



add thereto

Volume 1, Issue 2

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Lochac Cooks' Guild Newsletter
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Lochac Cooks' Guild
AS XL
May 2005

From the Editor

Greeting to All

It's still small. This month's book reviews—not on actual cookbooks, but on books about period cooking. I have found them all to be a good resource to have on hand.

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

Otherwise—it gets worse—articles by me, and me and me and when I run out of them well lets just say it won't be pretty

Rhiceneth

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Useful Internet

Web Links

Lochac Cooks Guild

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

A New Booke of Cookerie: 1615

<http://staff-www.uni-marburg.de/~gloning/1615murr.htm>

A Queens Delight 1671

<http://www.gutenberg.org/dirs/1/5/0/1/15019/15019-h/15019-h.htm>

Translation of Libro di cucina/ Libro per cuoco (14th/15th c.) (Anonimo Veneziano)

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

Delights for Ladies 1609

<http://www.harvestfields.ca/CookBooks/001/03/0.htm>

Du fait de cuisine by Maistre Chi- quart translated by Elizabeth Cook

http://www.daviddfriedman.com/Medieval/Cookbooks/Du_Fait_de_Cuisine/Du_fait_de_Cuisine.html

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 the Administrator

Well, festival hap- pened, it was great, I was buy, lots of people to catch up with, chat too and in general have a good time.

Unfortunately the Guild meeting didn't happen. There was some scheduling problems and well—we go on. Hopefully, I will catchy up with many of you over the next couple I months as I will be doing a bit of travelling. I did chat to quite a number of people in regards to Cooks' Guild and if I haven't got back to you yet, don't fret—have just finished getting a number of uni assignments out of the way so I can devote a good chunk of time to Cooks' Guild work.

If you haven't received you updated progress sheet, please contact me. I have had some emails returned as undeliverable—either of the following address will get to me:

rhiceneth@rhiannah.id.au or cooks@sca.org.au

Onto other bits.

I have received correspondence from Jean le Renaud de Pyranees quoted below and would love to have comments, suggestions, feed-back from the members.

I have had an idea of a project for some time now and would like to offer my services to attempt to compile all the recipes into a guild cookbook.

I would suggest putting all the recipes in the same format (commercial cooks use a recipe card with a standard layout) - I did year one of a commercial cooking certificate at TAFE in 2000 and would like to exchange on this if you think it is a good ideal!

What do you think? What could you contribute? Could this possibly be used as a fundraiser?

Til next time
Rhiceneth

Sotelties

by Rhicenneth Rheinfeillt uerch Rheinfeillt Rhybrawst
uerch Rhydderch Rhudelfedel Rhydern

Sotelties is the presentation of edible and inedible food in a shape other than the natural cooked state. There are many instances in the period cook-books available, of receipts that call for a meat to be cooked and then garnished with its original bits and pieces so that it appears not to have been cooked, or parts included in the cooking so that when it is removed and placed on the table it appears to talk. Foods were coloured, shaped, moulded, baked and presented for all to admire. More common—at least in England judging by surviving feast menus—seems to have been the presentation of persons and/or objects and beasts made to fit a particular occasion.

It is generally thought that these were usually made of sugar paste and/or marzipan, but there is little evidence for this.¹

Today sotelties are more recognisable as ice sculptures or elaborate decorations on wedding cakes.

My entry into a Baronial competition (Sotelties) was a fairly simple entry. I choose to reflect the Barony by using the baronial colours (blue and white) in a cake with a hypacanthus dusted on top in yellow.

The recipe I used was from Gervase Markham's *The English Housewife*, recipe 179 (chapter 2 page 117) *To make fine cakes*.

Take a pottle of fine flour, and a pound of butter, a pound of sugar, a little mace, and good store of water to mingle the flour into a stiff paste, and a good season of slat, and so knead it, and roll out the cake tin and bake them on papers.

¹ Pleynd Delit—Subtleties—The earliest relevant reference in the OED *sub* 'marchpane' is from Fabyan's Chronicle (1494): 'A march payne garnysshed with dyerse figures or aungellys.' But similar figures are described in much earlier feast menus and some at least, may have been made of marzipan.

