



add thereto

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Lochac Cooks' Guild Newsletter
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Lochac Cooks' Guild
AS XXXIX
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From the Editor

Greeting to All

Well we again have a newsletter. It's only a small one, but we can build on this.

I have introduced a new section—"Published Articles" - these are articles that have been submitted by members towards their ranking. The first article is by Branwen of Werchesvorde—Amigthalota (see pg 4 - for further details).

In the mid-section is a copy of the Recipe Submission Form.

Would love to have lots more articles, book reviews, recipes to include in further issues. Remember articles submitted can be counted towards your ranking.

Festival is early this year—don't forget our AGM—see the bit on pg6.

Rhiceneth

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Useful Internet

Web Links

Lochac Cooks Guild

<http://www.sca.org.au/cooks>

Gode Cookery

<http://www.godecookery.com/>

Stefans Florilegium

<http://www.florilegium.org>

A Miscellany (PDF version)

http://www.daviddfriedman.com/Medieval/miscellany_pdf/Miscellany.htm

A Basic Medieval Cooking Bibliography

<http://users.iafrica.com/m/me/melisant/cook/bib.htm>

The Hitchhiker's Guild to Ancient Cookery

<http://www.panix.com/~nexus/cooking/>

A Proper Newe Booke of Cookerye

<http://staff-www.uni-marburg.de/~gloning/bookecok.htm>

A Book of Fruits & Flowers 1653

<http://www.harvestfields.ca/ebook/02/026/00.htm>

Mailing Lists

Lochac Cooks' Guild

<http://groups.yahoo.com/group/sca-lochac-cooks/>

SCA Cooks

<http://www.ansteorra.org/mailman/listinfo/sca-cooks>

Gode Cookery

<http://groups.yahoo.com/group/godecookery/>

SCA Recipes

http://groups.yahoo.com/group/sca_recipes/

SCA Authentic Cooks

<http://groups.yahoo.com/group/SCA-AuthenticCooks/>

SCA Subtleties

http://groups.yahoo.com/group/SCA_Subtleties/

Medieval Recipe

<http://groups.yahoo.com/group/MEDIEVAL-RECIPE/>

Ancient Recipe

<http://groups.yahoo.com/group/ANCIENT-RECIPE/>

From our Patron

Greetings from your Guild Patron. Lately a few people have mentioned to me the desire to cook for a themed feast and provide food and drink to match that theme. I have in the passed been asked in the past questions like: "I'm thinking of a feast set in 12th century Upper Volta, can you cook for me?"... Then reality hits, where do the blazes do I find recipes???

So here are examples of time/places of not well known sources that might be able to help with writing feast plans for more unusual feasts.

European:

Anglo-Saxon:

Book - Ann Hagan's A Handbook of Anglo-Saxon Food: Processing and Consumption & A Second Handbook of Anglo-Saxon Food & Drink: Production and Distribution.

These Books don't contain recipes but the research is top notch and you are left knowing a great deal about early medieval life and how food was produced and consumed. A similar source to avoid is Tastes of Anglo-Saxon England by Mary Savelli which is full of high order inaccuracies.

16th cent. Danish:

<http://www.forest.gen.nz/Medieval/articles/cooking/1616.html>

This webpage by Mistress Marienna Jensdatter of the Barony of Ildhafn. A top notch translation of an unusual source. Well worth checking out.

Viking:

A cockatrice article...

Master Stefano d'Urbino has published a good article on Viking age cookery based on the sagas and the limited archeological evidence we have.

Venetian:

<http://www.geocities.com/helewyse/libro.html>

Translation of Libro di cucina/ Libro per cuoco by Mistress Helewyse de Birkestad. Brand new and hot off the presses.

Spanish:

http://www.geocities.com/karen_larsdatter/manual.htm

Manual of Women in which is contained many and diverse very good recipes. Not a bad place to start for Spanish Cookery.

[Guisados1-art](#) and [Guisados2-art](#) at <http://www.florilegium.org>

Ruperto de Nola's Libro de Guisados, a fantastic source with lots of very usable recipes, also famous for it's roast cat recipe

Until next time,
Master Drake Morgan

Amigthalota

by Branwen of VVerchesvorde

Amigthalota or for those that can't get their tongue around it, Almond Pears is a very old middle Eastern tempter. It's a subtlety dish, as the only pear thing about it is it's shape.

