

The Aerie



Two monkeys - printer's mark of Felix Baligault, Paris.

NOVEMBER A.S. LIII (2018)

Cum An Iolair Calendar
(Events in bold are local)

November 2018

- 2 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 3 Fall RUSH: Book Arts—Lonely Tower (Omaha, NE)
- 9 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS. (Cook's Guild has returned to its regular time.)
- 10 Plebian Games—Amlethsmore (Hallsville, MO)
- 16 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
- 17 Toys for Tots—Wyvern Cliffe (Jefferson City, MO)

December 2018

- 7 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
- 9 Kris Kinder—Forgotten Sea (Kansas City, MO)
- 14 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS.
- 21 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm (Holiday Party)

January 2019

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

Shire Birthday List

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

January

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

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 Holiday Party will be December 21st. Please bring a dish to share and a \$10 gift for the gift exchange. **We need a new Herald!!!! See the Seneschal if you are interested!!!!**

Highlights From Shire of Cum an Iolair Meeting Minutes 10-19-2018

Present: Thomas Wright, Tessie, Fiona, Modar, Caitlin, Kotori, Ysabel, Ebihilin, Saige, Gerran, Bronwen, Gideon, Roderick, Margaurite, Adelaide

Fiona said she and Nicolo need articles for the Aerie.

Adelaide put in a plug for children's activities and asked if anyone would be willing to teach kids. It does not need to involve glue. She is holding a discussion about the YAFA (youth mentoring) program tomorrow at Vertigo. Youth activities there will be held in the basement.

25th anniversary t-shirts are now available on Cafe Press..

Discussion about maybe also having them on another site, as there is limited color choices and the light-blue agreed upon is only in "Women's sizes", which are too small for most of the Shire members. More on this later.

Ysabel is reworking the website. The Kingdom of Calontir now hosts groups' websites. The current Shire website will be allowed to expire. Kotori had asked Ysabel before the meeting

whether we needed to budget website costs in, but no, that's covered by the Kingdom. Also, yes, we will eventually be moving the list to Google Groups.

Kotori asked for approval on two invoices. First was the invoice for the card scanner/chip reader for Paypal payments (\$27.36), purchase previously approved. Passed. Second invoice was for the annual payment for the Shire's Storage Unit. While we pay for a year, they keep a balance and just take things out month to month. In July, it seems they raised the rates, so we are only paid through December 1st, with a little left over. Kotori had them invoice us through the end of December 2019 so it could be on the 2019 budget. The monthly cost is \$101.99, so with the rest of December 2018 and all of 2019, the total is \$1250.88.

Margarite brought up whether we should try to find another cheaper unit and move. Kotori pointed out that we don't have much time to do it. She just got ahold of the invoice this afternoon. Much discussion in the group regarding possible places, however, given the time constraints, the Shire would go ahead and stay at this storage location, but look around for better prices for 2020. The advantage of the current location is that it is close to where several of the Shire members live and therefore easy to access when needed.

Budget discussion. The Shire is required to turn in their 2019 budget by the end of October and this is our last meeting of the month.. Kotori did budget estimates for Clothiers 2019 and Feast of Eagles 2019 based on the numbers from the 2018 events. She said the site fee on Clothiers needed to be raised to \$15. She'd worked out the numbers for \$12 per member (\$17 non-member) and the event would not break even per the Pre-event budget spreadsheet. [Note: this spreadsheet adds a 1.1% increase on the expenses for buffer, which is why the numbers didn't break even when we actually made a tiny profit on the 2018 Clothiers]. Giraude (autocrat for Clothiers) could not attend, but Kotori had called her just before the meeting to get her thoughts on this, and Giraude agreed we should probably raise the site fee to \$15. Caitlin (co-autocrat) was at the meeting and also agreed. Budget approved and signed. Kotori will get it sent in to Kingdom as soon as possible. The group thanked her for the extra work she has been putting in for getting these extra requirements done on time.

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 the September Cooks meeting was Northern European comfort foods, most of the recipes came from "The English Housewife" by Gervase Markham (McGill-Queen's University Press, Montreal 1994). These recipes are ones that are basically just a description of what is in there & how they are put together, few measurements, as you will see.

