

## THE DIET OF THE SAVILE HOUSEHOLD IN THE SEVENTEENTH CENTURY

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THE Nottinghamshire County Archives Department came into charge of a large quantity of records of the Savile family in 1957, and an examination of some of these records was suggested for a weekend school at Brackenhurst Agricultural College. Arising out of this weekend school an investigation was made by a group of seven people into the twenty-five kitchen and pantry books belonging to the seventeenth century. The author would like to thank Mrs. S. Revill, Miss M. Davies, Miss M. M. Doubleday, Miss J. Murphy, Mr. K. Holt and Mr. C. Knowles for their assistance in reading through these books. The author is particularly indebted to Lord Savile who deposited the family records in the County Record office, for permission to make use of the collection.

The following account deals with certain aspects of the contents of the books and has as its object the discovery of how far changes in food and drink can be traced through the period covered. Other matters, such as the kitchen equipment and clothing also periodically included in these books, have not been dealt with.

The books are not a continuous series from one house, but run with varying gaps through the records of four different houses over a period of 57 years (1623-81). For instance, some books follow on to the day, but the average gaps range between 11 days (A4/20 and A4/21) and 4 years (A4/6-A4/7). There are no dated books for the period 1641-53, but it is probable that A4/22, 23 and 24 fit into this gap. In A4/22 an entry under 2nd July reads "one peec of beefe and 2 joints of lambe sent the prisoners att Welbecke". There are two other references to food sent to prisoners in June and July. Welbeck Abbey, which is fairly close to the Savile home at Rufford Abbey in North Nottinghamshire, was taken in August 1644 by Parliamentary troops and recaptured on

16th July 1945 by a Royalist unit from Newark.<sup>1</sup> This book is thus dateable to 1645. A4/23 is a Thornhill book, and precedes A4/22, because "my master" (i.e. Sir William Savile, who died in 1644, leaving as heir a minor) is mentioned in it. It is probably dateable to 1642, first because that is the only year which will fit the day-to-day chronology of the book prior to 1653, by which time Thornhill was burnt down, and secondly because the food lists are quite extensive and varied and this is characteristic of the later rather than the earlier books. A4/24, on the other hand, reflects straitened conditions: it comes from Rufford and its contents bear a marked resemblance to those of A4/22. It is presumably of the same period, when the widowed Lady Savile and her household were living in reduced circumstances.

The Saviles were originally a Yorkshire family, and of the four houses mentioned, Thornhill, Rufford, London and Louton Hall—there is no indication of where the London house was situated and whether it was owned or leased—the first was in Yorkshire. The principal seat of the Savile family, Thornhill Hall was burnt to the ground after a siege in 1648, and the widowed Lady Savile and her family perforce made their permanent home at Rufford Abbey. The family was apparently frequently in London, especially after the Restoration, and one book—A4/9—in the earlier group, (that is when Thornhill was the family seat), and two in the Restoration epoch—A4/19 and A4/21—actually show the changeover from one house to another. The A4/9 book contains an opening list of "Household at London 22.4.37" and then another list is made on 26.7.37—"Household in Ordinary at Thornhill". In A4/19 the household moves from London to Rufford and back again, passing 6th May to 24th August 1677 in Nottinghamshire, while "fewell" accounts appear for the months spent in London—from 11th November 1676 to 2nd May 1677 and from 24th August to 11th November 1677. In A4/21 the London lists trickle to an end on 7th February 1680/1; there are no entries from then until 18th February, when the food lists reappear for Rufford. In all, the distribution of the books (A4/52, from its limited contents, is assumed to be an early Thornhill book) is as follows:

<sup>1</sup> 'A History of Welbeck Abbey and Its Owners' by A. S. Turberville.

Thornhill (11 + half A4/9) ; Rufford (6 + half A4/19 + half A4/21) ; London (5 + half A4/9 + half A4/19 + half A4/21) ; Louton Hall is only mentioned once, in A4/8, and its whereabouts have not been traced.

The books contain household lists with the names of the members of the family at the head, and the number of servants increases from an average of just under forty in 1624 to about sixty in 1638.

