

# The Aerie



<http://www.luminarium.org/medlit/embs.htm>

## JANUARY A.S. LII (2018)

### Cum An Iolair Calendar

(Events in bold are local)

#### January 2018

- 5 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 6 Twelfth Night—Lonely Tower (Omaha, NE)
- 12 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
- 13 Winter Coronation—Wyvern Cliffe (Jefferson City, MO)
- 19 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
- 20 Winter Court—Three Rivers (St. Louis, MO)

#### February 2018

- 2 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 3 **Clothier's Seminar**—Cum An Iolair (S. Johnson County, KS)
- 9 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
- 16 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
- 17 Winter War Maneuvers—Mag Mor (Lincoln, NE)
- 24 Chieftains—Three Rivers (St. Louis, MO)

#### March 2018

- 2 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 9 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS

- 10-18 Gulf Wars—Gleann Abhann (Lumberton, MS)
- 16 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
- 24 Hibernatus Interruptus—Westumbria (Great Bend, KS)
- 31 Spring Spears—Calanais Nuadh (Rolla, MO)
- Spring RUSH—Moonstone (Emporia, KS)

### Shire Birthday List

#### January

- 1 Thomas the Black
- 24 Alisaundre Muir
- 27 Ki No Kotori
- 28 Thomas de Lepe

#### February

- 6 John Bowyer
- 12 Ysabel de la Oya
- 28 Vittoria (Megan)

#### March

- 2 Rose Wulfdan
- 9 Niccolo

### Note from Chronicler

We need articles, book reviews and event reports for *The Aerie*. Please submit those by the 25<sup>th</sup> of each month to [chronicler@shireofcai.org](mailto:chronicler@shireofcai.org). It would be especially helpful if people wrote event reviews. It is so simple to write them since you go to events already. If you are interested in becoming deputy exchequer, please see HL Fiona. Our storage locker has been paid up for another year. We need to decide who is to be our new webminster so we can pay for and update our website. Hope everyone is keeping warm and safe this harsh winter!

### Letter from the Cook's Guild

by HL Fiona nic Gormliatha

(Used with permission)

*Cook's Guild meets the second Friday of every month at Her Excellency Marguerite's (7216 Cottonwood, Shawnee, KS) give her a call at (913) 268-0416 for directions.*

Most of the recipes came from "To the Queen's Taste" by Lorna J. Sass one was a "Pye of Alowes": have ready a shortcrust pastry for a 9 inch deep-dish pie, & put the bottom crust in a buttered pie dish. Shingle the bottom of the pie with a layer of thinly cut leg of lamb (1 ½ lbs), intersperse with a mix of :6 hard boiled egg yolks, ¾ C. each raisins, chopped dates, plenty of chopped fresh parsley & thyme. While the layering is going on, warm 10 oz. (1 1/4C. ?) red wine to the boiling point, then add breadcrumbs from 2 slices of bread, ½ tsp each ground mace, ginger & cinnamon, 2 tsp. Sugar & salt to taste (maybe ½ tsp ?)--pour this in pie. Place a (metal) funnel firmly in the center of the pie, onto the pastry base & cover with the top crust, making a few more vents in the pastry lid. Glaze the top with egg yolk or milk bake in 350o oven for 45 minutes. This was a rather nice way to have lamb, not too "gamy", we used a

ceramic “blackbird” pie vent instead of a funnel to release the steam, so the pastry was not soggy.

Another tart was one of beets! Blind bake a 8-inch pie shell at 425o for 10 mins., let cool. In a bowl combine 4 C. peeled diced beets (3-4 med. Beets), 2 Tbs. Each bread crumbs, melted butter & currants, 3 beaten egg yolks, 1 Tbs. Brown sugar, ¼ tsp cinnamon, ¼ lb. Mild cheese (like Monterey Jack or Emmenthaler) & 1 ½ tsp finely minced fresh ginger. Mix well to distribute evenly, put in pie shell & cover tightly with foil & bake at 375o about 1 ½ hours on until beets are tender & can be easily pierced with a fork. Serve warm. This was a surprisingly good pie, the beets did Not taste like dirt & you could feel like you had found a great way to have your veggies.

Roast Chicken stuffed with veal & Pistachios: take & debone a 4 1/2-5 lb. Chicken then mix up the stuffing of 1 lb. Ground veal, 3 rashers (strips) bacon chopped, ½ tsp each ground cloves & mace, ¼ C each raisins 7 pistachios, 6 small cooked artichokes, diced (used 14 oz. Can), 2 Tbs. Pine nuts, 1 egg, salt to taste (not really needed? Because bacon). Working with hands mix all up to a nice texture, spread inside of chicken & wrap or sew with clean string to close up. Place bird in roasting pan sprinkle with salt & drape or toothpick 2 slices of bacon over the breast & roast in preheated 400o oven for 15 minutes the reduce heat to 325o for 1 hour, baste occasionally. This was very tasty & a unique way to have both chicken & veal!