This tasty dish is perfect to put on the dessert table at a feast or to serve up at a workshop with mundane coffee and tea.

Recipe (makes about 40)

300g blanched ground almonds	100g pure icing sugar
2 egg whites, lightly beaten	2 drops almond essence
10ml orange water	250g icing sugar mixture
additional 60ml orange water	about 40 good cloves

Method

Mix almonds and pure icing sugar (use the mixture for packing, coating surfaces and hands), add egg white, almond essence and 10ml of orange water. Mix into stiff paste, if too wet add more almond.

Take about $\frac{3}{4}$ dsp of mixture, roll into ball, pinch one end and shape to make top of pear, insert a clove in top to look like the stalk. Place on biscuit tray dusted with icing sugar and then bake in the oven at 350°F (180°C) for 20 mins or until tops are lightly browned. The idea is to get them to look like pears. Remove from oven and brush with extra orange water, cook for a further 2 mins. Remove, cool and place in a sealed container. They can be eaten immediately or they are even better 2 days later. Please note—if you like cloves eat them but they are purely for decoration.

Reference / Notes

The recipe source is from a Middle Eastern cookbook which has gone travelling with its mistress, and I am unlikely to see it again, but I do remember it was attributed to the 14th century. However, a modern copy of this recipe is in *The Complete Middle East Cookbook* by Tess Mallos (Lansdown Press) in the Greek section. If you have doubts about the use of 'powdered sugar' see TI 91, 1989, and article by Alys Katherine of Ashthorne Glen.

Book Reviews

as per the book cover

Dangerous Tastes The Story of Spices. Dalby Andrew The British Museum Press 2000 ISBN 0 7141 2771 X

Spices and aromatics are woven into human history. Since antiquity they have taken pride of place in the markets of the world for their irresistible contribution to food, drink, health, perfume, sex, religion, magic and ritual. Hunger for spices lies behind some of the great explorations and has led to wealth, conquest and even genocide. Colonial powers fought, enslaved and killed to control this rich trade.

Dangerous tastes offers a fresh perspective on these exotic substances and the roles they have played over the centuries. Andrew Dalby shows how each region became part of a worldwide network of trade—with local consequences ranging from disaster to triumph.

Vanilla (pg 147–148)

The vanilla vine, *Vanilla fragrans*, grew on the edge of the Mexican forests. Its long narrow pod, harvested unripe and fermented, produces a marvellous, sweet aroma and flavour which made it a favourite additive to chocolate for the Maya and after them the Aztecs. This was at first how the Spanish used it too. The first European to describe it—hew wrote in classical Aztec—was Friar Bernardino de Sahgún: after him came the naturalists Francisco Hernandez. It was Hugh Morgan, apothecary to Queen Elizabeth I, who is said to have suggested the use of vanilla as a flavouring for other foods.

The flowers do not pollinate easily, and a French attempt to naturalise vanilla in Mauritius, Madagascar and Réunion did not succeed fully until a method of artificial pollination was invented in 1840. Even now, when most of the world's production comes from Réunion, vanilla remains an expensive spice. It cannot be effectively synthesized: the only inexpensive vanilla is 'vanilla flavouring', containing a low proportion of real extract of vanilla. The cheap 'vanilla ice cream' of Britain, which contains very little vanilla and less cream, is surely destined for renaming.

Try This ...

Um tratado da cozinha portuguesa do século XV

[Coleção de receitas, algumas bastante originais, para o preparo das mais variadas iguarias]

A Treatise of Portuguese Cuisine from the 15th Century

[Collection of recipes, some very original, for the preparation of most varied delicassies]

Picadinho de carne de vaca

Lavem carne de vaca bem macia, e piquem-na bem miudinha. A seguir adicionem-lhe cravo, açafão, pimenta, gengibre, cheiro-verde bem cortadinho, cebola batida, vinagre e sal. Refoguem tudo no azeite, e deixem cozinhar até secar a água. Sirvam sobre fatias de pão.

Beef mince

Wash the tender cow's meat, and mince it well. Next add cloves, saffron, black pepper, ginger (I've never heard of cheiro-verde, it translate literally as "green-smell") well chopped, crushed onion, vinegar and salt. Sautee everything in the olive oil, and let cook until it the juices dry. Serve over sliced bread.

