, 2012), Grund (2003), Mäkinen (2004,

or intended audience. Relatively little attention has been paid to recipes from the later, i.e. the Early Modern English period, especially to the analysis of their structure. Therefore, the present paper is meant to fill in this gap and discuss in detail the structure of one of the obligatory recipe components, that is the heading of the Early Modern culinary and medical instructions. Additionally, the results of the analysis will be compared to the existing studies of the medieval structure in order to see whether the structure and content of the headings have changed.

Therefore, before presenting the Early Modern English material, a brief description of the medieval headings, which will serve as a point of reference in our later discussion, should be offered. In the Middle English collections, the heading was an important recipe component, found in the majority of instructions, both culinary and medical. It might have consisted of the title and/or the statement of purpose. The former prevailed in the culinary, the latter in the medical instructions (cf. Bator and Sylwanowicz 2017: 14–23). The authors assume that this difference between the culinary and medical recipes can be explained by the discrepancy in the target audience of the analyzed texts. The medieval culinary recipes were aimed mostly at professional chefs, who knew the names of the dishes well, and treated the recipes as memory aids (cf. for instance Scully 1995, Brears 2008). The medical recipes, on the other hand, were often accessed by lay audience who were not familiar with medieval medical nomenclature; hence the prevalence of the statements that clearly indicated the medical problem to be cured. As regards the structural variants used in medieval headings, noun phrases were the most common in the culinary material, while in the medical recipes prepositional phrases prevailed (cf. Bator and Sylwanowicz 2017: 21–22).

THE CORPUS

The culinary material chosen for the present study comes from eight Early Modern English collections (see the list under (1)), published between 1557 and 1683. Due to the fact that the Early Modern collections were more of household manuals than cookbooks, each collection was carefully scanned to select purely culinary recipes, excluding other household instructions, such as medical or general texts telling the reader how to get rid of certain stains or how to prepare ink, etc. Altogether 1274 recipes have been extracted.

- (1) List of Early Modern English collections used as the culinary corpus:
 - A. *A book of cookrye Very necessary for all such as delight therein.*

- B. *A proper newe booke of cokerye declarynge what maner of meates be beste in season, for al times in the yere, and how they ought to be dressed, and serued at table, bothe for fleshe dayes, and fyshe dayes.*
- C. *A newv book of cookerie wherein is set forth a most perfect direction to furnish an extraordinary or ordinary feast, either in summer or winter, together with the newest fashion of cutting vp any fowler.*
- D. *The commonplace book of Countess Katherine Seymour Hertford.*
- E. *The Compleat Cook. Expertly prescribing the most ready wayes, whether, Italian, Spanish, or French, for dressing of Flesh and Fish, &c.*
- F. *The English housewife. Containing the inward and outward vertues which ought to be in a compleat woman.*
- G. *The treasure of commodious conceits.*
- H. *The whole body of cookery dissected.*

The medical data come from the *Early Modern English Medical Texts* (EMEMT) corpus, which includes works that were published between 1500 and 1700. The corpus includes texts representing various medical genres, e.g.: theoretical treatises, surgical texts, regimens of health, medical journals or recipe collections and *materia medica*. The proposed study focuses on the last group of texts, i.e. recipes and *materia medica*. According to the editors of *EMEMT*, the texts included in this group contain little or no diagnostic or theoretical material and provide mainly information on the preparation of remedies. The category recipes and *materia medica* includes thirty nine collections which can be divided into three groups: (i) descriptions of plants/herbs, stones and other examples of *materia medica*, (ii) recipes aimed at learned readers (e.g. medical practitioners, apothecaries), and (iii) recipes aimed at lay readers.³ Due to the fact that the medical material will be contrasted with culinary recipes, which are of non-learned character, we have decided to include in the present study only the group of medical recipes directed at lay readers.

We have managed to collect a fairly proportional number of texts, i.e., 1,274 culinary and 1,286 medical recipes. Table 1 below shows the exact number of recipes, as well as the number of headings analyzed in the present study (since not every recipe contained a heading, especially in the case of the medical material).

Table 1. The corpus

	culinary	medical
number of recipes	1,274	1,286
number of headings	1,271	1,227

³ The division into learned and lay texts is mainly based on overt references to the target audience, as found in the titles of these collections (see also Sylwanowicz 2013). The descriptions and comments provided by the editors of *EMEMT* were also helpful in identifying the target audience.

