

The Aerie



<http://www.retrokat.com/medieval/ilru.htm>

OCTOBER/NOVEMBER A.S. LIII (2017)

Cum An Iolair Calendar (Events in bold are local)

October 2017

- 6** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
7 Autumn Arrows—Calanais Nuadh (Rolla, MO)
Fall War College—Cum an Iolar (S. Johnson County, KS)
Middle Kingdom Rose Tournament—Midrealm (Taylorville, IL)
13 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
14 Fall Crown Tournament—Coeur d'Ennu (Des Moines, IA)
20 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
21 Vertigo—Lost Moor (St. Joseph, MO)

November 2017

- 3** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
10 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
11 A Day in the Life of Norse—Deodar (Des Moines, IA)
Crystal Ball XXXIV—Midrealm (Mulberry Grove, IL)
17 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
18 Toys for Tots—Wyvern Cliffe (Jefferson City, MO)

December 2017

- 1** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
2 A Midwinter Knight's Dream—Theobald College (Arkansas City, KS)

- 8** Vigil prep starts noon at Marguerite's 7216 Cottonwood Shawnee, KS
9 Kris Kinder—Forgotten Sea (Kansas City, MO)
15 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm (Holiday Party?)

Shire Birthday List

October

- 21 Alfgeirr Skytja

November

- 5 Modar Neznanich
Tegan Ford
14 Kim Sarsfield
17 Adelaide Sarsfield
20 Miguel Navas de Mijorca
30 Geoffrey Lucas

December

- 10 Zarra bint Uziel

Note from Chronicler

We need articles, book reviews and event reports for *The Aerie*. Please submit those by the 25th of each month to 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. The Minister of Youth position is still vacant; if you are interested in the position please talk with our Seneschal. There has been some discussion about changing the date of the Cook's Guild meeting. Marguerite will lead the discussion about a possible date change at the next Shire meeting.

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.

We were trying out medieval finger foods for the upcoming vigils for Geraude Benet & Lillian Boyer's Laureling at Kris Kinder Mart, so we had to find French & English recipes. There was a dish of pickled Mushrooms from "Elinor Fettiplace's Receipt Book" (by Hilary Spurling); To make the pickling solution to 1 lb. Mushrooms mix 1 C. white wine, 6 whole white peppercorns, ½ whole nutmeg (cut up a bit & roughed up with a grater), a blade of mace & a 1 inch piece of fresh ginger peeled & sliced, in a small saucepan & simmer for 10 minutes then let cool for a while. Wipe 1 lb. mushrooms if needed with a damp cloth & sweat in a large saute pan with 1 tsp. Salt, when they start to get tender & release their liquid, add the pickling juice & simmer until it is absorbed into the mushrooms & perhaps a bit reduced or strain out (!). We just left the juice be & used some bread to sop it up. This was a recipe made for a hobbit feast! There were 2 recipes from "To The Queen's Taste" by Lorna Sass (Metropolitan Museum of Art 1976), the first was Spicy Muttonball Soup: have ready 6 C. beef broth or stock, to make

the meatballs take 1 lb. Ground lamb or mutton & mix in well ¼ tsp. Ground cloves, 1/8 tsp. Mace, ½ tsp. Salt & pepper; Then 1 ½ Tbs. Each currants & minced pitted dates & make into balls (should have about a dozen). Bring the broth to a boil then reduce to a simmer & add the muttonballs & simmer, covered for 10 minutes, skimming excess fat if desired & serving garnished with parsley. This was a great way to have lamb, as the dried fruit & spices gentle the strong taste of mutton.

And then there were Jumbals as sort of cookie (or biscuit as the English say)--Whip ½ C. sugar & 2 egg whites until they are like cream, add 1 egg yolk then ½ C. flour sifted, 4 Tbs. Butter, melted then cooled to warm (don't cook the eggs!) & 1 ½ tsp. Rosewater & blend well. Stir in ¾ C. ground almonds & drop from tsp onto greased, floured baking sheet, leaving at least 1 ½ inches between cookies. Sprinkle with 1-2 tsp. Ground anise or coriander seeds & bake at 400 degrees about 12 minutes or until gently browned. We like these a lot, some of us who do not like anise like this use of it! Plus these are a drop cookie version of Jumbles, as they usually have you form them into pretzels or tie them into knots.

