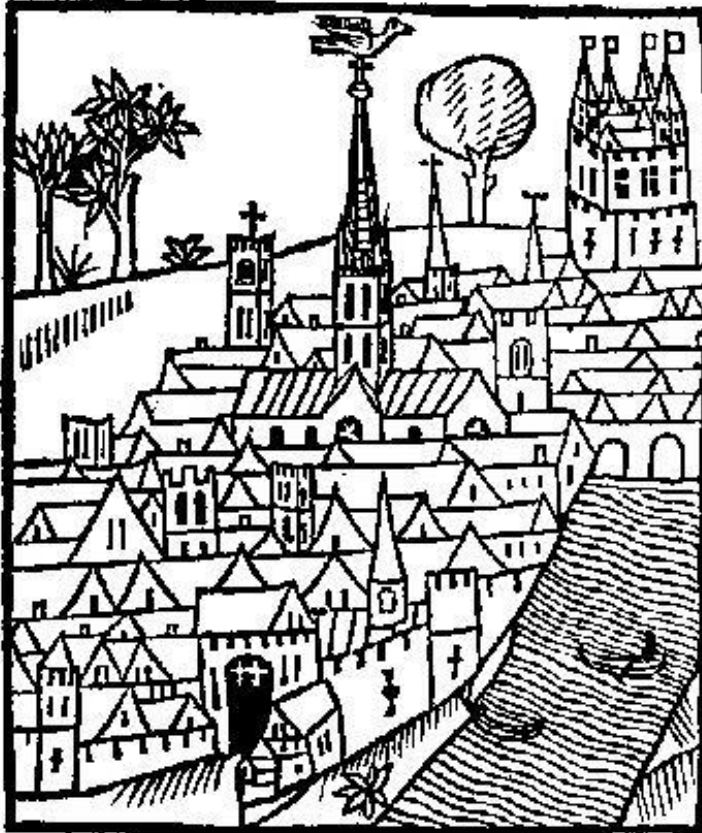


The Aerie



View of a town; from Gringore, Castell of Laboure, London, about 1505.

JANUARY/FEBRUARY A.S. LIII

(2019)

Cum An Iolair Calendar

(Events in bold are local)

January 2019

- 4 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 5 Twelfth Night—Lonely Tower (Omaha, NE)
- 12 Winter Coronation—Vatavia (Wichita, KS)
- 18 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.
- 25 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS.
- 26 Winter War Maneuvers—Mag Mor (Lincoln, NE)

February 2019

- 7 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 2 **Clothier's Seminar**—Cum an Iolair (S. Johnson County, KS)
- 9 **Queen's Prize**—Lost Moor (St. Joseph, MO)
- 15 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS.

21 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.

23 Chieftains—Three Rivers (St. Louis, MO)

March 2019

- 7 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 8 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS.
- 9-17 Gulf Wars XXVIII—Gleann Abhann (Lumberton, MS)
- 21 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.

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 Wulfden
- 9 Niccolo
- 23 Caitlin nic Raigne

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@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. One should also be aware that there is a heading on the William Blackfox awards called "Poetry & Short Fiction"—or you could tell the story of your persona? After Clothier's Fiona would be willing to do a 10-15 minute talk on either "Neat Norse nicknames" or "Who was William Blackfox" your choice!

Be aware, the Votes are in! Shire meetings are moving to the first & third Thursdays of the month—starting 2/7/19 (meaning that the second meeting of Feb. will be Thursday 1/21/19).

Friday 2/1/19 will be devoted to preparation for our Clothiers Event 2/2/19, arriving at 1pm to Marguerite's to prep/cook for the Inn & meeting Giraude & Gian Lupo at the Shire storage at 6:30 to load supplies for the event (curtains, serving trays, etc.).

As for January, the Cook's meeting will be moved to the last Friday 1/25, the Cook's meeting in February will be moved to the day after Valentine's (2/15/19 for the romance impaired) as there is no event the next day to conflict with the cooking. The Cook's meeting will return to the Second Friday of March (3/8/19) and will remain on Fridays as we tend to sit down to eat late (9pm if we are lucky) & will need to sleep in on Saturday.