The books varied in size, most of the early ones measuring roughly  $15\frac{7}{8} \times 6\frac{1}{4} \times 1$  cu. in. and the later ones being as large as  $22\frac{1}{2} \times 8\frac{1}{2} \times 2$  cu. in. (A4/16). The setting out of the books varied as the century progressed. Usually one page of this long narrow kitchen book was used per day, the date being given at the head. The top left hand column was headed "Come in by the Caterer", then lower down were lists headed "Store" and "Remainder"; the right hand columns, still on the same page, contained items "Spent in the Kitchen" and "Spent in the Pantry", the accounts being totalled each Friday. Gifts of wildfowl and other comestibles from tenants and friends were entered with their value. In the later books there appeared grocery lists containing spices and sugar. The pantry books A4/17 and A4/18 only had entries of drink and bread.

The entries were examined under the headings of poultry, fish, meat, dairy produce, fruit, vegetables, spices, herbs and flowers and drink.

#### POULTRY

The poultry consumed varied considerably. Several birds mentioned in the Thornhill books—cowshott, wildgoose, seagull, heron, moorpullet, rook, shellfowl, sparrow and swan—appear only rarely later, e.g., there are isolated references to moorhen and swan in A4/13 (1653/58) and to sparrow in A4/24, one of the Civil War books. Peacock and peahen are mentioned twice in the Thornhill books and again in A4/13. Blackcock, gull, knott, peewit, dotterel and thrush appear occasionally at both the country houses, and in A4/14 (1657/59) a great variety of birds is mentioned, including wild-fowl, pokard, beardbill, sealark and smeath.

One Rufford book contains a reference to grouse pullet, and two mention blackbirds, which also occur in London. The first mention of quail is at Rufford in 1640.

Many birds are referred to over the whole period—turkey, geese (and greengeese at Thornhill), duck, pigeon, partridge, woodcock, capons, chickens, hens and pullets. The latter birds frequently occur in the guise of rent in kind from Savile tenants; in A4/4 (Thornhill) rent capons are mentioned coming from many manors, including Emley, Bryerley, Ripenden and Hunsworth. A4/23 has rent hens coming from Ealand, and an entry in A4/24 reads: "from tenants of Amtou 30 chicken". Lark, pheasant and teal also occur generally throughout the series, but the incidence of birds like mallard, wigeon, snipe and plover falls off as the century advances. Squab, bittern and godwit only put in an appearance in the later London books.

It thus appears that many varieties of wildfowl, easily obtainable at Thornhill and Rufford, declined in popularity after 1640, except when circumstances of dearth necessitated a return to the old diet. This was not the case, oddly enough, in the Civil war book A4/22: it contains only seven references to poultry, and also very few to fish, so it may point to difficulties caused by the presence of Parliamentary troops in the county.

#### FISH

The Savile household consumed such fish as cod, perch, bream, oysters, trout and lampreys (in some cases made into lamprey pie) in town and country. Other varieties, for instance, bass, groundling, haddock, keeling, roes, roaches and roundling, were only eaten at Thornhill, and gurnet, conger and dabs were eaten at Thornhill and in pre-Civil War London, but not at Rufford.

Rufford books also lack many references to other fish—whiting, plaice, mackerel, lobster, eels, brett, sturgeon and crab—which were popular in Yorkshire and in London both before and after the Restoration. The household at Rufford did sometimes eat barbel, cheven and scallops, all of which are mentioned at Thornhill but not at London.

Apparently several varieties of fish which formed a high proportion of the diet in the first half of the century, such as herrings (red and white), ling, skate, turbot, salmon and tench, lost popularity towards the end of the century. Only sparse references to each of these fish occur in the post-Restoration books. They were perhaps replaced by anchovies, haberdine, gudgeon, sole and flounders, which first appear in the Rufford books. Carp and greenfish, each of which is mentioned once at Thornhill, were widely purchased at the end of the century. Other fish, such as mullet, shrimps, burt and prawns, can only have been available in London, for they were purchased there from the late 1630s onwards.

The fish lists demonstrate a gradual change in fashion, with less reliance on the salted fish—herring and ling—so important in the earliest books. It is also notable that many sea-fish were quite unobtainable at Rufford, even in the 1670s. Thornhill's situation in the West Riding was also far from the sea, but apparently the household there obtained sea-fish quite easily, while it was readily available at Billingsgate in London.

#### MEAT

Various items are mentioned in nearly all the books—bacon, mutton, veal, pork and beef; calves' heads and feet and neats' tongues. In addition to meat there are frequent references to beasts being purchased, pigs, sheep and lambs. On 25th November, 1637, in A4/9, there are listed one sheep's carcass, one ox killed, two hogs killed, one pork killed. An entry in A4/21, on 22nd February 1680, when the household was at Rufford, reveals that a bullock, on being slaughtered, was divided into hide, tallow, offal, suet and pieces of beef, which were valued in all at £4. 10s. 0d.