Then there were 2 recipes from that old standby, "Pleyn Delit" Medieval Cookery for Modern Cooks by Hieatt, Hosington & Butler first was Pomme Dorres (or Golden or Green apples). First take 2 lbs. Ground meat, pork, lamb, beef or a combination & mix thoroughly with 2 beaten eggs, 1 tsp. Salt, ½ tsp each ground ginger & allspice, ¼ tsp each ground cardamon & cinnamon; 1/8 tsp. Each pepper & cloves & shape into 2 inch meatballs. The recipes would have you parboil them, but we decided to put them on a baking sheet & bake them until done, after separating an egg & beating the white & brushing on each meatball. Just before they are done, beat the egg yolk with 1-2 Tbs. Flour & either a few threads of saffron if you want golden "apples" or minced parsley if you want green apples & brush on the meatballs & cook them long enough to set the glaze. If you want them to look even more like apples, it is suggested that use a whole clove & a sage leaf to give the illusion of stem & leaf. We liked these meatballs, we used parsley but did not attempt to make them look like apples we just ate them all up.

The other was Sausage hedgehogs-- make meatballs of 2 lbs. Of pork seasoned with 2 tsp ginger & 1 tsp. Each salt & pepper, form into 1 1/2-2 inch oval balls like walnuts & stud with 2 oz. Almonds, blanched & slivered so that they look like spines of a hedgehogs. Put on a baking sheet & bake at 350o for at least 20 minutes, until browned & serve after cooling a bit. Again, nice meatballs that make good finger foods.

And finally two recipes from Eating Shakespeare (by Betty & Sonia Zyvantkauskas) that did not involve finger foods: first was Poached salmon with lemon butter sauce; have ready 4 salmon fillets or steaks about 1 inch thick (one for each person really), have a covered saucepan large enough to hold them all & pour in 1 C. white wine & 2 C. water, deep enough to cover the salmon, sprinkle on 1 tsp. Salt & 1 Tbs. Vinegar and once the mixture boils add the salmon until the flesh is cooked through but still moist & tender. Remove from the saucepan & put on a warm serving dish, reserve the poaching liquid. In a small saucepan melt 3 Tbs. Butter, ½ C. of the poaching liquid. Beat 2 egg yolks with juice of ½ lemon & whisk it into the butter mixture, add ¼ tsp. Ground nutmeg, cook gently until slightly thickened, drizzle on the salmon fillets & garnish with lemon slices & parsley. This is a great sauce to have with your salmon, Yum!

And for dessert along with the Jumbals we have Norfolk Fool— Have ready 6 slices of challah or good-quality white bread trimmed of crust (we left it on, it's the best part!), make a custard of 2 C. of 10% cream, warmed in a saucepan, add in ½ C. sugar, 2 cinnamon sticks & 1 whole nutmeg cut into quarters & warm for 10 minutes, stirring often & not boiling. Whisk 4 egg yolks with ¼ C. more of 10% cream. Remove cinnamon sticks & nutmeg bits from the cream, return to low heat & whisk in egg yolk mixture, taking care not to leave it on the heat too long. Custard will thicken only slightly, & should still be smooth & easy to pour. Pour a little custard in the bottom of 1 ½ quart dish, arrange some of the bread slices on top, alternate custard & bread, ending with custard. Sprinkle with a mixture of 1 Tbs. Sugar & ½ tsp. Sugar & slice 5 dates & arrange on top if desired. Chill until ready to serve. This is a great bread pudding & easy to make.