An Excellent way to boil chickens: stuff the belly of the chicken (or turkey or peahen or other small fowls) with parsley & boil to cover in salted water. When done cut up chicken, take parsley out & mince, put with some of the boiling liquid & add butter, verjuice & salt & boil for a sauce & serve with chicken & snipets (toast points, I think). Not a bad dish, filling.

How to stew a trout: Take a large trout, fair trimmed & washed, put in deep pewter dish & cover with ½ pint (1 C.) sweet wine with a lump of butter & a little whole mace, parsley, savory & thyme mince them small & put in the belly of the trout & let it stew a quarter of an hour. Then mince a hard boiled egg & strew it on the trout & serve it forth, strewing on sugar is desired (it was not!). This was a nice presentation dish & Marguerite showed us how to pull out the bones so we could eat the flaky flesh safely—bit of a story against myself, I thought I was getting thyme out of the garden out back (in the dark, with a cellphone flashlight), but it turned out to be catmint! Tasted good anyway.

Apple tart: Take apples, pare them & slice them thin from the core into a pipkin (pot) with white wine, good store of sugar, cinnamon, a few sanders (sandalwood?) & rosewater & boil it until it is thick then cool & strain it & beat it very well with a spoon (basically make applesauce) & pour it into the coffin & adorn with pastry cut into shapes (we had leaves & a bird) & bake until crust is done & serve it forth.

An apple pie that is not at all messy!

There was one recipe from "An Early Meal" Frumenty with Cheese: take 6-8 dl water or stock (1 C. =2.5 dl) so 5 ¼- 5 1/2 C. water & 4 dl wheat seeds (about 1 2/3 C., find the wheat at Whole foods or Sprouts)--add water to wheat until cooked (basically making risotto). Add 2 tsp ground coriander seeds & 125 g. (little over ½ C.) grated hard cheese (like Machengo), mix & serve. This was a good savory version of a medieval mainstay, frumenty, comfort food.

Our veggie side dish came from "Eating Shakespeare" by Betty & Sonia Zyvatkauskas Cauliflower in Piquant Butter Sauce: Cut 1 cauliflower into florets about 2 inches long (we used one each small in gold & purple!), mix 2 ½ C. milk & equal amount of water in a large saucepan & bring to a boil, add the cauliflower. Cook until tender, about 10 mins., out of ½ C. sherry, take 1 tsp. & mix in a small bowl with 2 egg yolks; pour the remaining sherry into a separate saucepan with ½ C. butter, heat for a few minutes then add 1 tsp white vinegar & 1 lemon, peeled & sliced & simmer for 5 minutes. Beat the egg yolks & sherry remove butter sauce from heat & whisk in egg yolk mixture. Drain cauliflower & put in a serving bowl. Stain the sauce & drizzle over the cauliflower. This is a really good way to have cauliflower, even for those who do not like cauliflower.

Copyright 2018 Jane Nichols

Butter Thy Daily Bread

The quest for a simple meal in the Middle Ages

Part II:

More fermented milk products & CHEESE!

by HL Fiona nic Gormliatha

(used with permission)

If it was too warm to make butter, other forms of fermented milk was made, buttermilk or sour cream can be used as a starter for yogurt. Take 2-4 Tablespoons of buttermilk, sour cream or previous batch of yogurt & mix with a quart of milk that has been skimmed of some (but not ALL) of its cream. Let sit in a warm (70o-120o) place, like a hearth, close to a gas stove flame or even wrap in a heating pad until it retains the mark of a spoon pressed into it. Then chill to stop fermentation or mix in grains, fruit, sweetener & eat or use for cooking—have you ever had

lamb cooked with yogurt? It is heavenly, tender & lively in taste, as the tangy yogurt tones down the gaminess of the lamb.

I finally learned the difference between yogurt & kefir—since it is called the “champagne of milk” kefir is meant to be drunk! (Duh!) You can indeed make your own kefir, first you will need what are called kefir grains—starter cultures like grains of wheat, which gives the drink a light fizz & slight alcoholic content. Apparently you can find them for sale online, or at a health food store. To make mix ½ -1 C of grains with 1 qt. Of skim milk & let sit at room temp for 12 to 48 hours or until it reaches the desired degree of carbonation. Strain out the grains & wash them in cold water, chill the kefir to stop the process & store the grains in cold milk or dry between two layers of cheesecloth & store until needed & revive in cold milk. Apparently the grains will multiply.