EARLY MODERN ENGLISH RECIPE HEADINGS

The Early Modern English recipes continued the traditions established by medieval culinary and medical writers. They usually begin with a heading, followed by the list of ingredients and the procedure. However, the instructions of the 16th and 17th centuries seem to have become more complex in terms of the variety of recipe components. The culinary recipes are supplemented with the information on serving or storage⁴, whereas in medical material, apart from directions on how to store the preparations, there are occasional comments on their expiration date and their virtues (cf. also Alonso Almeida 2013: 72).

CULINARY RECIPES

The instructions written after the 15th century, with the exception of three texts (all found in the same collection, i.e., *The English Housewife*, see example (2)), always begin with a heading. The headings, contrary to the medieval material, tend to take the form of a statement of purpose rather than a title, which was the case before the 16th century, see Figure 1. Additionally, a number of recipes begin with phrases such as *another / another way / another manner...*, as in (3). Some of these headings are difficult to classify as either title or statement of purpose, thus they have been presented as a separate category on the pie-chart, and will be referred to as OTHER.

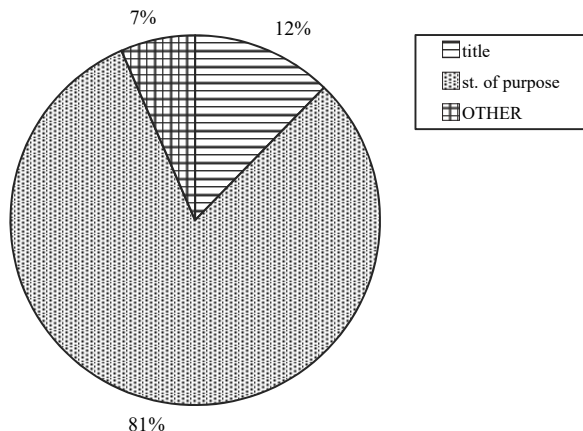


Figure 1. The ratio of occurrence of the particular heading components (title vs. statement of purpose) in the Early Modern English culinary material.

⁴ For a discussion of the general structure of the Early Modern English culinary recipes, see Bator (2018).

- (2) (a) First let your Trench blood in the tayl, then scour it, wash it, and call'd it, then ... (*The English housewife*)
- (b) After you have drawn, washt and scaled a fair large Carp, season it with Pepper, Salt, ... (*The English housewife*)
- (3) Another way. (*A nevv book of cookerie*)
 Another way with Mushrooms. (*The whole body of cookery dissected*)
 Another in a Frying-pan. (*A nevv book of cookerie*)
 Another of liver. (*The English housewife*)
 Another way to dress a dish of Collops of Veal. (*The whole body of cookery dissected*)
 Another compound Sallet. (*The English housewife*)
 Another Sack Posset. (*The compleat cook*)

The internal structure of the heading might have taken a number of forms, see Figure 2 below. The title, found in 12% of the culinary recipes, was always expressed either by a noun or a nominal phrase; the latter might have been pre- or post-modified (usually by a prepositional phrase or an infinitive), see examples (4)–(6).

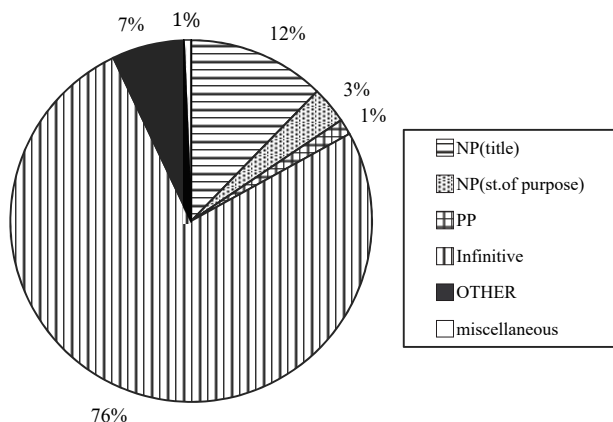


Figure 2. The ratio of occurrence of the particular heading forms in the Early Modern English culinary recipes.