There were many varieties of beef: steerbeef, and oxbeef, both of which must have been very tough, were mentioned in nearly all the Thornhill books, but not later except in A4/14 and rarer references occur to qui beef, cow beef, bull beef and heifer beef. Ox palates (1637 onwards) and cow heels (1657 onwards) increased in popularity as the century progressed. Mutton did not vary quite so much, although 'lamb' is mentioned more frequently towards the end of the series, and lamb's

head occurs steadily from the 1640s onwards. There are isolated references to 'Forest mutton' and 'Trent mutton', which must have come from different breeds.

Venison, also described as fallow deer, hind, fawn, etc., was one of the staple items when the family was in the country; it is mentioned in all the Thornhill and Rufford books and the three early London books, A4/8, 9 and 11, but only twice after the Restoration at London. In the country there are recurrent references to deer: 27th July 1661 (A4/15), "a buck from Rufford Park"; 7th September 1645 (A4/22) "one doe from ye parke; 3 peec. of it disposed by my Lady". Red deer pies were sent to relatives and friends. Other entries refer to the vast amounts of butter required for cooking venison: in A4/9, on 28th October 1637, "10 lb. of butter of this days expence was used in the filling up the potts of baker's venison". One boar is recorded, in A4/13 at Rufford; rabbits are mentioned in every Thornhill book and most of the others, and hares appear frequently at Thornhill, in A4/8 (London—1637) and in two Rufford books. There are also references to leveretts in A4/8 and other Rufford and London books.

Further items occurring frequently include tripe (mainly at Thornhill), brawn and udder: Gervase Markham, whose "Farriery and Husbandry", 1636, incorporated a section entitled "The English Housewife", gives a recipe for roasting a cow's udder. Sausages occur in the later Thornhill books and at London, and polone is mentioned in A4/16. Spare-ribs are mentioned only at Thornhill, while "puddings" are referred to in all but one of the Thornhill books and more rarely thereafter.

Marrowbones, sweetbreads and tongues become more frequent as the century progresses, and Westphalian ham and bacon ("Westpham") also occur occasionally, especially at London. These and other delicacies, and vast amounts of pork, lamb and veal, appear to have displaced beef and venison as the main source of meat from the 1660s onwards in the Savile house at London.

#### DAIRY PRODUCE

Bread naturally appears in all the books, usually Manchett or Yeoman Bread. Two other varieties, Hind's Loaves and

Cook's Loaves, are cited in the main at Thornhill only, and there not later than the early 1630s. There are scattered references to other varieties, Brown and Household Bread, Rye and Wheat Loaf. Flour, oats, rye, oatmeal, wheat and yeast are mentioned, probably as ingredients for making the various types of bread, viz. 6th November 1637 in A4/9, in the Thornhill section: "30 cast of Manshott of 2 peck of flour; 30 cast of Yeoman bread of one load of wheat and rye". Grain was used for other than household purposes, however. In the Rufford book A4/13 were mentioned, on 17th December 1657 "1 peck of wheat for ye partridges 1/-" and on 4th January 1657/8 "2 strikes of barley for fattinge swyne 5/9d."

Butter (fresh, churned and salted) and cheese are mentioned regularly and milk and cream—apart from a solitary reference in A4/23 (Thornhill)—only at Rufford and London. There is for instance in A4/16 a bill dated 18th October 1662 for "milke since we came to Lond.". Cream cheese and cheese-cake were made in the kitchen from the end of the 1650s onwards, and other varieties purchased at infrequent intervals, Cheddar and Cheshire and even Parmesan—in A4/8 on 24th November 1636 is an entry, "1 piece of Parmizant sent from Mr. Williams given 2d.". The tip would be given to the servant who came bearing the gift.

Sugar is only mentioned once in the first six books and thereafter rarely until A4/13; in the later books, however, are references to loaf, refined, double refined and powdered sugar, sugar fruits, sugar candy and brown sugar candy and candied figs. In the London books "sugar, fruit and spices" appear as one item.

Rosewater, which was used in pastry-making, and verjuice, a bitter crab-apple extract used for culinary purposes, appear from time to time. When the family were in London water itself had to be purchased.