Then another unusual side dish, Turnips stuffed with apples: Take 2 white turnips about the size of a large apple or 3 medium turnips, peel & slice top & bottom so they can stand upright on either end & cut each in half horizontally. With a sharp knife cut a deep circle about ¼ in. from the rim of each half as if you were carving a grapefruit. With a knife or sharp point of a peeler, lift out bits of turnip meat until each looks like a small bowl. If you wish, dice these excess pieces of turnip & use them raw in a salad or carve into fanciful shapes & use them as garnish. Sprinkle each half lightly with salt, to make the filling mix in a bowl 1 C peeled minced apple, 2 Tbs. Each currants & bread crumbs, 1 Tbs brown sugar, 2 hard-boiled egg yolks, 1/8 tsp each salt & ginger, ¼ tsp cinnamon. Heap mixture into each turnip half. In an enameled pot, bring 1 C water & ½ C dry white wine or rose & bring to a boil, melt 1 Tbs butter, dash of vinegar, 1/8 tsp. Ground rosemary, & pinch of mace, stir. Reduce heat to simmer, stand stuffed turnip in the pot, cover & simmer for 50 mins. Or until turnips can be easily pierced with a fork. 5 minutes before turnips are done add 8 pitted dates to the simmering liquid, serve turnips in a bowl placing 1 or 2 boiled dates on each, spoon wine sauce over them. This was rather fun dish, a very unusual way to have your fruit & veggies.

Plum sauce, more fruit! Take ½ lb. Red plums washed & pitted, ½ C red wine in a covered pot, bring to a boil & cook until the plums turn to a pulp, remove from heat & strain into another pot. Add 1 tsp. Rice flour & stir, reheating until the mixture thickens slightly; add 2 Tbs sugar, 1 tsp each ground ginger & cinnamon ½ tsp mace, 1/8 tsp. Cloves & stir until mixture if thick as liquid jelly, remove from heat & pour into a shallow serving dish & set aside. Take 1 ripe firm pear, halved & cored & put in a saucepan with ½ C red wine in a pot, cover & bring to a boil, cook until pears are fork-tender. Remove from heat, drain & slice pear into 6 slices & arrange on serving dish with plum sauce, take 3 pitted, halved dates & sprinkle with White powder (2 tsp each cinnamon & sugar, 1 tsp each ginger & nutmeg-sort of a variation of powder douce). Arrange on serving plate with

pears & plum sauce serve cold. Again, a very striking dish with the vivid red of the plum sauce & white pears, also yummy, with the dessert!

Almond Tart-Bake 8 inch pie shell at 425o for 10 mins, reduce temp to 350o & bake for additional 5 mins. Let cool. In a heavy saucepan combine 1 ½ C each blanched ground almonds & heavy cream, 1 Tbs plus 1 tsp sugar. Boil gently about 10 mins, stirring occasionally until mixture thickens to the consistency of pudding, add 4 tsp. Rose water & pour filling into pie shell & bake at 350o about 30 mins. Or until top is golden, cool to room temp on a rack—it is also suggested that you refrigerate for at least 2 hours. Just before serving spread a thin layer of preserve (strawberry or cherry) on top. We used the plum sauce instead, this is a nice tart that is great for breakfast the next morning! We also did the Renaissance Salad—using spinach & shredded red cabbage as your base, add small bits of the following to taste: almond slices, raisins, minced pickles or figs, capers, olives, currants, orange segments—prepare a dressing of oil, vinegar or lemon juice, a pinch of sugar & salt to taste. One recipe came from “Eating Shakespeare” Posset! Start by warming ¾ C 35% cream with 2 cinnamon sticks for 15 mins. Over low heat, do not boil. In a stainless steel bowl set over a saucepan of water over low heat (or if you have a double boiler, use it) warm ½ C sherry mixed with ¼ C sugar & ¼ tsp grated nutmeg. Remove the cream from the heat & discard the cinnamon sticks, beat 4 egg yolks & stir in the warm cream a little at a time, pour the egg & cream mixture into the sherry & whisk until smooth & thick. Sprinkle with more nutmeg. Low heat & constant stirring are essential to prevent this dish from turning into scrambled eggs. This is a traditional warming drink used to celebrate or comfort the folks of the medieval times, we used it to celebrate the coming of the holiday season.

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**Queen Mary I**  
**reign July 20, 1553-November 7 1558**

**The Unhappy Queen**

by HL Fiona nic Gormliatha  
(used with permission)

Newly crowned Mary sets about looking for a husband right away, since she wants to return England to the folds of the Catholic Church and prevent her Protestant half-sister Elizabeth from ever coming to the throne. Her cousin Charles V (remember him, the Holy Roman Emperor?) immediately suggests his son, Philip of Spain who is obviously of good stock. Bishop Gardiner & the House of Commons, not wanting England to fall under Hapsburg rule try to petition Mary to consider marrying local, some nice English boy? But to no avail. (One wonders if Mary thinks, “Well Father married not one but three Englishwomen, see how well that went!”)

When some of the English hear about the wedding & the plan to make everyone Catholic again, insurrection breaks out, the worst being the Thomas Wyatt rebellion out of Kent. Wyatt had a plan to Protestant Elizabeth on the throne instead, & Jane Grey's father, the Earl of Suffolk was involved, perhaps in an attempt to get her & her husband out of the Tower. Mary declares that she will not wed Philip if Parliament says “No”, but Wyatt is captured in London & after a quick trial, he, Jane, Jane's father the Earl & her husband Guildford Dudley were put to the ax.

