

# The Aerie

## Shire Birthday List



<http://secretsdejardins.e-monsite.com/pages/jardins/jardins-medievaux-1ere-partie.html>

## APRIL A.S. LIII (2019)

### Cum An Iolair Calendar

(Events in bold are local)

#### April 2019

- 4** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm  
**6** Spring Spears—Calanais Nuadh (Rolla, MO)  
**13** Spring Crown Tournament—Three Rivers (Overland, MO)  
**18** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.  
**19** Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS.  
**27** Melon Wars—Flinthyll (Burlington, IA)  
Spring War College—Amlethsmor (Hallsville, MO)

#### May 2019

- 2** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm  
**4** Unslung Heroes—Aston Tor (E. Jackson County, MO)  
**10** Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS.  
**11** St. George & the Dragon—Oakheart (Springfield, MO)  
**16** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.  
**18** Melees & Mayhem—Crescent Moon (Topeka, KS)  
Spring Arrows—Deodar (Cedar Rapids, IA)  
**25** Valor—Vatavia (Wichita, KS)

#### June 2019

- 6** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm  
**8** **Lilies War**—Calontir (Smithville, MO)  
**20** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.  
**29** Calon Con

#### April

- 5 Giraude Benet  
8 Jadwiga Marina Majewska  
11 Fiona nic Gormliatha  
14 Lilian Bowyer  
27 Ursula of York  
30 Felicity (Bronwyn's daughter)

#### May

- 8 Kitsume

#### June

- 13 Briana Etain MacKorkhill

#### 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@shirecai.calontir.org](mailto:chronicler@shirecai.calontir.org). It would be especially helpful if people wrote event reviews. It is so simple to write them since you go to events already. There has been a change to the date of the April Cook's Guild. It is now meeting on April 19<sup>th</sup>. Our Exchequer needs a deputy because she would like to step down at the end of this year. Please talk to them if you are interested! We need to talk at the next meeting when or if we want a Cook's Guild meeting in June and if we want to have a second shire meeting in June.

#### 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.*

The theme for March Cook's was Lenten foods, the main dish was from "Pleyn Delit" (Medieval Cooking for Modern Cooks) by Hieatt, Hosington & Butler—Cawdel of Salmon: a sort of creamed salmon made with almond milk. Start by taking a 2 lb. Tail piece of salmon & poach it in water barely enough to cover it (hopefully 2 C. worth, remove & allow to cool. Take one cup of the poaching liquid & use to draw up a thick cup of almond milk (blend the liquid with ½ blanched almonds until it forms a thick milk & strain in a fine-mesh strainer). Measure another cup into a saucepan & have ready white part of 3-4 leeks plus 2 Tbs. Olive oil & bring to a simmer & cook about 15 mins. Then pour into a blender & add 5 Tbs. Breadcrumbs, ¼ tsp ginger, 1/8 tsp cinnamon & ½ tsp salt, and if desired add a pinch of saffron & blend until smooth. Add the almond milk stir well & meanwhile skin & cut the salmon into bite-sized chunks (1-2 inches) & put into the saucepan & add the almond milk mixture & stir gently & warm before serving. It should be on the runny side—it was very yummy, a great way to have salmon. The rest of the recipes came from "The Medieval Kitchen" Recipes from France & Italy by Redon, Sabban & Serventi one of them was a soup that I am certain fed the need for something green—Green Poree for Days of Abstinence take 3 lbs. Of greens, we used Swiss chard, spinach & 6 Brussels sprouts cut

into strips & washed with 2 changes of water. Then put in a saucepan with 2/3 C verjuice if you can find it at a Mediterranean Market (or mix 1/3 C vinegar with 1/3 C water) plus another 2/3 C water & some salt & cook down for 20 minutes or so. You can either drain the greens & mix with 1 Tbs oil or just leave as is & still mix in the oil (if not Lent 2-6 Tbs butter was used instead), this is a good way to have your greens. Chickpea Soup—take 2-3 cans of chickpeas & drain, whisk in a cook pot 1 Tbs flour, 2 Tbs. Extra-virgin olive oil, 10 crushed black peppercorns, ¼ tsp Ground cinnamon. Add the chickpeas & mix well with your hands then add enough cold water to cover & bring to a boil, skimming off any scum that rises. Add in some sage (fresh is best), rosemary & perhaps some parsley greens & cook until chickpeas are tender, add salt to taste & serve it forth. A good filling soup for a cold spring night. Sautéed mushrooms with spices—trim & clean 1 lb. Mushrooms & cut into halves or quarters if large, cook in boiling water for 10 mins. & drain thoroughly. Meanwhile finely chop 1 small onion & sweat it in a little olive oil until very soft, add mushrooms, raise the heat to high & saute for a minute season with 1 pinch each freshly ground pepper, nutmeg & ground ginger, plus 2 pinches ground coriander seed & salt. Lower the heat, cover the pan & simmer for about 15 minutes, checking from time to time & giving them a stir, serve when tender. We are a bit like hobbits when it comes to mushrooms there were no leftovers.

We also spread some asparagus on a sheet pan with some olive oil, garlic, salt & pepper & basil & roasted it until bright green & tender & ate it all up.

For dessert there was dried-fruit pudding—start by making almond milk with 4 C water & 1 C blanched almonds (you can strain out the almonds, but I leave them in, for a nice crunch). Bring the almond milk to a boil in a heavy-bottomed saucepan & add in breadcrumbs made of 8-10 crusts of bread (about 5 Tbs. Or so) 6-7 threads of saffron & a generous ¼ C sugar (powered is good). Over low heat simmer, stirring constantly until the breadcrumbs soften & mixture thickens. Add 1 scant cup raisins or currants & 5 oz. High-quality dried figs (chop the figs & we soaked the fruit in a bit of mead, as the raisins were dry & hard). And cook over low heat for about 15 mins. Stirring frequently so it won't scorch while thickening. When quite thick turn into a serving dish (a pie plate is great) & serve when cool. This is great for breakfast or on oatmeal, just anytime.