From the ingredients mentioned above the Savile family were supplied—rather intermittently until the period of the later London books—with cakes, oatcakes, biscuits, pies, tarts and 'wiggs' (the latter in the later 1670s). Wiggs, according to Nell Heaton in 'Traditional Recipes of the British

Isles', were made of treacle, butter, milk, flour, sugar, bicarbonate, ground ginger and caraway seeds. The reason for the name is the way in which the mixture rises over the edges of the shallow baking tin, its thick rim looking like the curl of a wig. Other dishes which appeared occasionally included gingerbread, mince pies, omelette and pancakes.

Vinegar was mentioned in the majority of the books, and malt was also purchased frequently, one reference in A4/14 specifying "malt for small beer". Mustard first appears in 1640, but is only in regular use in London.

#### FRUIT & NUTS

The first six books at Thornhill covering the years 1624-9 contain between them only two entries of apples and one of wardens. Thereafter conditions seem to have improved—perhaps an orchard had been raised—because in addition to apples, cherries, lemons and oranges, the fruits most regularly occurring in these books, the household also feasted off apricots, currants, plums, pippins, pears, strawberries and lordlings.

Codlings, gooseberries, raspberries, pineapples and quinces were generally mentioned only at Rufford and London. Quinces were a great favourite, and a contemporary recipe is given "to bake a Quince or Warden Pie, so as the fruit may be redde, and the crust pale and tender"<sup>1</sup>.

Grapes were mentioned principally at Rufford, and the greatest variety of fruit appears in two Rufford books, Nos. A4/13 and A4/14, of 1654 and 1657/8 respectively; however, some of the London books are nearly as extensive, and some fruits, e.g. sweet lemons, musk mellions, pearmanes, pomegranates and russets appear in the London books only.

Raisins and sol Raisins, olives and figs, were used quite often, principally at Rufford. Almonds, walnuts, chestnuts, filberts, and pistachio nuts are mentioned occasionally.

#### VEGETABLES

The vegetables most frequently mentioned are artichokes, salads (i.e. lettuce), onions and peas. The only ones occurring in the Thornhill books apart from the above are carrots,

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<sup>1</sup>Murrel's Two Bookes of Cookerie and Carving (4th edition 1631).



cabbage, cucumber, parsnips and turnips, the latter appearing from the first book, 1624, onwards. There was no extensive consumption, however, and only one of the books in the Thornhill series—A4/23, which is probably dateable to the 1640s and is thus the latest Thornhill book in date—contains references to more than four vegetables. These varied from book to book.

There was more variety at Rufford, especially in A4/14, but the most extensive lists are found in A4/16, 19, 20 and 21, all of which are post-Restoration London books and contain references to beetroot, endive, lettuce and mushrooms. A4/19 has entries of French turnips, sprouts, watercress and celery, but does not, unlike A4/16, 20 and 21, contain potatoes.

Potatoes are mentioned in five books in all, the other two being A4/8 and A4/11, two of the earlier London books: on 6.2.38/9 three lbs. of potato roots were purchased for 3s. In A4/11, on 16.4.39, sweet potatoes or 'batatas' are probably indicated, for the entry reads "oranges and potatoes sent from the Lady Kent."

Hopbuds and broombuds were picked quite frequently, and appear from contemporary references<sup>1</sup> to have been used in salads. Cress and cardouns appear in A4/19 and 21.

#### SPICES

Spices were used quite extensively in A4/12 (1640-1) but in none of the other Thornhill books. Those encountered most often were cinammon, capens, ginger, nutmeg, pepper and mace, but even so they only make an appearance in an average of 9-10 books out of twenty-five.

The above are standard culinary ingredients, but the Savile household also consumed other commodities, brimstone, frankincense, myrrh and manna. Consultation of Markham's "English Housewife" suggests that these were contemporary medicines, as brimstone remained until recently. Frankincense was used for curing the "King's Evil", and myrrh occurs in a recipe for "watery eyes"; juniper, another item in the Savile books, also improved the sight. Sugar-like manna—A4/20, 'honey and mana from my Lady Cooke'—

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<sup>1</sup>Gervase Markham and the Elizabethan Gerarde.

is excreted by ash-trees. Other items purchased, for instance liquorice, aniseed and caraway seeds, could be used to cure "an old cough", and camphor and alum were ingredients in a treatment for a sore mouth.

#### HERBS

No herbs appear in the Thornhill books and only eight types are mentioned at Rufford, centaury, fennel, garlic, hempseed, purslane, sampiare, tansy and 'spring herbs'.