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 of the December Cook's meeting was the foods of Yule! Two of the recipes came from "Pleyn Delit" Medieval Cookery for the Modern Cook by Heatt, Hosington & Butler. The main dish is "Farsure" Boar's Head—this is what was usually referred to as a "subtlety" in the Middle Ages the art of making one food look like another--if you cannot get a real boar's head you can make one out of meatloaf! Start with 2 lbs ground pork & 1 lb ground beef & mix with 3 beaten eggs, 2 tsp. Salt 1 tsp. Each ground cloves & pepper, chill thoroughly & mold the head of the boar out of the mix, setting aside enough to mold the ears separately. Once you have the snout shaped well, make a slit & open the "mouth" & put in a small apple to hold it open,--or you could use serving spoons (you are directed to use one apple to hold the shape while baking, then replace with a fresh one before serving, but we ate the baked apple as it was yummy!). Make the ears larger than needed, as they will cook down cover with foil & put on baking pan & cook in 350o oven for 1 ½ hours, removing the ears halfway through, cool. To assemble remove from foil & insert toothpicks into the bases of the ears to set them firmly on the head. You can also carve a pair of tusks out of a turnip or rutabaga & use a pair of radishes for eyes, but we felt the ears & apple were enough. We liked this meatloaf boars head, just as good the next day as sandwiches.

Then there were the "Minces" or Brussels sprouts. Trim & wash 2 lbs. Brussels sprouts & cook in salted water until tender (about 10 mins.), drain & toss gently with 2 Tbs. Olive oil add 1 Tbs. Vinegar (we used balsamic) & 2 Tbs. Chopped (fresh hopefully) herbs like dill, chives, Parsley & rosemary (a little goes a long way for the last!), making sure that they are well coated. This is a great way to have your Brussels sprouts. Two more recipes came from the "Good Book Cookbook" by Naomi Goodman, Robert Marcus & Susan Woolhandler (Fleming H. Revell, 1995), a sort of side dish was Artichoke hearts with Spinach & Cream Cheese: Start by mashing 12 oz. Cream cheese with ¼ C milk in the bottom of a baking dish & set aside. Meanwhile chop 3 small shallots or large green onions & saute in 1 Tbs butter until golden, then put in baking dish with the cream cheese along with 12 oz. Cooked or frozen spinach, chopped & well drained, 12 oz. Artichoke hearts (used the canned), ¼ tsp. Dried thyme & salt & pepper to taste & toss with the cream cheese mixture. Cover with foil (or lid) & bake 30 mins. At 350o oven until hot & bubbly. Serve with a good crusty bread & enjoy, we sure did!

And what is Christmas without fruitcake? This recipe is listed as Fig Cake, but it is hard to find fig preserves, so I substituted Apricot instead. Cream 1 C. (2 sticks) butter with ½ C. honey then add 3 C. apricot preserves. Separate 5 eggs, beat the yolks & add to the butter mixture & beat until smooth, alternately add 3 C. whole wheat pastry flour & 1 C. sour milk, yogurt or buttermilk (we used the buttermilk). Then add 1 C. each grated (? we ground it in the blender to meal in order to save our knuckles) walnuts & raisins (not grated, should have plumped them in brandy maybe, Oh Well) & 1 ½ Tbs (yes, Tbs!)

cinnamon. Beat the 5 egg whites until stiff & fold into cake mix, pour into a well-oiled 10 in. spring form cake pan & bake in oven at 350o for 1 hour & 30 minutes. Test to see if cake is done by inserting a knife near the center, it should come out clean. Serve with sauce if desired. This was one of the fruitcakes that took the less time to bake, it was dense but good. And of course, we should have some sort of fruit pudding! We chose the Steamed Orange Pudding from Joanne Asala's "Celtic Folklore Cooking" (Llewelyn Publications, 1999), since it did not take 2 hours or more to make. Heat 1 Tbs. Corn syrup (we could have used honey but wanted to follow the recipe), add the grated rind (no white membrane) & juice of 2 oranges & pour into a well-oiled pudding bowl (we used the smallest metal bowl we had. In another bowl, beat 1 stick butter & ½ C sugar until light & fluffy & gradually add 2 beaten eggs. Mix in ½ C flour & ¼ C fine white breadcrumbs & pour this into the basin with the orange sauce; do not stir. Cover with a double layer of foil & tie tightly with a string & lower into a large saucepan of boiling water, put the lid on & boil for 1 ½ hours, checking to make sure the water does not boil away. Turn the pudding out on a large dish. It did not turn out, but that was fine, we just ate it out of the bowl, it had a nice light orange flavor. Not a bad Yule feast.

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Drink to Make Merry

Part II : Alcoholic Drinks: Ale & Beer

by HL Fiona nic Gormliatha

(used with permission)

Beer is considered the oldest alcoholic drink, so far dated back to 6000 BC (from residue found in jugs) in Iran—and according to "drunken history" buffs, beer production was a factor in changing humans from hunter/gatherers to farmers so that grain could be grown to make the popular brew. (I should mention that I feel a bit strange writing this essay about beer, as I am allergic to hops, so never developed a liking for beer. PLEASE DO NOT feel that anyone needs to brew me some beer without hops that I will need to taste—as I will refuse.). This beverage was usually served in a large bowl, with the grain still on top & the drinkers were given a reed straw to drink it with so several could imbibe at once. (Ick!)

