



September, A.S. XXXIX

Being the Newsletter
of the
Canton of Whyt Why,
the Manhattan Chapter
of
The Society for Creative Anachronism, Inc.
Number 0409

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By the Whey . . .

Seen and heard around the Canton –

Just wanted to say congratulations to **Lord Alexander MacLachlan** of An Dubhaigeainn, who was inducted into the Order of the Silver Crescent at Southern Region War Camp. We love to hear it when any of our local kids make good.

It's been a very busy summer for everyone, with activities and commitments in and outside the Society. We hope the summer has been a healthy, safe and happy one for all – and that those of you who were able to attend Pennsic had good war. With Fall fast approaching, we look forward to all the SCA has to offer. There are a lot of good events coming up (see *Events at a Glance* on page four), especially the Ft. Tryon demo on Sunday, Oct. 3. Although this is not an official Whyt Whey event, this yearly festival is well attended by everyone in the area and always fun. Everybody come out and enjoy this wonderful setting at the Cloisters in northern Manhattan. See you there!

In other news, all issues of the *Cheese Cloth* published by your humble chronicler are now accessible on the Whyt Whey web site for viewing as a .pdf file. Check it out at <http://www.avigne.org/sca/whytwhey>.

That's all for now. See you next month! And remember . . . please send your items for *By the Whey* to ltrue@panix.com.

Thanks!


This is the monthly newsletter for the Canton of Whyt Whey, the Society for Creative Anachronism, Inc. The newsletter is available from the Chronicler, Lady Eularia Trewe (Lorree True). Yearly subscription rate is \$5. This is not a corporate publication of the Society for Creative Anachronism, Inc. and does not delineate S.C.A. policy.

The cover illustration is by Lord Johan Gregor Wanderer (Jonathan Zanger).

September Calendar

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

October Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3 Ft. Tryon Demo Staten Island Practice	4 Josie Wood's	5 Union Square Practice	6	7 Manhattan Dance Practice	8	9
10	11 Josie Wood's	12 Union Square Practice	13	14 Whyt Whey Commons	15 Østgarðr Commons	16
17 Staten Island Practice	18 Josie Wood's	19 Union Square Practice	20	21 Manhattan Dance Practice	22	23
24 Staten Island Practice	25 Josie Wood's	26 Union Square Practice	27	28	29	30
31 						

Events at a Glance

The Feast of John Barleycorn, <i>Canton of Northpass</i>	Sept. 11 – 12
Day of Dance & Good Eats, <i>Barony of An Dubhaigeainn</i>	Sept. 25
Coronation, <i>Barony of Carolingia</i>	Oct. 2
Fort Tryon Park Medieval Festival, <i>Canton of Whyt Whey</i>	Oct. 3
Kingdom Crusades, <i>Kingdom of Atlantia</i>	Oct. 8 – 10
Dance of the Living Plague, <i>Canton of Northpass</i>	Oct. 16
The Tea House of Xanadu, <i>Canton of Lions End</i>	Oct. 16
The Crown Tourney of Thorvald & Svava, <i>Shire of Mountain Freehold</i>	Oct. 29 – 31
Agincourt : The Final Chapter, <i>Crown Province of Østgarðr</i>	Nov. 6
Haus von Halstern Winter Wolf Tournament, <i>Shire of Rusted Woodlands</i>	Nov. 6
100 Minutes of Ragnarok (100 Minutes War), <i>Shire of Rusted Woodlands</i>	Nov. 13
East Kingdom Brewers Collegium, <i>Crown Province of Østgarðr</i>	Dec. 17 – 19
(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 Tiemann Pl. to Riverside Dr. 552 is the second building down the hill to the right)

Østgarðr Commons : 7:30pm – 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.)

Sewing Circle : 7:00pm – 113 E. 13th St. (between 3rd and 4th Aves.), #6C, New York City (take any train to Union Square)

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

Manhattan Dance Practice : 6:30pm – Belvedere Castle in Central Park, New York City (enter the Park at W. 81st St. and Central Park West and proceed to the green, open area leading up to the Castle)

Union Square Practice : 6:30pm – north side of Union Square Park, New York City (take any train to Union Square)

Staten Island Practice : 4:00pm – Willowbrook Park in Staten Island (please see <http://silverhorde.viahistoria.com/SIPpractice.html>)

The Hitchhiker's Guide to Ancient Cookery

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

(Number 29 in the Series, September, 2004)

Spice Cakes

So, Lady Elizabeth Elenor Lovell of Settmour Swamp has some new cake molds and an idea for making a beehive cake and some bees as a *soteltie*. I asked what kind of cake and she said she didn't know. I sternly suggested I hoped it would be something medieval! She said something like, "Sure, get me a recipe." And so it began.

