

The Aerie



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SEPTEMBER A.S. LIV (2019) Cum An Iolair Calendar (Events in bold are local)

September 2019

- 5** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
7 King's Companie of Archers—Aston Tor (E. Jackson County, MO)
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)

October 2019

- 3** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
5 Autumn Arrows—Calanais Nuadh (Rolla, MO)
Regional Fighter Practice—Coeur D'Ennui (Des Moines, IA)
11 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
12 Fall Crown Tournament—Forgotten Sea (Kansas City, MO)
17 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.
26 Grimfells Event—Grimfells (Fayetteville, AR)

November 2019

- 1** Feast of Fools—Axed Root (Ames, IA)
7 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
15 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
16 Toys for Tots—Wyvern Cliffe (Jefferson City, MO)
21 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.

Shire Birthday List

September

- 2** Gianlupo delle Bande Neri
15 Bronwen ferch Lloid

October

- 21** Alfgeirr Skytja

November

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

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. There will not be a Cook's Guild meeting in September. We are probably going to have to move the Cook's Guild meeting in October because it is the night before Crown Tournament. Our webminister and our Seneschal needs a deputy. Please talk to them 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.

The theme for the August Cook's meeting was good Germanic food from online, Most recipes came from "Ein New Kochbuch", dessert was from "Libre Del Coch" & the Lamb meatballs from "The Good Huswives Handmaid" published 1588.

Starting with Good Roast Beef from "Das Kochbuck der Sabona Weiserin": Take a 1 lb. London Broil & put in a glass bowl or other non-reactive container & mix up the marinade; combine 2 whole garlic cloves peeled & minced, ½ tsp. Each salt, pepper, ginger & cloves; ½ C each red wine, beef stock, vinegar & chopped onion; plus 1 Tbs sugar, 1 bay leaf & 1 sprig fresh thyme & marinate for up to 72 hours & broil on medium for 20

minutes, flipping after 10 minutes. We used a rotisserie & it was very favorable, especially with the next dish.

Hungarian Cheese Soup (a sort of Medieval fondue) Take 1 pint small curd cottage cheese, ½ C. sour cream & 1 oz. Feta cheese & blend until smooth in blender or food processor. Pour cheese & ¼ C butter into a crock pot on high until cheese melts & forms a sauce (we used a saucepan over our simmer burner). Serve with 8 slices toasted bread or use large hard-crust rolls as a sort of bread bowl. It was good on everything, especially the roast.

Portuguese Style Lamb Meatballs: take 1 lb. Ground lamb & mix with 2 Tbs. Currants, 6 minced dates & ½ tsp each salt, pepper, ground mace & cloves, mixing well. Form into ½ inch balls, start 2 C. beef broth to boiling & drop in meatballs for about 10 or 15 minutes, stirring until meat is fully cooked & serve it forth. If you like sweet & sour tastes, this is your dish, sort of a filling soup.

Fried Root Vegetables: Very simple, peel & slice ½ lb. Each carrots (we used rainbow carrots to simulate Period carrots) & parsnips, saute in 2 Tbs. Olive oil until tender, put in serving bowl & sprinkle with 1 tsp. Sugar. A great side dish that went with the roast well.

Savory Bread pudding: Have ready 1 Qt. Broth in a saucepan & chop 1 Tbs. Fresh sage & salt to taste. Bring to a boil & while waiting, crack 4 large eggs into a bowl & whisk to combine yolk & whites then fold in 12 oz. Dry bread crumbs (about 4 C.) until well coated, slowly mix in the cooled broth until evenly mixed in, add 1 pinch saffron & let sit for 5-10 minutes. Turn into lightly greased cassarole dish & bake, covered at 350o for 15-20 minutes. This needed some more spice, but was a simple side dish & good with the cheese soup.

And then dessert! To make Pastries of Fine Sugar, first mix 1 Tbs each sugar & cinnamon & set aside for sprinkling. Have ready 1 package won-ton or pot sticker wrappers & oil for frying, for the filling combine 1 C almond paste (we used almond butter instead, which was a great substitute!) with 1 ½ C sugar & 1 Tbs rose water until smooth (makes a sort of dough). Place 1 tsp almond filling in wrapper fold over (or make little bags, whatever will fry easier for you) & seal with water to close. Fry in oil until golden. Melt together ½ C honey & ¼ C butter & brush on pastries & sprinkle with cinnamon sugar. Watch them disappear! These are a fried guilty pleasure, but almond butter & honey are good for you, right?

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Pistachios

by HL Fiona nic Gormliatha
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I forgot to mention pistachios in my article about Orchards! (Also beechnuts, but not a lot about them.) Pistachios are native to the Middle East & one of the oldest flowering nut trees. They been eaten by humans since 7000 B.C. & was enjoyed by anyone of any level of life, even though according to legend the Queen of Sheba decreed that it was to be eaten only by royalty.

King Nebuchadnezzar of Babylon planted the trees in his fabled Hanging Gardens & in the first century B.C. Emperor Vitellius introduced this prized nut to Rome. Pistachios were used in Spanish & Mediterranean cooking either savory chicken with pistachio sauce or as a filling for baklava. They stored & traveled easily & were used by explorers in particular. They

also had uses as dye, and was considered good for treating toothaches & liver complaints.

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