

The Aerie



<http://www.medievalists.net/2011/05/italian-renaissance-food-fashioning-or-the-triumph-of-greens/>

JULY A.S. LIV (2019)

Cum An Iolair Calendar

(Events in bold are local)

July 2019

- 4 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm (Holiday Potluck Party!)
- 6 Known World Heraldic and Scribal Symposium—Coeur d'Ennui (Des Moines, IA)
- 13 Summer Coronation**—Lost Moor (St. Joseph, MO)
- 18 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.
- 20 Kingdom Arts & Sciences—Oakheart (Springfield, MO)
- 26-**Aug. 11th** Pennsic 48—Aethelmarc (Slippery Rock, PA)
- 27 **Feast of Eagles**—Cum an Iolair (S. Johnson County, KS)

August 2019

- 1 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 9 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
- 15 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.
- 17 Heraldshill Annual Event—Heraldshill (Mason City, IA)
Regional Marshal Event—Crystal Mynes (Joplin, MO)
- 24 Cattle Raids—Mag Mor (Lincoln, NE)
- 30 Valor—Vatavia (Wichita, KS)

September 2019

- 5 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 7 King's Companie of Archers TBA
- 13 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
- 14 Masters of the Duel—Amlethsmor (Hallsville, MO)
- 19 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.
- 28 **Vertigo**—Lost Moor (St. Joseph, MO)

Shire Birthday List

July

- 23 Marguerite des Baux

August

- 12 Dunstan Godricson
- 24 Garsiyya al-Andalusi

September

- 2 Gianlupo delle Bande Neri
- 15 Bronwen ferch Lloid

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. Cook's Guild is cancelled for the month of July because Coronation is the next day. The cook's workday for Feast of Eagles is July 26th at 1 pm at Marguerite's house. The July 4th Party starts at 4:00 pm and please bring a side dish or dessert to share. Your dish doesn't need to be period. Meat will be provided. Our webminister needs a deputy. Please talk to her if you are interested!

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.

In honor of the 25th anniversary of the Shire of Cum an Iolair (Valley of the Eagle in Welsh)--we decided to have a "Red, Gold & Black" Feast to honor the Shire colors, (we flirted with the idea of a white feast for the silver anniversary, but decided against doing just the one color). We decided to have roast beef (roasted with with salt, pepper & garlic) 3 sauces; Pepper for the Black, Pink garlic sauce brightened with pomegranate juice for the Red & cameline sauce brightened with turmeric for the Gold. The Black sauce is made by toasting a slice of bread black, & grind with 1 tsp ground black pepper, ½ tsp. Ground ginger & add ¼ C lemon juice or vinegar & boil until a good dark, sharp sauce—add some meat juices as well. Red sauce is made by soaking ¼ C bread crumbs in ½ C pomegranate juice, stir in ½ C ground almonds, pinch of salt, & 3 cloves of finely minced garlic—which makes a good sharp red sauce (add some meat

juice for more flavor). Yellow sauce—Soak ¼ C toasted bread crumbs in either ½ C meat broth or mix of ¼ C each broth & vinegar, (or maybe a mix of white wine & vinegar) mash & add in ½ tsp each ground ginger & turmeric. Cook the sauce until thickened (if using the wine) & serve with your meat of the day. Also planning on Cornish game hens endored with egg yolks for Gold (hard to make it stick, use flour maybe?) & served with blackberry sauce for Black. To make the sauce, grind or pound 1/3 C almonds very fine & mix with ½ lb. Pureed blackberries, mix in a pinch of salt, ¼ tsp ground ginger & 1/3 -2/3 C lemon juice-- to make a good sauce.

