



December, A.S. XXXVIII

Being the Newsletter
of the
Canton of Whyt Why,
the Manhattan Chapter
of
The Society for Creative Anachronism, Inc.
Number 0312

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By the Whey . . .

Seen and heard around the Canton –

Well, first and foremost. Congratulations to **Master John Elys**, who was received into the Order of the Laurel at Hundred Minutes War. **Mistress Rufina** tells us that the ceremony text was written by **Master Galleron de Cressy**, based upon a fifteenth-century oath sworn by the freemen of the Mercer's Guild. By all accounts, it was an exceptional induction ceremony, as befits the talented Master John. Vivat!

To add to the list of awards – our own **Baron Alexandre** received the Order of the Burdened Tyger at the Last Court of Their Royal Majesties King Darius and Queen Roxane in September. We hear he received this recognition on account of his cooking at Pennsic. Go figure . . .

Double Duty – Our Whyt Whey Knight Marshal is also the Østgarðr Champion (by virtue of winning the tourney at Agincourt). The Canton is pleased (and relieved) to have **Jibril** to defend us!



We understand that **Sir Diablo**'s feast for Agincourt was unbelievable. And that there were jellybeans for all. Don't think jellybeans are period, though.

Who's that tall Westie? Well, he's in the East now. **Jarl Sir Valgard** won the Non-Champions tourney at Agincourt. Vivat, Sir Valgard. And that concludes our Agincourt coverage.

Did the Coribantes find enough warm bodies to portray the French Army in their reprise of *Henry the V... Minutes* at Hundred Minutes War? Dramatic license is one thing, but reality demands a *huge* French army to defeat.

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December Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Josie Wood's	2 Queen's Practice	3 Nutley Practice	4	5	6 Feast Day of Saint Nicholas
7	8 Josie Wood's	9 Queen's Practice	10 Nutley Practice	11 Whyt Whey Commons	12	13
14	15 Josie Wood's	16 Queen's Practice	17 Nutley Practice	18	19 Østgarðr Commons	20
21	22 Josie Wood's	23 Queen's Practice	24	 25	26	27
28	29 Josie Wood's	30 Queen's Practice	 31			

January Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5 Josie Wood's	6 Queen's Practice	7 Nutley Practice	8 Whyt Whey Commons	9	10
11	12 Josie Wood's	13 Queen's Practice	14 Nutley Practice	15	16 Østgarðr Commons	17
18	19 Josie Wood's	20 Queen's Practice	21 Nutley Practice	22	23	24
25	26 Josie Wood's	27 Queen's Practice	28 Nutley Practice	29	30	31

Events at a Glance

Feast Day of St. Nicholas, <i>Canton of Whyt Whey</i>	Dec. 6
Mistletoe Revel, <i>Shire of Barren Sands</i>	Dec. 13
East Kingdom Twelfth Night, <i>Barony Beyond the Mountain</i>	Jan. 3
Exchequer, Newcomer & Embroidery Collegium, <i>Shire of Iron Bog</i>	Jan. 17
Blades and Blarney VII, <i>Shire of Glenn Linn</i>	Jan. 17
Cooking Collegium, <i>Barony of Settmour Swamp</i>	Jan. 24
A Market Day at Birka, <i>Barony of Stonemarche</i>	Jan. 31
Love, Lucretia Borgia Style, <i>Barony of An Dubhaigeainn</i>	Feb. 14
(please visit http://www.eastkingdom.org/event-list.html for further information)	

Directions

Whyt Whey Commons : 7:30pm – until further notice – 552 Riverside Dr., basement community room, New York City (take the 1 train to 125th St. and proceed up Tie-mann Pl. to Riverside Dr. 552 is the second building down the hill to the right)

Østgarðr Commons : various – please see <http://www.ostgardr.org>

Josie Wood's Pub : 6:00pm – 11 Waverly Pl. (at Mercer St. in Greenwich Village), New York City (take the N or R train to 8th St.)

Queen's Practice : 7:30pm – St. George's Church, Queens – for more information, contact the Whyt Whey Knight Marshal, Jibril at idefendu2@optonline.net

Staten Island Practice : please see <http://silverhorde.viahistoria.com/SIPpractice.html> or contact Puppy at puppy@viahistoria.com or at (718) 984-2777

Brewing Workshop : for more information, contact Uji at (516) 351-2713 or virtualspud@yahoo.com

Nutley Practice : 6:30pm – Reform Church of Nutley, Nutley, NJ – for more information, contact Sir Tanaka at Tanaka@aol.com or (973) 265-8727

By the **W**hey . . . (cont.)