The oldest recipe is in a poem from ancient Sumeria (3900 BC) honoring Ninkasi, the patron goddess of brewing where mention is made of using twice-baked barley bread as the starter for the fermentation process to begin. So this most likely is proof positive that the first brewers & bartenders were women (!) the priestesses of Ninkasi—millennia later during the Middle Ages we have the alewives. Ale was usually made by women in their homes (it was considered a great way for a widows or single women to make a living). It was the custom in England to uproot or take a branch from a green bush & hang or shove it over the door to show that the ale was ready to consume (most peasant houses of the time were made of woven "wattles" or springy branches then daubed with mud or plaster, so this was easy to do). It had to be drank right away, as ale could go bad quickly.

It should be mentioned at this time that usually the difference between ale & beer is that ale does not use hops as flavoring/preservative, while beer does use hops. So "real" beer was actually first made in 822 when an abbot during the time of

Charlemagne decided that hops made a good bitter flavoring to cut the sweetness of the drink—ale usually uses a mixture of bitter herbs called “gruit” which can include dandelion, horehound, burdock root, marigold, heather. It took a while for hops to be accepted by everyone however, & their use was not perfected until the 1200's in Bohemia & did not get used or introduced into England until the 1400's (first hops were planted there in 1428). The advantage of hops is that it acts as a preservative to the beverage, which meant that now beer could be exported! It also meant that the production of drink would move from the home or taverns to monasteries & pub/brewhouses and when standard barrel sizes were introduced in Germany, the industry took off, as did consumption. For example in Hamburg, Germany, drinking in the 1400's was 300 liters per year on average, by the 1600's it had gone up to 700 liters.

1516 was a banner year for beer, as this was when William IV, Duke of Bavaria adopted the “Reinheitsgebot” or purity law, (used from 1516 to 1987!)--which ordered that beer should only contain water, barley & hops (yeast was added to the list in 1857 after Louis Pasteur discovered its importance to the process). The “Gebot” as it came to be called, became a mark of quality for beer, guaranteeing a good quaff. Most brew is what is called “top fermenting” beer, “bottom fermenting” beer was discovered accidentally in the 1500's when beer stored in cool caverns underwent secondary fermentation—which is how Pilsner & Lager are produced.

Most beer is made from wheat or barley, usually one starts with malt (usually made from barley), malt is made from germinated-sprouted grain that is cooked at low temperatures (1850-2300), which converts the grains' starch into sugar, apparently the higher the temperature the sprouted grain is roasted, the darker your beer will be. Crack the grain coarsely (maybe with a rolling pin, if you have no grinder) & soak in water 1500 for 6 hours to make your malt, strain & flavor with hops. Or you can just get it from the store! Proportions & taste varies, but the average formula is 2 bushels of malted grain & 2 quarts of dried hops to make 5 gallons of beer. I should mention at this time that the idea that beer was more often drunk than water is probably exaggerated, water was usually free after all, & good water was essential to beer making. Beer was flavored with many things, like grains of paradise (a sort of spice), Citrus fruits, herbs (especially thyme), fir bark—practically anything! Beer was considered a meal (a loaf?) in a bottle, porter style beer for example was made for porters, who were the trucks of the Middle Ages, & was meant to sustain them in their hard work. Beer & ale recipes

Ale flip: Take 1 Qt. Beer or ale, 1 C. rum & sugar to taste & mix in a stainless steel or other sort of metal container. Heat a poker red-hot & insert into the brew! Makes 2-4 servings. This was so popular in the 1700's that a special metal container called a loggerhead or flip-dog was kept by the fire to make this drink.
Mulled Ale: 2 Qt. Ale, 1 tsp. Ground ginger, ½ tsp. Each ground cloves & nutmeg—mix & heat just to boiling, add 2 Tbs sugar & 1 C. rum & serve hot. Makes 8-8oz. Servings.

Ale & Sherry posset: (a posset is a drink that has cream or milk in it) Heat 4 c. milk to boiling, mix together with 1 C. each sherry & ale, 1 Tbs. Sugar & stir until sugar dissolves, serve in mugs (makes 6, 8 oz. Servings) & sprinkle with grated nutmeg. Then there is wine, a drink made of fermented fruit. Part III is next!

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This is the January/February 2019 issue number 267 of The Aerie, a publication of the Shire of Cum an Iolair of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Aerie is available from the Chronicler. It is not a corporate publication of the SCA, Inc. and does not delineate SCA policies. Copyright 2019 Society for Creative Anachronism.

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