We also tried our hand at making oatcakes/crackers to serve with golden pickled eggs & perhaps a small bit of caviar (for the Black). Have ready ½ C. each medium, coarse & fine oatmeal (the last is almost a flour), reserve ¼ C. of the coarse meal for rolling out—we used a food processor to process the meal then added ½ tsp salt, 2 Tbs. Softened butter & 4-7 Tbs. Water to make a stiff dough . Roll out very thin—1/8 inch & cut into circles for crackers—it is also suggested to roll into a circle & cut into 8 wedges. Put on baking sheet & bake at 300o until dry & browned, serve it forth

For a side dish, we did Red cabbage two ways: Raw—cut 1 small red cabbage in half & core, then shred finely in a mandolin (use the chain mail glove, it goes for blood!). Take 1 sweet/tart apple (we used Gala), core it & also shred (about matchstick size) & toss with a dressing made of 1/8 C. each olive oil & apple cider vinegar (perhaps add in 2 more Tbs. vinegar to give more bite), salt & pepper & about ½ tsp. Ground caraway seed—you need at least 1/3 C. dressing to cover this much cabbage & apple, try to get this done before the apple starts to darken.

Cooked—take the other half of cabbage, core & shred it also, but more like ¼ inch thick, not as finely as the raw, then core & slice like french fries the sweet/tart apple. Fry 3 slices bacon & drain on paper towel & saute the cabbage & apple in the bacon grease until tender, adding more oil if needed, deglaze with at least 3 Tbs. Apple cider vinegar, shake on salt & pepper & ½ tsp. Ground caraway seed & crumble the bacon & add to the mix. Serve it forth! We decided that while we liked both versions of the red cabbage, the raw version would be better to serve at an end of July feast, just add bacon & bacon grease to the dressing (leave some meatless for those who need it so?) and maybe more vinegar & all is well.

For dessert, jam tart; start by blind-baking a roll out piecrust(until dry but not quite browned, 10 mins.) then spoon/spread with the 3 colors of jam, Black(berry), apricot for gold & strawberry for red, (a thin layer of each is good) then bake until the jam is melted & crust is golden brown. Serve with “Snow” to each room temp egg white you beat, add 1 pinch salt & beat until it forms stiff peaks, slowly adding 2 Tbs. Fine sugar to the edge of the (perfectly clean & dry) bowl. Put on the cooled jam tart & serve it forth.

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The Daily Garden

by HL Fiona nic Gormliatha
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In her letter on gardening, Lady Fiona mentions some of the plants that were known to medieval people at the time. She starts with her herb or “physic” garden, which was usually right

at the back door of any house or kitchen, for easy access during cooking. She mentions that garden walls if not made of stone, were usually of “wattle” to keep out pigs, cattle, maybe chickens, so they could be either knee or shoulder high. Start by driving stakes, about the thickness of 1 ½ inches (for knee-high) to 3 inches (for shoulder high fence) about a yard apart, to outline your garden. Make sure that they are not mulberry, willow or hackberry (as they will sprout & take root, unless you want a living fence you will have to trim all the time). Have ready lots of flexible straight branches the size of a thumb or 1 ½ inches thick which you will use to weave yourself a fence—this time you can use willow, alder, grapevine, mulberry. You can make a gate the same way, with rope for “hinges” & latch & an arbor/arch to hold it in place, whatever you want.

She also makes mention of her turf seat—a common feature in the garden, it was a sort of garden hill/bench that was covered with plants that did not mind being stepped/sat upon like pennyroyal, chamomile, thyme, plus an arbor for shade & to grow her climbing cucumbers to make into pickles.

Vegetables were eaten daily during the Middle Ages, but precious vellum or parchment were not wasted to write down recipes for them. Also there was not as much of a distinction between vegetables & herbs, any leafy edible plant from parsley to cabbage or onion & garlic were called “wortes” for example, or “potherb”. They were eaten raw in a salad, dressed with oil, vinegar & salt, but medieval thought went that the more processed a dish was the better it was for you as it was now “refined” by the various steps & additions made to the ingredients.

