

CHAP. V.

Of Sugar.

Sugar was unknown to the Ancients; which is now so copious, that to say a Pharmacopoly without Sugar, were more than an Irony. Yet it doth not fall from Heaven like dew, nor is it gathered of Plants leaves, as some have thought, who look only at the name: but it is got of an arundinaceous Plant, which grows not only in *India*, but in many places of *Asia* and *Africa*, and now in some Gardens in *France*; but it scarcely escapes secure from the Winters tempests.

This sacchariferous Plant is about eight foot high, very crass, knotty, obdused on every side with long, strait, and twined leaves, hollow, sappy, and stuffed within with plenty of sweet juice, which will distill down the cut cane like Amber; whose pith or sap being severed from the cane by a knife, and cocted on the fire, will turn all into Sugar, save a little Salt at the bottome of the vessel. Its roots emulate the roots of our Cane, but they are not so ligneous, but more succulent and sweet, from which some sprigs erupe, which if pulled up, and transplanted in due time, will grow and flourish. It bears hairy flowers, like our reeds, which one thing is enough to shew that it is a reed.

The juice extracted from it, and but once cocted, is not sufficiently elaborate, but is red, and thence called brown Sugar; by some, Sugar-froth; which when it is cocted longer; and more defecated, will be white, and is called Sugar absolutely. There comes Sugar from *Madara* and *Canary*, which is extraordinary white, which as much exceeds the other in worth, as it doth in candour: yet some Negotiators bring some a little duller, which is as good as the other. But many adulterate Madarensian Sugar, by washing common Sugar with lime, cocting it again, and abstracting the moisture from off it, by which means they make it exceeding white, but not so sweet, and grateful.

Saccharum can-
dum quomodo
fit.

Sugar-Candy is thus made of common Sugar. Let the Sugar be melted with a little water, and clime it to a crass syrup, which Iject into an earthen pot, wherein wicks or sticks are put lathwise, and cross one over another, for the pot being set in a hot place, where leave it for the space of fifteen or twenty dayes, then pour out the syrup that is not concreted, and pour on it some warm water, wash off the farnels of the syrup, which againe pour out, and replace the vessel in a hot place; take it on the morrow, and break it, and you shall finde the sticks laden with Sugar-Candy, shining like Crystal.

Powder-sugar.

There is another kinde of Sugar not so white, nor yet so crass as the former, which is partly pulverated, partly redacted to more crass lumps, which the vulgar call Cassonade, or Castonade; which is not onely used in Kitchens, but also in Shops.

That which is brought us from far Countryes, is turbinated pyramidal-wise, and commonly called Sugar-loaf, which is less cocted, and less obdurate than Candy, and so less calid, and more accomodate to obdulcorate Condiments, Broths, and other Aliments; for Sugar abates acridity, retunds acidity, gratifies austerity, and makes all sapours more suave. Whence not onely Confectioners, but Bakers and Cooks frequently use Sugar, for no delicate Dish comes on the Table that doth not participate of Sugar; for if Water, Wine, Fruits, Flesh, Fish, or other Edibles or Potables be nauseated, the mixture of a little Sugar will make them current.

Prop.

All Sugar is moderately hot, conducive to the roughness of the tongue, asperity in the breast, and to the cough; it moves spittle, but hurts the teeth, for it effects nigritude, mobility, and rubiginy in them.