- (4) N / pre-modified NP:
 A Florentine. (*The English housewife*)
 A Gooseberry Tart. (*A nevv book of cookerie*)
 A Spanish Olio. (*The compleat cook*)
 An excellent Cordial Broth. (*The whole body of cookery dissected*)
- (5) NP + PP:
 A Tanzia of Spinnage. (*The whole body of cookery dissected*)
 A Rasher of Mutton or Lamb. (*The English housewife*)
 Eisands with Otemeale grotes. (*A book of cookrye*)
 Pottage without sight of herbs. (*The English housewife*)

(6) NP + Inf.⁵:

An excellent way to Butter eggs. (*The whole body of cookery dissected*)

Rules how to Roast meats, with their several Sauces. (*The whole body of cookery dissected*)

The majority of the culinary headings (81%) were in the form of statements of purpose. They could have taken the following forms: (a) infinitives – 76%, (b) nominal phrases – 3%, (c) prepositional phrases – 1%, and (d) single occurrences of clauses or imperatives (see the miscellaneous category on the pie-chart above). The internal structure of each of these types of statements of purpose was more complex than in the case of titles. The most numerous, infinitival headings, usually consisted of an infinitive followed by a variety of nominal phrases, see examples (7)–(12). The nominal phrases which formed statements of purpose consisted of a nominal phrase followed by a prepositional phrase (NP + PP) or by an infinitive (NP + Inf.), as in (13)–(14). Additionally, a few headings in the form of prepositional phrases were found, see (15).

(7) Inf. + NP:

To make Gynger breade. (*The commonplace book*)

To make Apple pufs. (*A nevv book of cookerie*)

To make Losings. (*The treasure of commodious conceits*)

To bake Steaks the French way. (*The whole body of cookery dissected*)

(8) Inf. + NP + of-PP:

To make a Haggas of Almain. (*A book of cookrye*)

To make a Pudding of Hogs-Liver. (*The whole body of cookery dissected*)

To make Fritters of Sheeps-feet. (*The compleat cook*)

(9) Inf. + NP + PP:

To boyle a pudding after the French fashion. (*The compleat cook*)

To boyle a Capon in white broth. (*A book of cookrye*)

To make French puffes with greene Hearbes. (*A nevv book of cookerie*)

(10) Inf. + NP + Inf.:

To bake a Salmon Pie to be eaten hot. (*The whole body of cookery dissected*)

To bake Venison to eat hot. (*A book of cookrye*)

To make Marrow Puddings to boyl in Skins. (*The whole body of cookery dissected*)

(11) Inf. + pre-modified⁶ NP:

To make a good Quince Pye. (*A nevv book of cookerie*)

To make the best white broth. (*The English housewife*)

To make cleare Jellye. (*A proper newe booke of cokerye*)

To make greene Gynger. (*The treasure of commodious conceits*)

⁵ In what follows, Inf. will refer to a 'to-Infinitive', e.g., *to serve (...)*, *to bake (...)*, etc.

⁶ The pre-modifying element usually expresses some evaluative information, or refers to the quality of the dish or the major ingredient.

- (12) how + Inf. + (...):
 How to bake Wardens. (*A book of cookrye*)
 How to make an Orangado Phraise. (*The whole body of cookery dissected*)
 How to make Cinamon sticks. (*The English housewife*)
- (13) NP + PP:
 The Lord Conway his Lordships receipt for the making of Amber Puddings. (*The compleat cook*)
 A Jelly for service of several colours. (*The whole body of cookery dissected*)
 A Singular Receipt for making a Cake. (*The compleat cook*)
 Sauce for stubble Geese. (*The English housewife*)
- (14) NP + Inf.:
 Instructiones to make Cakes. (*The commonplace book*)
 Rules how to Roast meats, with their several Sauces. (*The whole body of cookery dissected*)
- (15) prepositional statements of purpose:
 For Pyes of Mutton or Beeffe. (*A book of cookrye*)
 For Gussert that may be another potage. (*A proper newe booke of cookerye*)
 Of boyled meats ordinary. (*The English housewife*)

The remaining 7% of the recipes either contained no heading at all (1%) or began with the form *another* (6%), as in (3) above. The latter could have expressed either the name of a dish (less than 1% of all the headings) or the purpose of preparing it (2% of all the headings). However, most of these headings could not be classified into either of the groups, e.g., *Another way* (these constitute almost 3% of all the analyzed headings).

The semantic content of the headings often offers hints as to the major ingredients, the cooking procedures, or the best time for serving a particular dish. Such recipes were much more informative even for a beginner, and did not require the reader/cook to know the names of dishes. Most of the Early Modern headings contained information on the major ingredient (59%) and the cooking procedure (25%) involved in the dish preparation, see examples (16)–(17). Additionally, such details were included as the origin/author of the dish (5%), see example (18); the way or time of serving (4%), see (19); or the quality of the dish (2%), as in (20); etc. Additionally, some of the headings praise the dish, as in (21). The details concerning the content of the headings are presented in Figure 3.