Also there were some plants that come from the New World that were not known in the Middle Ages; specifically—Potatoes, tomatoes, yams, green beans, corn/maize (on the cob!); red, green & yellow peppers; chilies, vanilla (rosewater or orange flower water was used instead), pecans & black walnuts, blueberries & yellow flowered pumpkins & squashes (European varieties have white flowers, but are hard to find nowadays). Interesting side note, artichokes—which are thistle flower buds--were known to be edible since ancient Greek times (how did that happen anyway, how desperate would someone have to be to try eating the first one?), but were considered medicinal in use & were valued as an aphrodisiac! They were not actually cultivated in Europe until the Italian Renaissance & even then were a luxury item only the wealthy could afford; they are called cardoons in the Middle East, where they were still cultivated after the fall of Rome.

Thanks to the elderly bridegroom who wrote the home manual “Le Menagier de Paris”, we have a list of the vegetables found in Europe at the time. Asparagus (popular with the Romans in particular, when they wanted something done quickly they would order it done “As quickly as cooking asparagus.”); Beans—broad beans, fava (most common), haricot, hairy vetch, sweet vetch (again, never green beans); beets-both root & tops were eaten; Brussels Sprouts (not overly common, but available); cabbage (very common & popular & easily pickled into sauerkraut by the Germans); capers (which are pickled nasturtium buds, an edible flower used like violets, pansies & roses--raw in salads or candied); Carrots—in period were more often red or white, not orange! And smaller. Cauliflower—mostly popular in the Renaissance; celery, chard, chickpeas/garbanzos; cress; cucumbers—salads, sauce, pickles! Garlic (interestingly, popular in cooking but it was thought

eating too much of it, & onions made one wan & peevish); green onions/scallions; horseradish, which as Fiona points out was called “moutard Allemande” or “German mustard”. Leeks—used a lot in medieval cooking & the national plant of Wales. Lettuce—mostly the leafy varieties like Romaine, red leaf, endive—NEVER iceberg/head lettuce; mushrooms—which are not a true vegetable but a fungus, but who cares? They are tasty! Mustard greens, olives—also the source for cooking oil Mediterranean economy was based on it, Extra virgin olive oil (or EVOO) is the first pressing—the greener, the better. The ever-popular onion, parsnips, peas—in or out of pods, dried well & sometimes ground & added as a flour extender for lower-class bread. Pumpkin/gourdes/squash, also called vegetable marrows—hard to find the white-flowered variety now, so use what you've got. Radishes, shallots (popular in French cooking), spinach, turnips—both the roots & tops.

So you can have them raw or cooked with vinegar and/or oil and/or salt; boil until tender with butter, oil, salt or other ingredients & spices (cinnamon, ginger, nutmeg) or mash to make a pie filling/stuffing.

It is all good. Then there are the herbs that Fiona mentions in her garden, like basil, parsley, coriander (seeds often candied for a breath freshener), tarragon, rosemary, bay, dill to flavor pickles, caraway to flavor cheese or cabbage, mustard to grind the seeds into sauce. She also makes mention of sage, marjoram, balm (probably lemon balm, which could be used as furniture polish!), catmint, sweet woodruff to flavor May wine, and if you can get it—“crocus sativa” or the fall-blooming crocus which gives us the single stamen that when dried is the saffron thread—worth its weight in gold! Then there is the lavender (which can be used to make tea), mint to cool one down and bugloss (fleabane!), tansy & calendula or pot marigold to keep pests out of the house. Mention is also made of flax—the plant could be processed into linen (more on that later on!), but flax seeds could be made into a porridge for invalids and the seeds gave one linseed oil that can stain/polish furniture or make a good paint. She loves her sweet flag/calamus or orrisroot, the leaves/rushes sweetened the house, which dried, & ground acted as a fixative in potpourri or deodorant body power. She does not mention edible Borage, which was Most popular for its flowers, which taste like cucumber, or anise/fennel, horehound (for colds), mugwort or yarrow or “woundwort” as it was called—but perhaps they were so common she did not think to mention them, or did not want to worry her Philippe by mentioning woundwort.

Then there are the fruits & berries she mentions which brings us into orcharding.

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