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Exploration of Pottage

Part II

Recipes

by Lady Ysabel de la Oya
(used with permission)

Pottage for Meat Days: Bruet of Sarcynesse

"For to make a bruet of sarcynesse, tak þe lyre þe fresch buf & ket it al in pecis, & bred, & fry yt in fresch gres. Tak it vp & drye it, and do yt in a vessel wyþ at wyn & sugur & powdre of clowys. Boyl yt togedere tyl þe flesch hae drong þe lycoure, & tak almande mylk & quibibz, macis & clowys, and boyle hem togedere. Tak þe flesch & do þerto & messe it forth."⁽¹²⁾

Take the flesh of fresh beef and cut it into pieces and bread and fry it in fresh grease. Take it up and dry it, and do it in a vessel with wine and sugar, and powder of cloves. Boil it together until the flesh has drunk the liquor and take almond milk and cubebs and mace and cloves and boil them together. Take the flesh and do thereto and mess it forth,

This is a 14th century English dish. The recipe, as given, would be for a person of very high means. It is entirely meat and spice, and thus would have been very expensive, and not have too much bulk. My redaction could have been made by someone in the middle part of society. They may make this on a special occasion, since the ingredients would still have been quite expensive. This dish of course would only been eaten on days where meat was allowed.

I decided to add onions, garlic, mustard greens, and water to approximate how a person in the merchant classes may prepare a pottage for a special guest that had a lot of meat and spices, but also had vegetables for bulk. I have also used butter and vegetable oil to fry the meat in, but in period, they would most likely have used rendered fat, like lard. I could not find lard at my local store. I could not find cubebs and opted to use grains of paradise and black pepper. Mace is omitted because I went shopping thinking I had mace, only to discover I had none.

Redaction

2 lbs stew meat
¼ cup butter
¼ cup cooking oil
1 cup breadcrumbs
1 cup red wine
1 cup almond milk

4 cups water
2 onions
1 head garlic
1 cup chopped mustard greens
1 tbs sugar
1 tsp cloves
2 tsp black pepper
1 tsp grains of paradise
Salt to taste.

Cut the beef into small cubes (I cut the beef stew pieces that come from the store in half) and roll in breadcrumbs. Fry the beef in butter and oil, searing the meat, but not quite cooking it. I found I didn't need to. Chop the onions, garlic and greens, fairly small. Add the beef to pot with the wine, sugar and cloves and cook until the wine has just about disappeared. The, add the liquids and the rest of the vegetables, herbs, and spices and cook on med low/simmer for an hour. Salt as needed, to taste.

Almond Milk

2 cups ground almonds
4 cups water.
Seep ground almonds in water for an hour, strain.

Pottage for Fast days: Caboches in Potage

"Caboches in Potage Take caboches and quarter hem, and seeth hem in gode broth with oynouns ymynced and the whyte of lekes yslyt and ycorve smal. Ad do þerto safroun & salt, and force it with powdour douce."⁽¹²⁾

Take cabbages and quarter them, and seeth them in good broth with onions minced and the white of leeks cut and carved small. And do thereto saffron & salt, and force it with powder douce. This is a 14th century English dish. As written it is a very simple dish that would seem to be possible for even the poorest person if were not for the very expensive spices.

I decided to make this a pottage that even the poorest person with a garden could make. I've omitted the spices and added herbs, which could be grown. I've also added fennel, garlic, and green onion. For the broth, I've made a vegetable stock. Being meatless this would be a perfect for a fast day, even lent.

My Redaction:

7 cups vegetable stock
1 cabbage
2 onions
1 bunch green onions
1 fennel bulb
6 leeks
1 head of garlic
1 bunch of parsley
2 sprigs of rosemary
6 sage leaves
Salt to taste

Chop the cabbage, onions, green onions, fennel, and whites of the leeks fairly small and smash the garlic cloves. Add all to the vegetable stock cook on med low/simmer for an hour to an hour and a half. Salt as needed, to taste, keeping in mind the stock is salted.

Vegetable Stock

18 cups water
3 tablespoons kosher salt
2 onions
1 small head of garlic

Bottom half of green onion bunch
Fronds and stem of fennel bulb
Greens of a leek
6 thin carrots
2 sprigs of rosemary
6 sage leaves
Handful of parsley

Roughly chop all vegetables and peel the garlic. Add herbs, garlic, and vegetables to salted water in a large pot and allow to simmer for three hours. To concentrate flavor, boil for a few minutes to evaporate water.

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