- (16) To bake Pork to be eaten cold. (*The whole body of cookery dissected*)
 To make sirrup of dry Roses. (*The whole body of cookery dissected*)
 To boyle yong Peason or Beanes. (*A book of cookrye*)
- (17) How to broyl a leg of Porck. (*The whole body of cookery dissected*)
 To stue capons. (*A book of cookrye*)
 To roast Oysters. (*The compleat cook*)

- (18) To Candie all sorts of flowers after the Spanish way. (*The whole body of cookery dissected*)
 To dress eggs in the Portugal fashion. (*The whole body of cookery dissected*)
 To boyl Pigeons the French Fashion. (*The whole body of cookery dissected*)
Master Rudstones Posset. (*The compleat cook*)
 The Lord Conway his Lordships receipt for the making of Amber Puddings. (*The compleat cook*)
- (19) To fry a dish of Ling for first course. (*The whole body of cookery dissected*)
For Friday, to make a dish of fried toasts. (*The whole body of cookery dissected*)
 To boyl Capons of Hens for the Winter-season. (*The whole body of cookery dissected*)
- (20) Another way to make them crisp. (*The whole body of cookery dissected*)
 To make white Broth. (*The whole body of cookery dissected*)
- (21) The best Fritters. (*The English housewife*)
An excellent Sillabub. (*The compleat cook*)
An excellent way to Butter eggs. (*The whole body of cookery dissected*)
 To boyle Chickins with Lettice, the best way. (*A nevv book of cookerie*)

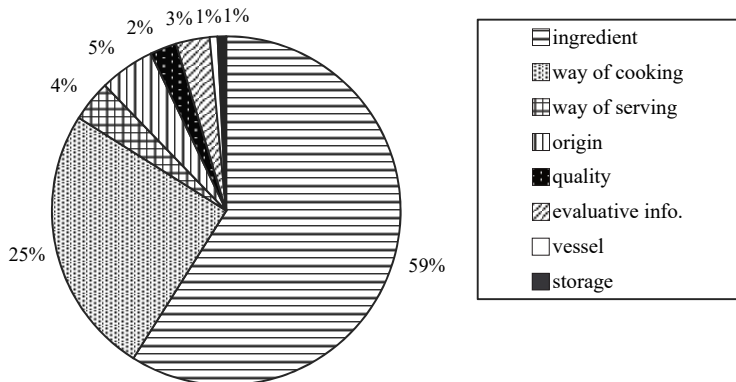


Figure 3. Semantic information included in the culinary headings.

MEDICAL RECIPES

The examination of the medical material has revealed that headings, similarly to culinary recipes, are a common element of the recipes (about 95% of the recipes start with a title or a statement of purpose). The recipes without the heading usually start with: *Or (else)*, *Also*, *Item*, or are identified by a blank space between the recipes⁷, e.g.:

⁷ A similar observation is found in Alonso Almeida (2013: 72). In addition, the author describes the use of dividing lines to indicate the beginning of a recipe.

(22) For bleeding of a wound.

If a wound bleed much, take the white of an Egge and some milldust, mingle them and lay it on with Flax or Lint, and binde it fast, and it will stop the bleeding; it hath beene often tryed and never failed.

Or if you be in the field that you can have none of these things at hand, then doe thus, it is both easie and certaine. Take of the Messe that growes at the roote of an Oaken Tree, and lay it on the wound, and binde it close, and it will stop the blood.

Also take old and cleane linnen, burne it as you doe Tinder to strike fire with, and lay it on the wound, and it will stop the blood. These two last remedies I have seene used in the warres, when nothing could be gotten nor any Chirurgion was by to helpe the wounded men.