Most of the cake-type recipes I found involved two things: ale barm and lots of currants. They also tended to involve a rise, like bread, before the cooking. I wasn't sure what I was looking for, but I knew I wanted something that would take the molds well. Finally I found something that looked worth taking a stab at. It was in Markham's "The English Huswife," from the "Of Cookery" chapter, and my edition has it marked as recipe 171.

"To make spice cakes: To make excellent spice cakes, take half a peck of very fine wheat flour; take almost one pound of sweet butter, and some good milk and cream mixed together; set it on the fire, and put in your butter, and a good deal of sugar, and let it melt together: then strain saffron into your milk a good quantity; then take seven or eight spoonfuls of good ale barm, and eight eggs with two yolks and mix them together, then put your milk to it when it is somewhat cold, and into your flour put salt, aniseeds bruised, cloves and mace, and a good deal of cinnamon: then work all together good and stiff, that you need not work in any flour after; then put in a little rose-water cold, then rub it well in the thing you knead it in, and work it thoroughly: if it be not sweet enough, scrape in a little more sugar, and pull it all in pieces, and hurl in a good quantity of currants, and so work all together again, and bake your cake as you see cause in a gentle warm oven."

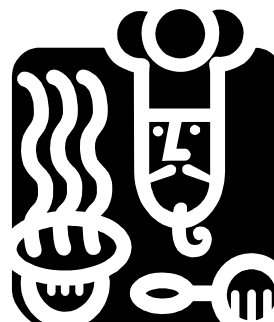
I had a fleur de lis mold I wanted to use, and it's small, so I did the math. I decided I was going to make a much reduced recipe. The flour and butter had measurements given, and were in a ratio of 8:1. So I did some digging through modern recipes to try to decide what that would mean in terms of butter and liquid. After some hemming and hawing, I decided that I would use the following as a base:

- * 1 cup of flour
- * 1/8 cup (2T) butter
- * 1/2 cup sugar
- * 1/4 cup half-and-half ("milk and cream mixed together")

In retrospect, I realize that I thought I was making a 1/8 recipe, but used 1/16 the amount of flour. Why is that important, you ask? I'll tell you. I used one egg, which is about 1/8 of the amount needed, so my recipe probably has too much egg in it.

I also decided, based on some modern recipes, and partly just as a guess, to use one tsp of dry yeast instead of eight spoonfuls (divided by 8 or 16) of ale barm.

In any case, I heated the butter, half-and-half and sugar over a low flame and threw in a pinch of saffron. Then I measured my flour and sugar and added in perhaps a tsp of aniseeds, maybe half that in cloves and mace, and twice that in cinnamon. One can adjust the spicing to one's own taste, of course. I beat my egg and added my yeast to that. Then I poured the egg and yeast into the milk stuff (slightly cooled by now) and thence into the



(continued on next page)

Ancient Cookery . . . (cont.)

flour. I mixed it all up pretty good, then added 1/4 cup or so of raisins (since I didn't have currants handy). Finally, I added just a few drops of rosewater. The whole thing got stuck in a buttered mold and cooked for about an hour at 305 degrees Fahrenheit.

The result was not bad. I decided to tweak it slightly. I made another batch, but this time used 1/3 cup half-and-half and added the yeast to the butter mixture rather than the egg (it had clumped up in the egg). I also made sure to push it well down into the mold and gave it an hour at 315F. It came out better – a little softer than the first go. Lady Elizabeth approved it, and we were in business.

- * 1 cup of flour
- * 1/8 cup (2T) butter
- * 1/2 cup sugar
- * 1/3 cup half-and-half (“milk and cream mixed together”)
- * 1 tsp aniseeds (or to taste)
- * 1/2 tsp ground cloves (or to taste)
- * 1/2 tsp ground mace (or to taste)
- * 2 tsp ground cinnamon (or to taste)
- * 1 tsp dry yeast
- * 1 egg
- * 1 pinch of saffron (or to budget)
- * few drops rosewater
- * 1/4 cup currants (or more. I substituted raisins.)

Mix dry ingredients. Heat butter, sugar, half-and-half and saffron till butter is melted. Remove from heat and let cool slightly. Add one beaten egg and the yeast. Add to dry ingredients and mix well. Add currants and mix well. Add rosewater and mix well. Put in cake pan or buttered molds. Bake for an hour at 315F.

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Useful URLs

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East Kingdom : <http://www.eastkingdom.org>
Society for Creative Anachronism : <http://www.sca.org>

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.