We'd like to thank **Elissa Corsini da Sicilia** for this report on her "Life in the Middle Ages" presentation at Martin Luther King High School on Nov. 5: "Zorikh (**Ervald** to the rest of us) brought in his set of plate armor that he actually uses for unchoreographed fights and, with help of his "squire," explained the function of each piece to the students, as well as giving a brief account of how armor evolved from chainmail, to plate armor, to the "cavalier wear" of the Three Musketeers upon the advent of guns and bullets. Needless to say, the biggest attention-

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<h1>Canton Officers</h1>		
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The Hitchhiker's Guide to Ancient Cookery

with your host Alexandre Lerot d'Avigné (aka Jeff Berry)

(Number 22 in the Series, November 2003)

The Yule Menu

The yule menu is now all but finalized. I'll enclose the raw recipes first, with redactions to follow.



On the table as people are seated:

- * Bread.
- * Dried fruits.
- * Nuts.

These will all be purchased as is. Followed immediately by:

- * Cold salt beef and mustard.
- * Marinated mushrooms.

The salt beef recipe is in last article, #21. The mustard will be purchased prepared mustard. (The ingredients in prepared mustard as per Hugh Plat are vinegar and mustard seeds, which are basically the same ingredients as most prepared mustards. I'll avoid plain yellow "salad" mustard.) [In fact Lynn McCann made the mustard – ed.]

The marinated mushrooms are my old recipe, from the *Caer Galen Cook's Corner*, #7. They will be started first thing in the morning, but do not require cooking.

After that:

- * Duck Breast and Turnip Soup. (Depending on cost and availability of duck, this may get modified – probably into chicken and turnip soup.)
- * Cold sallat.
- * Roast pork.

La Varenne, I.4 – Potage of Ducks with Turnips. "Cleanse them, lard them with great lard, then pass them in the pan with fresh seam or melted lard; or else rost them on the spit three or four turns. Then put them in the pot and take your turnips, cut them as you will, whiten them, flour them and pass them in fresh seam or lard, until they be very brown. Put them in your Ducks, seeth all well, and stove or soak your bread well, to the end that your potage be thickned. If you have capers you shall mix some with it, or a little vinegar. Take up and garnish with Turnips, then serve."

I'll make this with at least one duck, but also chicken to flesh it out. I think it will be turnip heavy, too, since I've got roast pork coming.

(continued on next page)

Ancient Cookery . . . (cont.)

Forme of Cury, xx.iii.xvi – Salat. “Take pffel, sawge, garlec, chiboll, oynons, leek, borage, mynt, porrect, fenel and ton tressis, rew, rosemarye, purslarye, lave and wassche them clene, pike hem, pluk he smalle, with thyn honde and myng hem wel with rawe oile, lay on vyng and salt, and sue it forth.”

Digbie – To Rost Wild-Boar. “At Franckfort, when they rost Wild-boar (or Robuck or other Venison) they lay it to soak, six or eight or ten days (according to the thickness and firmness of the piece and Penetrability of it) in good Vinegar, wherein is Salt and Juniper-berries bruised (if you will, you may add bruised Garlick or what other Haut-goust you like) the Vinegar coming up half way the flesh, and turn it twice a day. Then if you will, you may Lard it. When it is roasted, it will be very mellow and tender. They do the like with a leg or other part of Fresh-pork.”

Subsequently:

- * Pease Porridge
- * Cold Gammon Pasty or Meat Pies or Sausage

For Pease Porridge, I was torn between Lenten Sops from *The Vivendier*, and My Lord Lumley’s Pease-Parage from *Digbie*. I finally decided on Lord Lumley’s since it does not call for wine or vinegar. Several of the other recipes have used vinegar and I don’t want to over do it.

Digbie – My Lord Lumley’s Pease-Parage. “Take two quarts of Pease, and put them into an Ordinary quantity of Water, and when they are almost boiled, take out a pint of the Pease whole, and strain all the rest. A little before you take out the pint of Pease, when they are all boiling together, put in almost an Ounce of Coriander-seed beaten very small, one Onion, some Mint, Parsley, Winter-savoury, Sweet-Marjoram, all minced very small; when you have strained the Pease, put in the whole Pease and the strained again into the pot and let them boil again, and a little before you take them up, put in half a pound of Sweet-butter. You must season them in due time, and in the ordinary proportion with Pepper and Salt. This is a proportion to make about a Gallon of Pease-parage. The quantities are set down by guess. The Coriander-seeds are as much as you can conveniently take in the hollow of your hand. You may put in a great good Onion or two. A pretty deal of Parsley, and if you will, and the season afford them, you may add what you like of other Parage herbs, such as they use for their Parages in France. But if you take the savoury herbs dry, you must crumble or beat them to small Powder (as you do the Coriander-seed) and if any part of them be too big to pass through the strainer, after they have given their taste to the quantity, in boiling a sufficient while therein, you put them away with the husks of the Pease. The Pint of Pease that you reserve whole, is only to show that it is a Pease-parage. For which these proportions will make about a Gallon.”