(EMEMT, Richard Hawes, *Poore-mans plaster-box*)

The heading of the medical recipes usually consists of the statement of purpose (in 83% of recipes) which specifies the health problem for which a prescribed medicament is to be used (see examples under (23)). A number of headings (6%) include only the title (expressed by a noun phrase), i.e. the name of the medicament to be prepared or the name of the ailment to be cured (see examples under (24)). In addition, similarly to the culinary recipes, a number of headings begin with the phrase *another* or *the same*, etc. These constitute 11% of all the headings, and have been labeled OTHER. Within this group, over 2% could be categorized as statements of purpose (see for instance (25a)), and some (less than 1%) are in the form of a title, as in (25b). The majority of the OTHER headings (about 8%) cannot be assigned either to titles or statements of purpose, as they consist only of the form(s): *Another (for the same)*, *Aliter*. Moreover, in many collections, recipes with such headings occur sequentially (e.g. 5 or 6 recipes one after another). The frequency of occurrence of the particular types of headings (title, statement of purpose, or OTHER) in medical recipes is shown in Figure 4.

(23) For the Jaundis. (EMEMT, Salvator Winter, *Pretious treasury*)

For the Ague in a womans brest. (EMEMT, John Partridge, *Treasurie of commodious conceits*)

(24) Triacle Water. (EMEMT, Elizabeth Grey, *Choice manual*)

Bloody-Flux, Scowring, or Gonoria. (EMEMT, Owen Wood, *Alphabetical book*)

(25a) Another to claryfy the syght of the eyes. (EMEMT, Anonymous, *Treasure of pore men*)

Another for the Cough or stopping of the Breath. (EMEMT, Hannah Woolley, *Supplement to the compleat servant maid*)

- (25b) Another Restorative. (EMEMT, Elizabeth Grey, *Choice manual*)
 Another Aqua Composita. (EMEMT, Owen Wood, *Alphabetical book*)

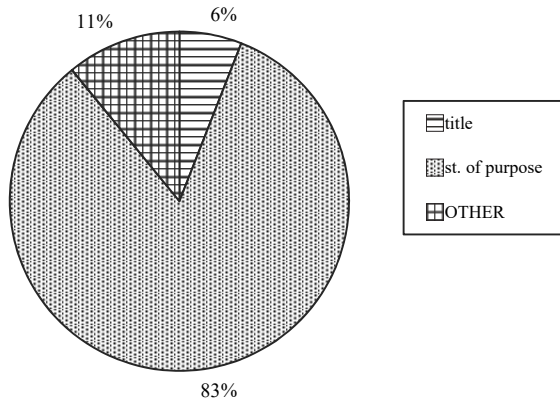


Figure 4. The ratio of occurrence of the particular heading components in the Early Modern English medical material.

Similarly to the culinary recipes, the statements of purpose are prevalent, which might be explained by the fact that the recipes under examination were mainly aimed at lay readers who were often not familiar with the names of the medicaments, not to mention their curative purposes⁸. Moreover, some mixtures (e.g. *Aqua Composita*)⁹ were used to cure various ailments. Therefore, the name of such a preparation is often followed by a statement of purpose, e.g.:

- (26) Aqua Composita good for head, Memory, and all Diseases. (EMEMT, Owen Wood, *Alphabetical book*)
 To make Aqua composita for a surfet. (EMEMT, Elizabeth Grey, *Choice manual*)

The internal structure of the medical headings varies, depending on its recipe element (title or statement of purpose):

TITLE:

- (1) Noun Phrases (NP): *An excellent Cordiall, Doctor Stephens Sovereign Water, The Oyntment.*

STATEMENT OF PURPOSE:

- (1) Prepositional Phrases (PP): *Against Spottes and Pimples in the Face, For asmatycke.*

⁸ In the collections of medical recipes aimed at professional readers, on the other hand, the titles (mostly names of medicaments) are prevalent (cf. Sylwanowicz 2018, forthc.¹).

⁹ *Aqua composita* was a frequently used term with reference to compound waters (as opposed to simple waters) whose active ingredients were distilled from alcohol. *Aqua composita* was used as a base of other preparations or was treated as a separate medicament. In the analyzed material, the recipes for these waters, depending on the ailment they are aimed at, often differ in their choice of the ingredients.

- (2) Noun Phrases (NP): *A remedie for the falling sicknesse, An Oyntment to soften all hard lumps.*
- (3) Infinitives (Inf.): *To confort the stomacke, How to cure the Ague quartan, For to staunch blood.*
- (4) Clauses: *If they bleed or water much, yf the eye be hurte with thorne.*
- (5) Headings that start with the phrase *Another for*, etc.

As presented in Figure 5 below, nominal and prepositional phrases are the prevailing structures in medical recipes.