Book Reviews

as per the book cover

Platina's On Right Pleasure and Good Health A Renaissance Gentleman's Discourse On Food, Health, and the Physical Pleasures.
Edited Translated & abridged by Mary Ella Milham Pegasus Press ISBN: 1889818182-7

Bartolomeo Sacchi, called Platina—soldier, schoolmaster, student, papal administrator, prisoner, author, librarian, propagandist, prototypical Italian humanist—composed *On Right Pleasure and Good Health* between 1463 and 1465, apparently for his enjoyment and that of his friends. Drawing upon sources from Pliny to the Arab physician Ibn Butlan to the celebrated chef Martino d'Rossi, Platina in ten books explores all aspects of food and health: philosophic, dietetic, aesthetic, dramatic.

The first humanist to give thoughtful consideration to the full presence of food and drink in his and other cultures, Platina discusses, among many topics, proper table settings, the salubrious advantages of fresh air, appropriate rest and motion, sexual pleasure, and sleep. His extensive collection of recipes allow for an understanding of the concern for health and physical satisfaction of the fifteenth-century Italian landed class. The full Latin text was prepared by M.C. Milham for Medieval and Renaissance Texts & Studies.

On Carob Beans (pg 51-52)

Carobs, which have a hard shell, are deservedly numbered among the nuts. I think that they acquired this name because the carob appears very similar to the bean and lupine, even if larger. We commonly call them caroba. If they are fresh, they harm the stomach and relax the bowels. When they are dried, they have the opposite effect. Food containing them moves the urine down to one-half in a pint of water and their juice is taken continually for five days. Galen, however, has a very bad opinion of carobs because they are hard to digest, constrict the stomach, and increase harmful humors. Valerius Flaccus of Viterbo, a famous doctor of our day, asserts that carobs eaten in the third course prevent vapors from previously eaten food from reaching the head.

Try This ...

The GoodHousewife's Jewel

Thomas Dawson

[with an introduction by Maggie Black]

To Make A Syrup for Bake Meats

Take ginger, cloves and mace, nutmegs [and] beat all these together very fine. Boil them in good red vinegar until it be somewhat thick. This being done, draw your pie when it is hard baked, and a small hole being made in the cover thereof at the first, with a funnel of paste, you must pour the syrup into the pie. That done, cover the hole with paste and shape the pie well and set it in the oven again till it be thoroughly baked. When you have drawn it, turn the bottom upward until it be served.

To Make Bake Meats

Take a leg of Lamb, and cut out all the flesh and save the skin whole. Mince it fine and white* with it. Then put in grated bread and some eggs, white and all, and some dates and currants. Season it with some pepper, cinnamon, ginger, nutmeg and caraways, and a little cream, and temper it altogether. Then put it into the leg of lamb again and let it bake a little before you put in in your pie. When you have put it in your pie then put in a little of the pudding about it. When it is almost baked, then put in verjuice, sugar and sweet butter. And so serve it.

*Flank

To Confit Peaches after the Spanish Fashion

Take great and fair peaches and peel them clean. Cut them in pieces, and so lay them upon a table abroad in the sun the space of two days, turning them every morning and night. Put them hot into a julep* of sugar, well sodden and prepared as is aforesaid. And after you have taken them out, set them again in the sun, turning them often, until they be well dried. This done, put them again into the julep. Then set them in the sun until they have gotten a fair bark or crust. Then you may keep them in boxes for winter.

*A syrup

To Make Conserve of Roses and of any Other Flowers

Take your roses before they be fully sprung out, and chop off the white of them. Let the roses be dried one day or two before they be stamped. To one ounce of these flowers take one ounce and a half of fine beaten sugar. Let your roses be beaten as [hard as] you can, and after beat your roses and sugar together again. Then put the conserve into a fair glass. Likewise make all conserve of flowers.