Elizabeth was taken to the Tower, in spite of her protestations of innocence & spent 2 months there before release to house arrest at Woodstock Palace.

Meanwhile the marriage negotiations went on, it was agreed that some limitations be set for Philip, he could style himself “King of England” & both would sign all official documents & Parliament called by both, but only during Mary's lifetime. England would not provide any monetary or military support for any wars of Philip or his father. And Philip could not act in England without Mary's consent nor appoint any foreigner to any office in England. Philip was not happy with these conditions, but went ahead with the marriage for the political & strategic gains he would get, he was given the Crowns of Naples & Jerusalem by his Imperial father to elevate him to Mary's rank.

The wedding took place at Winchester Cathedral July 25 1554, Philip spoke no English, so they conversed in Spanish, French & Latin. Mary was in love with her pale consort, but Philip was merely there to keep the Low Countries. September of 1554 found Mary's Menses stopping & she gained weight & had what appeared to be morning sickness. To this end, Parliament passed an Act to make Philip regent in case of Mary's death, and Elizabeth was released from house arrest & sent to court in April of 1555, so she could witness the heir's birth. (It was suggested that Philip had a plan to wed Elizabeth if Mary died in childbirth!). But there was no birth, and July found Mary's abdomen receded, it was a false pregnancy.

Heartbroken, Mary decides that this was a sign from heaven for allowing heretics to live & worship in England. Philip leaves to command his armies in Flanders to strive against the French. Mary is even more depressed at his leaving & allows Elizabeth to remain at court, in her favor! To secure a Catholic succession (and Hapsburg rule!), Philip suggests that Elizabeth be wed to cousin Emmanuel Philibert, the Duke of Savoy—but both Elizabeth & parliament say “No!” To that idea.

When she had first taken the crown, Mary had promised her subjects that she would not compel them to become Catholic, but less than a year later, 3 Johns—Rodgers, Hooper & Bradford; Hugh Latimer & Archbishop Cranmer were imprisoned for refusing to turn back to the Church of Rome. October of 1554 saw her parent's marriage declared valid & Edward VI's religious laws were abolished & married priests lost their parishes—in short, Mary attempted to reset the Church of England back to 1539. She had Philip reconnect with the pope (Julius III), & broker a deal that returned England to the fold, but no monasteries (or their monies) were to be returned. Then with the revival of the Heresy Acts in 1555 the burning of Protestants started—the Inquisition had come to England. About 800 of the richest ones chose exile. Thomas Cranmer was forced to watch fellow bishops Ridley & Latimer burn which made him agree to become Catholic, but recanted when he found that he was to be burned anyway. In all roughly 283 Protestants were burned, making her popularity plummet. Even Philip's own ecclesiastic, Simon Renard, condemned the burning, and another advisor, Alfonso de Castro warned Philip that more of the same would cause revolt.

But Mary persisted in persecuting heretics, leading to anti-Catholic & anti-Spanish feeling among the English & the victims became martyrs. Reginald Pole, son of Mary's executed governess & one-time suitor arrived as Papal legate during this time, he was swiftly ordained a priest & made Archbishop of Canterbury to replace Cranmer.

Then January 1, 1556 Charles V abdicated as King of Spain & Philip, who was in Brussels at the time, was declared the new King. While he was forming an uneasy truce with France, Henry Dudley, Duke of Northumberland & Jane Grey's uncle decides that Hey, since Mary was now Queen of Spain, why don't we throw her out of England, put Elizabeth in her place & she slinks off to Spain with her hubby & lives there with him, happily ever after? But while he was raising an army in France, his confederates in England were detected & executed as traitors, leaving Dudley at large in France until Elizabeth came to the throne.

Philip visits Mary once more in England from March-July 1557 to try to get Mary to help him fight France, but Parliament says No!

Things go from bad to worse, Jan 1558, when the French take Calais, England's sole remaining possession. Then a wet year brings flooding, famine & sickness and England sees no benefits from Spain's trade with the New World. So Mary charters the Muscovy Company, with their first governor being famed explorer Sebastian Cabot, to try to improve trade & the economy. Meanwhile, Mary again thought she was pregnant from Philip's visit the previous year, but again, no baby. Then she was diagnosed with uterine cancer, and March of 1558 saw Mary forced to recognize Elizabeth as her successor. She was weak & ill from May to her death November 17 1558. Reginald Pole died on the same day of influenza, Philip wrote to his sister, Juana (Joan): “I felt a reasonable regret for her death.”

Mary was buried at Westminster Abbey December 14—she would share her tomb with Elizabeth & both would rest under James I's inscription: “Consorts in realm & tomb, we, sisters Elizabeth and Mary- first woman to rule England, In hope of Resurrection.” Soon after her death, the first Queen of England won the nickname “Bloody Mary.” Philip tries to marry Elizabeth, but she refuses him, and lives to defeat his mighty Armada 30 years later. But that is a story for another day!

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