Most of the London books contain references to the more common herbs. In addition *allicampara* appears in A4/11, clary in A4/20 and alexander and dill in A4/19 and A4/21. The latter also contains references to horseparsley, pennyroyal and thyme, but the greatest variety in herbs is to be found in A4/16 and A4/20, although the contents are dissimilar, except for rosemary, parsley, sorrel, sage and horseradish.

#### FLOWERS

There are rare references to flowers in the Savile books, in three different capacities—medicinal ("camill flowers" in A4/20 and poppy in A4/21), decorative and culinary. Bays and ivy are mentioned on Christmas Day 1638 and "hollie" on the same day in 1676; in A4/16 "laurel, green, and flowers", "fresh flowers" and "boughs and flowers for ye chamber" were obviously for decorating. "Nosegay" appears in A4/20 and 21.

Roses and gillyflowers are also mentioned. In a "New Book of Cookerie" published in 1617 there is a recipe for "a sallet of rose-buds and clove gilly-flowers". Cowslips, lupins and dandelions (all probably used in cooking) occur in A4/20.

#### DRINK

Beer, ale, sack, claret and white wine are to be found in the pantry section of all the books until A4/19 (1676) when kitchen and pantry purchases seem to have been entered in different books. Only occasional references, and those to sack or verjuice, are to be found in A4/19, 20 and 21. The only two pantry books surviving, A4/17 and 18, cover the periods 1664-70 and 1674-77 at Rufford and London respectively.

Of the popular drinks, beer appears in various guises, especially at the beginning of the series. Small beer, great beer, strong beer and March beer occur irregularly in the later Thornhill books and at Rufford, but only once at London, in book A4/8 (1637).

“ Wine ”—without further qualification and Muscatel are mentioned frequently, but less often towards the end of the series ; on the other hand, Canary, Rhenish and Sherry are represented infrequently from the late 1630s onwards. Mead and Metheglin made scanty appearances at Rufford. Cider was popular, and on a more sober note, A4/13 contains a reference to “ oringads and lemonads ”.

The two pantry books contain many different wines, Champagne, Malaga, Hock, Porter, New Bordeaux, Burgundy, Chablis, Thiers and ‘ Sipris ’ wines, Grece and Hermitage, Moselle, Paris wine and Portugal wine.

#### CONCLUSION

The twenty-five kitchen and pantry books reflect, despite their gaps, alterations in eating habits between the early and later years of the seventeenth century.

The first six books, those dated 1624-29, when the household lived at Thornhill, include many items with a medieval or Tudor flavour, herrings and ling, steer and oxbeef, venison, Hind’s or Cook’s loaves, with an occasional swan or peacock. Before 1630 these were the staples of life : there are only rare references to fruit and vegetables, so the emphasis lay firmly upon poultry, fresh and cured fish, salted meat and home-made bread of various qualities, washed down by beer and sack.

Apart from venison, which continued in popularity, the incidence of these foods declined in the next decade, which saw a gradual widening of the basis of purchase. There was more variety in fish, meat and poultry and many more fruits appeared in the food lists. Vegetables were comparatively rare until A4/23 (c.1642). This book and A4/12 (1640-1) are fairly rich in contents, and the latter mentions several spices and contains the first reference to sherry.

The four Rufford books which follow show much leaner fare. A4/22 has only a few references to both poultry and fish,

pointing to local difficulties during the Civil War, and A4/24 only mentions one vegetable—onions. A return to food previously in fashion is indicated in A4/13 (1654)—incidentally the period of the first Dutch war—where swan and peacock are eaten again for the first time since 1640. This book also contains a reference to a boar. However, there were copious entries of fruit and a few of sugar candy.

Some difficulty was still being experienced in A4/14 (1657-8), as the household reverts to tough steer and oxbeef and many of the birds mentioned, such as sealark, gull and heron, were unattractive to eat. However, as in A4/13, there was a great variety of fruit, and many vegetables were also mentioned. A4/14 was the only book to contain an account of the meals prepared. For about two months—March 1657 and March-April 1658—menus were given for dinner and supper. On Monday, 29th March, 1658, for instance, the family sat down to :

	2nd course :	Supper :
Beef boiled 3	Pheasants 2	Mutton 2
Veal and bacon 1	Crawfish 60	Lamb 2
Mutton roast 2	Cold pie	Eels 2
Duck boiled 3	Apples 40	Ducks 2
Salmon 1		Smelts 30
Hash of veal 1		Apples 40
Sallet 1		(Mutton and veal for brogh 2)

The post-Restoration books indicate further development of taste and the availability of many foods and wines. Two of the seven post-Restoration books were pantry books. Of the other five, three are London books and A4/19 and 21 cover periods partly spent in London and partly in Nottinghamshire. Only A4/15 and A4/16 of the later series contained any references to drink, but the later books—A4/19, 20 and 21—included the most varied and expensive comestibles of the collection.