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Ancient Cookery . . . (cont.)

La Varenne, 5.4 – Pasty of Gammon. “Unsalt it well, and when it is unsalted enough, boile it a little, and take off the skin round about. Then put it in brown paste as Venison, and season it with pepper, clove and parsley. You may also lard it as venison. Bake it proportionally to its bigness; if it is thick five houres, if it less, less time will serve. After it is cold, serve it in slices.” I think I may make this for head table, and just do a round of meat pies or sausage for the rest. I’ve got an old meat pie recipe which is basically just sausage in a pie crust. I can serve it in wedges, cold

And finally:

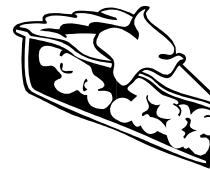
* Cold desserts. Gingerbread, bisket, and so on.

We’ve decided to do pot-luck for deserts. So that’s off my plate. See you at the feast!

— ALD’A

Those of you who were lucky enough to attend the Feast Day of Saint Nicholas will remember not only the wonderful desserts, but also the lack of acknowledgement of those desserts in the event menu and recipes program. The dessert course was a pot-luck and our intrepid head cook didn’t know in advance what would be on the table to finish off his wonderful (if we do say so ourselves) meal. So . . . in the interest of thorough documentation, we present . . .

Just Desserts



Whyt Whey’s Mistress of Arts and Sciences provided Gingerbrede from *Curye on Inglysch* – To make gingerbrede. “Take goode honey & clarifie it on + e fere, & take fayre paynemayn or wastel brede & grate it, & caste it into the boylenge hony, & stere it well togyder faste with a sklyse that it bren not to the vessell. & thanne take it down and put therin ginger, longe pepper & saunders, & tempere it vp with thin handes; & than put hem to a flatt boyste & strawe theron suger, & pick therin clowes rounde aboute by the egge and in the mydes, yf it plecte you, &c.”

Cariadoc’s redaction (from his *Medieval Miscellany*):

- 1 cup honey
- 1 cup breadcrumbs
- 1 teaspoon ginger
- 1/4 teaspoon pepper
- 1/4 teaspoon saunders
- 1 tablesppon sugar
- 30-40 whole cloves
- (or 5 teaspoons sugar, pinch powdered cloves)

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Desserts . . . (cont.)

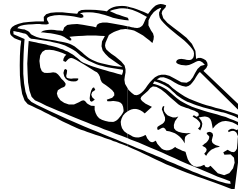
Bring honey to a boil, simmer two or three minutes, stir in breadcrumbs with a spatula until uniformly mixed. Remove from heat, stir in ginger, pepper and saunders. When it is cool enough to handle, knead it to get spices thoroughly mixed. Put it in a box (I used a square corning-ware container with a lid), squish it flat and thin, sprinkle with sugar and put cloves ornamentally around the edge. Leave it to let the clove flavor sink in; do not eat the cloves.

Tamara's notes: Due to the unavailability of Saunders (for coloring), I just got a standard food coloring called "Red, Red" at Broadway Panhandler. I put in about 1/8 of a teaspoon, because it was *very* red. The honey-breadcrumb mixture is "cool enough to handle" only after about 10-15 minutes. Unfortunately, the mixture gets lumpy as it cools, so as you're kneading all the spices together, it's getting lumpier. If you want a smooth, flat surface to look good in the corning-ware container, pat the mixture in, flatten as much as possible, then microwave it for 20 seconds, wet your hand in very cold water and continue to smoothen it. You can repeat this process several times until the top is smooth. Then I decorated with cloves in a fleur de lis shape.

Lynn McCann, the Mistress of Mustard at the feast, brought this item: Torta from Gourds, from *Platina, Book 8* – "Grind up gourds that have been well cleaned as you are accustomed to do with cheese. Then let them boil a little, either in rich juice or in milk. When they are half-cooked and have been passed through a strainer into a bowl, add as much cheese as I said before (a pound and a half). Take half a pound of belly or fat udder boiled and cut up or, instead of this, if you wish, take the same amount of either butter or liquamen, add half a pound of sugar, a little ginger, some cinnamon, six eggs, two ladles of milk, a little saffron, and blend thoroughly. Put this preparation in a greased pan or in a pastry shell and cook it over a slow fire. There are those who add strips of leaves, which they call lagana, instead of the upper crust. When it is cooked and set on a plate, sprinkle it with sugar and rosewater."