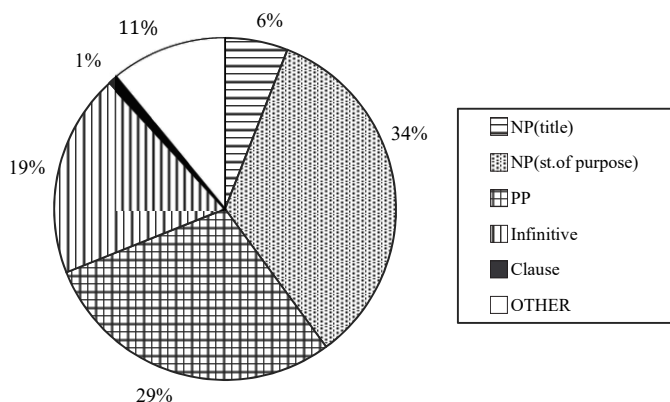


Figure 5. The ratio of occurrence of the particular heading forms in the Early Modern English medical recipes.¹⁰

Noun phrases differ in their internal structure depending on whether they are part of a title or a statement of purpose. The first group consists of the following noun phrase structural types:

- (i) determiner + N, e.g.: *The drinke, The oyntment.*
- (ii) attributive adjective(s) + N, e.g.: *A good remedy, An excellent Cordiall.*
- (iii) participial adjective + N, e.g.: *A restoring Broath, A Strengthening Meat.*
- (iv) genitive + N, e.g.: *Dr. Butlers Cordial Water, Dr. Stevens his famous Water.*
- (v) noun + N, e.g.: *A Mouth Water, Cinamon water.*
- (vi) N + PP, e.g.: *Ache in Bones, Canker in the Breast, Syrup of Turnips, water of Betayne.*

The head noun (N) is either the name of the medicinal substance (*oynement, plaister, syrup, water*) or ailment (*canker, feuer, flux*). The above six patterns reveal that there is a strong preference for the use of pre-modifiers in the noun phrases categorised as titles. The attributive adjectives are of evaluative character

¹⁰ Here, OTHER refers to the headings that begin with the phrase *another* and more detailed headings (see examples under (27)).

(*good, excellent, precious, pleasant*), whereas participial adjectives indicate the curative quality of the medicament (*breaking, restoring, strengthening*). The noun, as a pre-modifier, provides information on the main ingredient a given medicament is composed of or indicates the body part to be cured with a given medicine, whilst genitive modifiers refer to some authority (usually a contemporary physician). As regards the post-modifiers, prepositional phrases are the common variant, including *of*-phrases specifying the main ingredient, and the phrases indicating the affected part of the body.

Apart from these examples, there are a few Latin noun phrases for commonly used waters, e.g.: *Aqua mirabilis, Aqua Rubea, Aqua Rosa-solis, Aqua composita*. The use of Latin names¹¹ suggests that they must have been fairly well known medical compositions that did not require any translation.

The noun phrases found in the statements of purpose are extended by postmodifiers and exhibit the following structures:

- (i) determiner + N + PP/Inf./relative clause, e.g.: *A medicine for the mother, A Plaster to stop the Reume, An Oyle that cureth all Aches in Man, or Beast.*
- (ii) attributive adjective + N + PP/Inf., e.g.: *A precyous water for eyes, A special Medicine to preserve the sight.*
- (iii) participial adjective + N + PP/Inf., e.g.: *An approued remedy for the Toothache, An approued medicine to driue away Lyce.*
- (iv) genitive + N + PP/Inf., e.g.: *Dr. Bassa's Remedy for a bloody Vrine, Dr. May's Juyce to stay Rheum and preserve the Lungs.*

The pre-modifiers are of the same character as those found in the NPs functioning as the title of the heading. The postmodifiers are mostly expressed by prepositional phrases (74% of all the NPs found in statements of purpose) which, in contrast with those in the title-NPs, include only *for*- and *against*-phrases. As seen in the examples above, they modify the head noun which is the name of the medicament or the ailment and signals the purpose of a recipe. Infinitive clauses (25% of all the NPs found in the statements of purpose) follow the noun that is either the name of the medicament or illness to be cured. Additionally, they provide information on the curative actions of the remedies. As regards the relative clause modifiers, only three examples have been recorded.