Because the weather was so frightful for February, the Cook's meeting just featured Marguerite, Bronwyn & her guy, Gabriel. Really, regret missing it as they had peas with orange juice from Italian Cook Scappi; Fried dates from the 13-Century Syrian Cookbook “Scents & Flavors”—stuffed with pistachios & dipped in crepe batter. There was a chicken stuffed with parsley pistachios, breadcrumbs & seasoned with powder douce, mint, lemon juice & vinegar, olive oil & roasted. There was also cauliflower cooked in broth & rice with beef.

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### **Daily Egg**

by HL Fiona nic Gormliatha

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So far we have covered the work needed to have bread, butter, cheese & other dairy, stuff to drink (alcoholic or not) & we

digress a bit to talk about the chicken & the egg (getting on to Easter soon, so eggs are on my mind). Chickens were domesticated maybe 8,000 years ago—the red jungle fowl from Southeast Asia (*Gallus gallus*) still exists in the wild & was the ancestor of our *Gallus domesticus* perhaps being bred & spread from China (5400 BCE—Before Current Era) to the Middle East (3900 BCE) & from thence to Europe.

Lot of interesting stuff were thought of chickens--the hen, for instance has been a symbol of fertility & abundance for care of the eggs & chicks. The rooster has been a symbol of virility & in Middle European countries he is “Chanticleer” whose crowing in the morning brings the sun up over the horizon. It doesn't hurt either, that the rooster's tendency to fight for their harems of hens & sharp spur/talons gave rise to the sport (?) of cockfighting. Many peoples, like the Hindus, Greeks & Egyptians believe that the world we live in hatched from the Cosmic egg, with the yolk becoming the Earth or the sun & the white forming the waters of the world.

Unlike other livestock, chickens do not need as much feed to be either raised to a useful age, to lay eggs or fattened for the table. These are the cold equations—it takes about 2 lbs. Of feed to put on 1 lb of flesh on a chicken, That translates to about 4-6 oz a day of feed for 10 weeks from chick to laying hen. Plus there were other birds raised for eggs & meat, like ducks, geese (also useful as watchdogs!) & even peacocks.

The Romans managed to geld a rooster & produce the capon, a bird that can get as big as a turkey (which is a New World breed, so not Period) & looks so good on the feast table. They also used chickens & geese for divination by either observing how they ate their feed or by reading their entrails at the altar & then cooking up the carcass! Geese traveled with the Roman army, as an early warning security system—there is a story that Juno's sacred geese saved Rome (in 390 BC) when they gave alarm when Gauls besieging the city tried to sneak in.

During the Middle Ages, chickens were usually under the care of the women of the house & were usually free-range, some feed may have been available, but was usually stuff that had been spoiled by weevils or otherwise unfit for human consumption. So the hens may have been smaller & underfed compared to our modern hens. I think that an egg was often the only source of protein available to peasants, a real treat, probably mixed in with the morning pottage so the whole family could get a taste.

Eggs & chickens were often asked & given as rent by tenants or to pay taxes to the Church or Crown so were of great importance to the peasant economy. In spite of all this, there seems to be little information on the care of chickens, sometimes they were taken into the house to keep them safe and/or they had their own place in the cow shed or even a coop with roost, nesting boxes, some way to keep them safe from foxes or other varmints or two-legged chicken thieves. I recall some speculation in the SCA as to how the tribute of eggs or birds may have been given to those who demanded them.

1. A bunch of armored thugs rode up, snatched the best of the flock & rode off, leaving the peasants to fume impotently. Might have happened, (probably) but in the long run, not a good idea, bad feeling all around.

2. Birds & eggs were brought to the manor court (held quarterly, or maybe twice a year) & handed over to the majordomo/seneschal or whomever was in charge of accounts. And the commoners go home, sniggering when well out of ear-shot of the “Quality” of how they got rid of the old, maimed or

sick birds of their flocks & some bad eggs. Fun at the time, but eventually led to a lot more oversight of what said peasants had hidden away at home!

3. A fair/competition is held at the manor court with the best birds presented by each family as tribute being judged by the lady of the manor herself & a prize given to the girl/woman who raised the best laying hens. What kind of prize? Could be a nice bit of ribbon, a coin to start a dowry, relief of taxes for the next quarter. Even a job up at the castle, caring for their flocks—that meant a chance to go up in the world, one less mouth to feed at home, bed & board & a new outfit every Yule & leftover food & gifts to bring home on visits! Perhaps even marriage to someone of status—there's the ticket.

All could be true, at one time or other, but who knows? Eggs can be cooked in any number of ways or hard-boiled for travel. They could be used to make puddings or pies savory or sweet. The shell could be used to measure (I have seen recipes calling for an eggshell of milk or rice or whatever), as little boats or to bake little puddings.

As for the chicken, goose or duck—they were stewed, roasted, baked, the feathers were used for decoration (hats, masks, collars cloaks), dusters or small brooms, to burn in case of a faint to bring the stricken person awake again. The bones of the carcass were used to make broth as the base for more soup, good for the ill or elderly. Geese in particular were popular for the Yuletide holiday feast, and the peacock was for special occasions, roasted & redressed in their feathers & served forth.

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