I am more used to sour cream, which you can make by just let the cream turn just enough, by leaving it on the back of the stove, or near, but not too near the hearth in medieval times. It is thicker & stronger tasting than yogurt & should cling firmly to a spoon & is the basis for soups, dips, a topping for cooked veggies & again provides loft in baked products (sour cream spice cake, Yum).

Then there is the wonder of cheese. It is thought that the first cheese was created when milk was stored in a calf's stomach, the digestive enzymes in the stomach lining caused the milk to separate into curds & whey, thus making the first cheese. I know this is making some vegetarians (Latin for “lousy hunter”) & vegans depressed, but fear not! Rennet doesn't always come from a calf's stomach, sometimes vinegar (spoiled cider or wine), lemon juice or rennet made of nettle juice or hemp seed is used to sour the milk into cheese.

The first cheese I ever made was cottage cheese, which does not require any souring agent, just let a quart of part-skim milk (NOT homogenized! Unless you like runny cheese) sour & clabber (curdle or clot) overnight while keeping it at about 70o (over or near a gas range's pilot light does well). It will form curds that you can cut into ¼ inch chunks, mix & allow to rest for 10 minutes. Then slowly raise the temperature to 104o (5 degrees every 5 mins.) & cook the curds for 20 mins. Until they feel firm & do not stick together when squeezed. The curds should also be rather dry & granular in the inside. When they are cooked enough they should be put in a cheesecloth to drain for at least 3 minutes & then rinsed by making a bag of the cheesecloth & dipping it in warm water. Drain again & mix in 1 tsp. Of salt for every pound of curd.

Farmer's cheese is made by using whole milk instead of part-skim & the cheese is left in the cheesecloth after it was rinsed, patted into an oblong shape & pressed lightly with a board.

I was annoyed to realize that cream cheese is made by combining 2 Cups heavy cream with with 2 Tbs. Buttermilk & letting the mixture drain in a cheesecloth bag for 24 hours or until thick enough—the longer you leave it suspended the drier the cheese with be & then it can be mixed to taste with salt & herbs (garlic anyone?). OR you can just use yogurt instead of the cream & buttermilk.

I will not go much further into cheese making, as some members of our shire have had a lot more experience than I in making & serving it. I will mention that I should make some time to experiment with making cheddar cheese, which involves more curd cutting, cooking draining in a cheesecloth-lined colander. Wrapping in the cloth & pressing lightly for 2 hours

then turn & increase weights for 12 hours. Cheese was stored in caves to age & wrapped in grape leaves, rolled in powdered charcoal or dipped in wax to preserve it. It could travel long distances for trade & was a great way to preserve milk. Milk from any animal, goat, sheep, water buffalo, perhaps even mare's milk!

And there are so many cheeses! From soft moldy Brie to hard Parmesan & Asiago not to mention briny Feta or oil preserved mozzarella. Cheeses to spread, grate or melt on anything to make it better.

Bibliography:

Reader's Digest “Back to Basics” How to learn & enjoy Traditional American Skills (1981).

Eyewitness Books series: Medieval Life

Food in History by Reay Tannahill

Copyright 2018 Jane Nichols

OFFICERS

Seneschal	Lady Bronwen Ferch Lloid E-mail: seneschal@shirecai.calontir.org
Chatelaine	Lady Eibhilin O'Beirn E-mail: chatelaine@shirecai.calontir.org
Chronicler	Lord Niccolo E-mail: chronicler@shirecai.calontir.org
Exchequer	HL Fiona Nic Gormliatha E-mail: exchequer@shirecai.calontir.org
Herald	Lady Ki No Kotori E-mail: herald@shirecai.calontir.org
Knight's Marshall	Lord Gianlupo delle Bandi Neri E-mail: marshal@shirecai.calontir.org
Minister of Arts & Sciences	Mistress Lillian Boyer e-mail: artsci@shirecai.calontir.org
Webminister	HL Ysabel de la Oya E-mail: webminister@shirecai.calontir.org
Website	http://shirecai.calontir.org/

This is the November 2018 issue number 265 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 2018 Society for Creative Anachronism.

Opinions expressed in articles, letters, etc. are exclusively those of the authors.

Copyright © 2018 Society for Creative Anachronism, Inc.
For information on reprinting articles and artwork from this publication, please contact the editor who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.