Cariadoc's Redaction (from his *Medieval Miscellany*):

- 1/2 lb. yellow squash (after peeling)
- 1/2 cup milk to cook in
- 8 oz. cheddar cheese
- 2 oz. butter
- 1/4 cup sugar
- 1/8 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1 egg
- 1/2 cup milk
- 6 threads saffron
- double 9" pastry shell
- 2 tablespoons sugar sprinkled on top
- 1 tablespoon rosewater



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Desserts . . . (cont.)

Grind squash finely with a grater and boil in milk for six minutes on low heat while being stirred; drain in strainer and throw away liquid, then force squash through strainer. Grate or cut up cheese; mix with squash, butter, sugar, egg, milk, ginger, and cinnamon. Put in pie shell and cover with top crust. Bake in 350 degree oven for 65 minutes; at this point it is bubbly and needs to set for a while. Sprinkle top with sugar and rosewater. Makes one 9 inch pie.

Lynn's Notes: The original recipe says 'cheese;' the redaction calls for cheddar. I went with that, although I think a farmer cheese, or ricotta, may have been intended. I'll try that next time. The original offers a choice of crust or no crust. I opted for the latter.

For two 11" pies, I peeled and seeded four small butternut squashes, cut them up and set them to simmer in 1 2/3 cups milk. When the squash began to soften, I pressed it through a heavy mesh. The redaction suggests discarding the milk in which the squash is boiled, and adding other milk later. But when I saw how rich and colorful the cooking liquid appeared, I looked again at the original:

Grind up the gourds that have been well cleaned. Then let them boil a little either in rich juice or in milk. When they are half-cooked and have been passed through a strainer into a bowl, add cheese.

So, I used it. After the squash and milk had cooled, I creamed a stick of butter, blended in 1 1/2 cups raw sugar, added six eggs one by one, beating furiously until the mixture was very light and fluffy. I added about 12 oz. of grated cheddar into the squash bowl, and then carefully folded in the egg mixture along with two teaspoons ground cinnamon, two teaspoons ground ginger, and a generous amount of saffron (15 threads or so).

This was poured into two greased glass pie plates and baked at 350 degrees for a little over an hour (press the center lightly with your finger to see if it has bounce, or insert a straw from a broom to see if it comes out clean). Sugar and rosewater finish the surface.

Cariadoc's redactions of these and many others are available on the web at:
http://www.pbm.com/~lindah/cariadoc/recipe_toc.html



See next month's issue of
the Cheese Cloth for
Sancha's full St. Dick's
report.

Call for Submissions

Please submit your articles, artwork, event and meeting notices, etc., to the Whyt Whey Chronicler, Eularia Trewe (Lorree True) at ltrue@panix.com.

By the Why . . . (cont.)

getter was when he struck his shield with a sword, creating a loud noise that echoed through the hall and shocked the students in the front row. . . . **Judith the Uncertain** performed an illustrated story of “The Sultan’s Favorite Jester” from the *Arabian Nights* and demonstrated a type of costume that would be worn for a mummer’s parade. (And explained the origin of “mum’s the word.”) She and I spoke about the role of the minstrel, and the impact of stories on a world without the electric-powered entertainments of today. We didn’t even get to the horrors of the Black Death. All in all, it was a great experience, talking with the students afterward, and seeing their posters and projects that they had been working on as they prepared to read *L’Morte d’Arthur* and *The Sword in the Stone*. I think that even the teachers, as there was more than one class that had come to see us, enjoyed themselves.”

Your humble chronicler would like to take just a little bit of space here to thank **Sancha de Flores** for her valuable and unfailing help with the preparation of the Cheese Cloth – and her wonderful contributions to the activities of Whyt Whey.

Finally, for those of you who think this issue was just a little too heavy on the “foodie” content, we encourage you to send us your article on any subject which would be of interest to our readers. Please submit your items to: By the Why at ltrue@panix.com.

Thanks!

Useful URLs

Whyt Whey : <http://www.in-nyc.com/sca>
Østgarðr : <http://www.ostgardr.org>
East Kingdom : <http://www.eastkingdom.org>
Society for Creative Anachronism : <http://www.sca.org>

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