Prepositional Phrases are found only in the category statement of purpose and can be divided into the following structures:

- (i) For/Against + determiner + N, e.g.: *For a Stich, Against the Itch, For the backe.*
- (ii) For/Against + attributive adjective + N, e.g.: *Agaynst hote apostome.*
- (iii) For/Against + participial adjective + N, e.g.: *Agaynts the fallyng euyll, Agaynst spredynge tettres.*

¹¹ Latin names are more common in recipe collections aimed at learned audience (cf. Sylwanowicz 2018, forthc.¹).

- (iv) For/Against + det./adj. + N + PP, e.g.: *For the spot in the eye, For the passion of the harte.*
- (v) For/Against + det./adj. + N + relative clause, e.g.: *For eyes that be almost blynde.*

The first three PP types are prevalent and constitute about 68% of all the PP structures recorded in the examined material. They are mostly general references to either the ailment or to the affected body part (examples (i)). The remaining two types (examples (iv) and (v)), though less representative (22% and 10% respectively), are more precise and the information about both the ailment and part of the body is provided. In addition, in the prepositional phrases with relative clause postmodification there are examples in which the head noun refers to the patient, e.g.: *For a man that may not here, For a man that hase lost his speche.*

The third commonly used structure in medical headings are infinitives which, similarly to the prepositional phrases, indicate the purpose of the following recipe. They can be divided into four types:

- (i) (For/How) + Inf. + NP, e.g.: *To confort the stomacke, How to cure the bloody Flux.*
- (ii) (For/How) + Inf. + NP + PP, e.g.: *To make water imperiall for all wounds and Cankers.*
- (iii) (For/How) + Inf. + NP + Inf. + (...), e.g.: *To make tethe to fall by themselfe.*
- (iv) (For/How) + Inf. + NP + relative clause, e.g.: *To restore speech that is lost suddenly.*

The first type is the most representative and constitutes about 71% of all the infinitive structures recorded in the medical headings. The majority of these examples inform the reader that the following recipes instruct how to prepare some medicaments or how to cure a certain health problem. The remaining structures are more descriptive and provide information, e.g., about the causes of the problem, as in: *How to help a Stinking breath, which comes from the Stomach, To remedy the feete that are sore with Trauailing.*

Apart from the above discussed structures, there are examples of headings (22 records) which are more detailed and additionally offer information on, for instance, the possible effects of the cure, how or when to apply it¹², see examples under (27).

(27) To make a precious licoure, and of inestimable vertue: the whiche taken at the mouthe, strengtheneth and augmenteth the naturall heate, and radicall humiditie, purifieth the blood, and clenseth the stomacke from all superfluitie of humours: and by that meane conserueth the health and yougth, and prolongeth the lyfe of him that vseth it.

(EMEMT, Girolamo Ruscelli, *Secretes of Alexis of Piemovnt*)

A potion or drinke, to be vsed in steade of Sirop, good for men of al ages and complexio~s, that will be purged: the whiche, taken what daie you will, driueth awaie the euill humours,

¹² See also the discussion of similar examples in Alonso Almeida (2013: 73–74).

without mouyng or troubling the good, or doing any hurte: And is also very good for the greate Pockes, and all infirmities, as well of the stomacke, as of the heade: & is like wise profitable for them that be in health, to take twice in the yere, in steade of an ordinary purgation, that is to saie, in the Spryng time, and in September.

(EMEMT, Girolamo Ruscelli, *Secretes of Alexis of Piemovnt*)

The examination of the structure of medical headings reveals that most headings offer detailed information on the content of the following recipe(s). Therefore, as in the case of the culinary recipes, it is possible to distinguish certain major semantic groups of headings. These include the headings indicating the medical problem (39%), the name of the medicament (24%) or the affected body part (15%), see examples (28)–(30). In addition to these main groups, there are also headings containing information concerning the evaluation of the medicament (8%) and its properties (5%), as in (31); references to the patient (4%), or the author of the cure (2%), see (32); and information about the main ingredient (3%), as in (33).

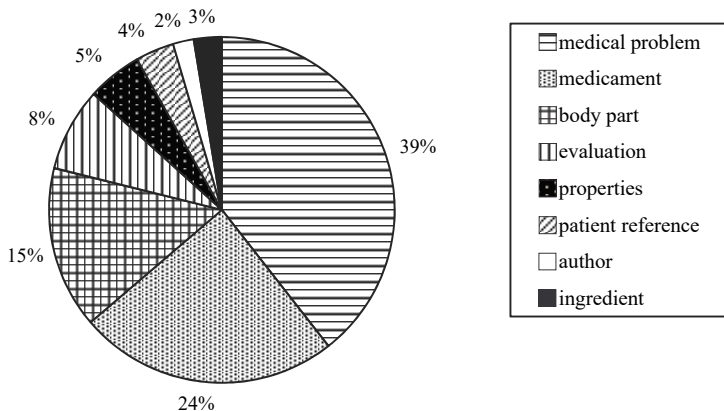


Figure 6. Semantic information included in the medical headings.