Quail and squab, anchovies and prawns, sweetbreads, ox palates, marrowbones, grapes and citrons—these were some of the delicacies that passed through the Savile kitchen of the

1670s. In addition there was an extensive choice of vegetables, herbs and spices, and wines from all parts of Europe.

The changes illustrated represent the altering proportion of goods purchased locally or obtained from the estates—in the case of Rufford Abbey from the “orchards, apple-yards, gardens, ponds, fishponds, waters, fisheries” mentioned in Henry VIII’s grant of the estate to the Earl of Shrewsbury—and those coming from farther afield, including the European continent and the Indies. The Thornhill and Rufford estates must have supplied the vast proportion of the food eaten, especially in the early years. Goods not obtainable there would be purchased by the official in charge, the “caterer”, from the nearby market, which he reached on horseback. A4/14 contains references to a pair of paniers for the caterer and to “a new bridle and stuffing of the caterer’s saddle”. In A4/19, during the time the family were at Rufford, daily references occurred to market charges, ranging from 1s. to 1s. 6d. Heavy loads, for instance of grain, would be brought by wagon, and animals for slaughter would be driven to the house by herders.

A monotonous medieval diet was thus extended gradually as the century progressed, by fruit and vegetables, both grown more widely than before. Some of the rarer fruits, nuts and wines were the product of European trade, and spices and sugar were carried from the East and West Indies respectively. Naturally more exotic goods were available in London than elsewhere, even in 1636-9 (books A4/8, 9 and 11); several items popular in later years appear in these books—anchovies, prawns, olives, almonds and cauliflower. They spread rapidly, however, and on 25th July 1657 (A4/13) a wagon arrived at Rufford bringing lemons, oranges, artichokes, pineapple kernels, pistachios and partridge from London. In the post-Restoration books there is nearly as much variety at Rufford as at London, and supplies continued to be sent from the capital, such as the candles, Obrion (Haut Brion) and Bordeaux listed on 29.1.64/5 in pantry book A4/18 as being “sent by sea to Rufford”.

The Savile family were not in exile during the Protectorate, and therefore cannot have been directly influenced by foreign

tastes. The greater choice of foods available after the return of the King was an extension of a process which had started before the Civil war and had been partly interrupted by that war. The kitchen books under discussion reflect, not merely the vagaries of fortune of the family and country, but a movement of much greater magnitude, the extension of English trade in all parts of the known world.

GLOSSARY

- ALEXANDER : horse-parsley  
ALLICAMPARA : root herb  
BARBEL : fresh-water fish with " beard "  
BEARDBILL :            ?  
CAPERS : flower buds of caper bush  
CARDOUNS : plant similar to artichoke  
CHEVEN : chub  
COOK'S LOAVES : originally made for kitchen staff, probably  
                         inferior to yeoman bread  
CODLINGS : apples  
COWSHOTT : wood pigeon  
DIL : annual cultivated in herb gardens for carminative  
         " seeds ".  
GODWIT : marsh bird like curlew  
GREENGEESE : goslings  
GURNET (GURNARD) : marine fish with large spiny head  
HABERDINE : large salted cod  
HIND'S LOAVES : made for agricultural servants  
KEELING : cod fish  
KNOTT : red-breasted sandpiper  
LORDLING : pear  
MANCHETT BREAD : best white bread  
MOORPULLET : chicken of moorhen  
MUSK MELLIONS : musk as opposed to water melons  
POKARD (POCHARD) : duck with red head and neck  
POLONE : sausage  
QUI BEEF : heifer beef  
ROUNDLING : variety of apple  
SEA LARK : local name for small birds frequenting seashore  
                 e.g. sand piper, rock-pipit  
SMEATH (SMEE) : small wild duck  
SQUAB : very young bird, offspring of goose, pigeon or other  
         bird  
WARDEN : pear  
YEOMAN BREAD : made for household servants of yeoman  
                 rank. Inferior to manchett bread