My Redaction

6 cups butter, soft

3 cups sugar

12 cups unbleached flour

blue & yellow food colouring

1 ½ tsp salt

½ tsp cinnamon

1 cup water

Method

Cream together sugar, salt and butter. Mix together cinnamon and flour. Add this to creamed mixture, adding water as needed to make the dough manageable. Press dough in 2 –3 baking tins lined with baking parchment prick with fork at regular intervals. Bake at 180oC for 30 min, cut into squares while warm.

My Changes

In order to reflect the colours of the barony I divided the mix into two, leaving one plain and colouring the other blue. I then proceeded to divide each mixture into two again. Then mixing on plain and one blue achieved a marbling effect in each baking tin. After removing the cakes from the oven I then stencilled the hypacanthus on the top of each warm cake in yellow before cutting into squares.

Bibliography

Curye on English—English Culinary Manuscripts of the Fourteenth Century (Including the Form of Curye) - Ed Hieatt, Constance B, & Butler, Sharon 1985 Oxford University Press

Delights for Ladies, To adorne their Persons, Tables, Closets, And Distillatories with Beauties, Banquets, Perfumes & Waters Platt, H 1609 Humphrey Lownes

The English Housewife Markham, Gervase 1615 by John Beale for Roger Jackson

The English Housewife Ed Best, Michael R 1998 McGill-Queen's University

Food and Eating in Medieval Europe Ed Carlin, Martha & Rosenthal, Joel T. 1998 Mambledon Press

The Housewife's Jewel Dawson, Thomas 1596 Imprinted at London for Edward White, dwelling at the little North doore of Paules at the signe of the Gun

The Housewife's Jewel with an introduction by Maggie Black 1996 Southover Press

How to Cook Forsoothly de Baillie du Chat, Katrine 1979 Raymond's Quick Press

Medieval Cooking Today Buxton, Moira 1983 The Kylin Press Waddesdon Buckinghamshire

Pleyn Delit—Medieval Cookery for Modern Cooks Second Edition Hieatt, Constance B., Hosington, Brenda & Butler, Sharon 1996 University of Toronto Press

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

A BOOK OF Fruits & Flowers (1653) SHEWING

**The Nature and Use of them,
either for Meat or Medicine.**

AS ALSO: (etc not included here way way too long)

To dissolve the Stone; which is one of the Physitians greatest secrets.

Take a peck of green Beane cods, well cleaved, and without dew or rain, and two good handfulls of Saxifrage, lay the same into a Still, one row of Bean cods, another of Saxifrage, and so Distill another quart of water after this manner, and then Distill another proportion of Bean coddcs alone, and use to drink oft these two Waters; if the Patient be most troubled with heat of the Reins, then it is good to use the Bean codd water stilled alone more often, and the other upon comming downe of the sharp gravell or stone.

Book Reviews

as per the back of the book / inside cover

The Art of Cookery in the Middle Ages

Scully, Terence Boydell & Brewer Ltd ISBN: 0-85115-430-1

The master cook who laboured in the noble kitchens of the fourteenth and fifteenth centuries was a culinary savant. Trained by apprenticeship under other masters, he had acquired a wide range of culinary skills that let him use the standard facilities—the open fire, the mortar and the bolting cloth—to the best advantage. As a master himself his craft required that he possess a very large repertoire of preparations; he had as well to know how to accommodate the seasonal scarcity of certain foods and the lean-day strictures of the Church. Furthermore, he had to understand thoroughly the inherent qualities of all the foodstuffs he handled, a body of knowledge which had evolved in the western world through centuries of learned medical dogma.

The lore and logic of the medieval kitchen is very fully explored by Terence Scully in this book. He confirms current scholarly suspicion that the science of cookery was far more advanced than has previously been thought to be the case, and he shows in his study of the marriage of method with materials that food in the middle ages was then, as now, generally something to look forward to.

Lean Foods (pg 58)

A fundamental influence upon food habits in medieval Europe was exercised by the Christian Church. It is appropriate to deal with the question of lean foods here in this chapter because the theological rationale underlying the various regulations governing fasting seems to derive in some measure from the same thinking that lay behind the humoral theories of