(28) For a Pinne and Web, and Pearle in the Eye. (EMEMT, Salvator Winter, *Pretious treasury*)

For the Jaundis. (EMEMT, Salvator Winter, *Pretious treasury*)

For a Cough. (EMEMT, Elizabeth Grey, *Choice manual*)

(29) To make Rose-Water. (EMEMT, Hannah Woolley, *Compleat servant-maid*)

To make the Oyntment of Roses. (EMEMT, John Partridge, *Widdowes treasure*)

The Plaster of Plaisters. (EMEMT, Hannah Woolley, *Compleat servant-maid*)

(30) For a weake backe. (EMEMT, John Partridge, *Widdowes treasure*)

For the lyuer and for the mylte. (EMEMT, Anonymous, *Grete herball*)

For blered eyes. (EMEMT, Anonymous, *Treasure of pore men*)

- (31) An excellent Rosewater. (EMEMT, Hugh Plat, *Delightes for ladies*)
 A good cooling Plaster for greene wounds. (EMEMT, Richard Hawes, *Poore-mans plaster-box*)
 A restoring Broath.(EMEMT, Elizabeth Grey, *Choice manual*)
- (32) To heale a woman that hath the Matrice out of her nanaturall place. (EMEMT, Girolamo Ruscelli, *Secretes of Alexis of Piemovnt*)
 A good remedy for a poore man. (EMEMT, Richard Hawes, *Poore-mans plaster-box*)
Dr. Butlers Preservative against the Plague. (EMEMT, W.M., *Queens closet*)
Dr. Stevens his famous Water. (EMEMT, Hannah Woolley, *Gentlewomans companion*)
- (33) To make sirrop of Roses or Violets. (EMEMT, John Partridge, *Widdowes treasure*)
 To make Sinamon water. (EMEMT, Thomas Dawson, *Good huswifes iewell*)
 To make the Oyntment of Roses. (EMEMT, John Partridge, *Widdowes treasure*)

CONCLUSIONS

Both in the culinary and medical recipes of the Early Modern English period, the heading was an obligatory component, which in most cases took the form of a statement of purpose. Whilst such a situation was already present in the medical collections of the earlier, i.e. medieval period, in the culinary instructions a shift in the form of the headings can be observed.

Comparing the ratio of titles and statements of purpose in the Early Modern culinary material to the data from the medieval period (see section 1 above, or Bator and Sylwanowicz 2017), one can notice that most of the headings no longer consist of names of dishes (titles) but are more informative, taking the form of statements of purpose. Such a shift might have been influenced by the changing audience for whom the recipes were intended in the medieval and Early Modern English periods (Bator 2016). The earlier (medieval) recipes were more of memory aids for a professional chef, who knew exactly how to prepare particular dishes, than instructions which were to guide him step by step (cf. Scully 1995, Hammond 1993, Brears 2008, Henisch 2009). In the later period (EModE), most of the recipes were aimed at lay audience. Diemer (2013: 145) calls it “a change of audience from professional to private”, whilst Görlach (2004: 132) writes about an inexperienced “middle class mistress” as the target audience of the Early Modern English culinary instructions. The choice of the statement of purpose rather than the title contributes to a better understanding of the recipes, which are much more reader friendly than it was in the case of medieval texts.

In the culinary instructions, the statements of purpose mostly took the form of infinitival constructions, which were followed by nominal and/or prepositional phrases. Such complex clauses contained a variety of information concerning the dish preparation. Whilst in the medical collections the following structural variants

were preferred: prepositional phrases and noun phrases. Both structures are fairly complex and semantically more explicit than, for instance, those found in the title component of the heading. Prepositional phrases, including those functioning as postmodifiers in the noun phrases, usually begin with *for/against* or with *in*, and specify the medical problem a given remedy is aimed at, or a place of the ailment. As regards the noun phrases, they additionally include (i) information concerning the source of the recipe (expressed by genitive pre-modifiers), and (ii) comments on the effectiveness of the prescribed remedy (expressed by attributive adjectives).

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