Ovos de laços

Batam muito bem dez gemas, duas claras e duas colheres de farinha de trigo. Peguem uma caçarola pequena e não muito rasa, e levem-na ao fogo, com manteiga que dê até o meio. Quando a manteiga estiver bem quente, ponham a massa num saco de confeitar, com um bico bem fino, e espremam-na na manteiga fervente, dando-lhe a forma de laços. Assim que a massa estiver dourada, retirem-na da panela e ponham-na a escorrer numa peneira. Sirvam polvilhados com açúcar e canela.

Lacey eggs

Beat 10 egg yolks very well, two whites and two spoons of wheat flour. Grab a small and not very shallow casserole dish, and take it to the fire, with butter to fill it halfway. When the butter is very hot, put the dough in a piping bag, with a very small tip, and squeeze it into the boiling butter, shaping it like lace (or bows). As soon as the dough becomes golden, remove it from the pot and drain it in a sieve. Serve sprinkled with sugar and cinnamon

This manuscript will soon be appearing on the LCG website.

Book Reviews

as per the back of the book / inside cover

Stere ht well—Medieval recipes and remedies from Samuel Pepys's Library, Hodgett, G.A.J., Mary Martin Books Adelaide ISBN 0 7191 1487 X

This intriguing manuscript was compiled by an unknown hand at the end of the fifteenth century. It was acquired by Samuel Pepys as part of his own wide-ranging collection, and has never before been published.

It includes a bizarre variety of notes for everyday reference—from charms to recipes (which appear alongside medicines for colic and constipation), from hints on fishing to a mothproofing.

Delia Smith, a journalist with a long-standing interest in traditional English cooking, has provided an introduction giving a modern redaction to the recipes and suggesting those which might tempt a twentieth century housewife

To Make Beef Aloes (pg 19)

Take lean beef and cut into thin pieces and lay them on a board, then take mutton suet or beef suet and herbs and onions chopped small together, then stew your strips of beef with powdered pepper and a little salt and scatter on your suet and herbs and roll them up therein, put them on a spit and roast them and serve them up hot

From the Administrator

AGM

It's that time of the year –festival—which means our Annual General Meeting.

As we are cooks I thought I might make a slight change to the meeting format this time by making it a pot luck morning tea – at 10:30am on Friday. So we get to have morning tea, discuss cooking stuff, put names and faces together.

If you are unable to attend Festival but have a topic you wish to have discussed please send details to me (see contacts pg11)

For AGM Agenda see included bits—that probably fell out of the middle when you opened (in the car is usually where this little accident occurs for me).

Progress Sheets

I have updated all member Progress Sheets. A copy of this will follow shortly. If details need updating or a dish or two is missing please contact me (see contacts pg11)

'til next time
Rhiceneth

A Proper Newe Booke of Cokerye (mid-16th c.; 1545?)

To make pyes of grene apples.

Take your apples and pare them cleane and core them as ye wyl a Quince, then make youre coffyn after this maner, take a lyttle fayre water and half a dyche of butter and a little Saffron, and sette all this upon a chafyngdyshe tyll it be hoate then temper your flower with this sayd licuor, and the whyte of two egges and also make your coffyn and ceason your apples with Sinemone, Gynger and Suger ynoughe. Then putte them into your coffin and laye halfe a dyche of butter above the *m* and so close your coffin, and so bake them.

Competitions

May Crown—(May 2005 - St Florian)

Choose a receipt from "An Anonymous Andalusian Cookbook of the 13th Century" translated by Charles Perry webbed at http://www.davidfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_contents.htm

Midwinter—(Jul 2005 - Innilgarrd)

A dish containing (and/or) turnips / beans / cabbage / leeks

November Crown—(Nov 2005 - Rowany)

A dish of your choosing

12th Night—(Jan 2006 - Mordenvale)

A non-Alcoholic beverage

Results of Earlier Competitions

Midwinter—(July 2004—River Haven)

Only one entry

November Crown—(November 2004—Ildhafn)

Only two entries

12th Night—(January 2005—Arrows Reach)

Only one entry

Thank you to those that have entered. Points awarded will count towards championship

