

Dragon Tales

Newsletter for the
Shire of Dragons Bay



MAY AS 47

Greetings unto the populace of Dragons Bay and welcome to the May edition of Dragon Tales and although it is a somewhat subdued edition bereft on images please read on and enjoy.

News Items

Big changes in Dragons Bay

May Please take note of the regnum changes as we have had a few office change overs and additionally there are a couple of temporary office holders to be aware of pending the organising of long term people.

This month we greet a new Seneschal being Robert Leffan of York and bid our outgoing seneschal Petronilla Fairwif of Horseford a fond farewell and with it many thanks for the most excellent job this mainstay of the Shire has done on our behalf. With equal enthusiasm we wish our new Seneschal all the best in this important position.

Our Knight Marshal Raynald Greygoose another Shire mainstay has also hung up his office tabard as he prepares for his adventure upon the seas and visit to the isles of the West Kingdom. While none will miss him as much as his good lady wife his absence over the next four to five months will leave a significant hole in the Shire community. Peter D'gaunt Noir will be the temporary office holder until Sigmund Gotz can be established in this crucial role.

We have a new Arts & Sciences officer in the person of Petronilla Fairwif of Horsford fresh from her successes as Seneschal she is now moving into a part of the SCA that holds great appeal from her and is a move from which the Shire and Kingdom will doubtless benefit greatly.

Dragons Bay Baronial Application

For those who may be unaware the baronial application for the Shire has been put on hold pending the Shire getting some ducks in a row, filling out a bit and re establishing our normal levels of activity. An application was not sent to Kingdom and the decision was an internal one which does not damage any future application we may decide to make.

Dragons Bay Archery & Fighting practice field

Thomas of Cardiff has been a virtual juggernaut on our behalf and progressed this quest to within sight of what may be our Camelot. The practice grounds are located behind the Mike Barnett sports complex and the last obstacle for good Thomas to overcome is some security concerns about toilet access.

Greetings,

Well this will be the last time I put a write up in the Newsletter as the Seneschal of this wonderful Shire. I would like to say a few thank you's. The most important thank you is to Lord Raynald my wonderful husband for putting up with me doing this job for the last 3 years, I would also like to thank everyone else for their support. We have a lot of helpful people in the Shire and I am sure that you will all be very supportive and helpful to Lord Robert when he takes over.

The Shire has been fairly quiet for a couple of months, but hopefully things will pick up for the rest of the year. There are quite a few of us getting things made for Pencampwr. The Shire has an encampment at Pencampwr and if anyone wants any information about what the Shire is doing at Pencampwr then please get in touch with Sir Peter.

The Autumn Tourney at Boddington was a great weekend for the Shire, and a huge success, thanks to everyone who helped out over the weekend and to Lady Olwyne for all her hard work in organising the weekend.

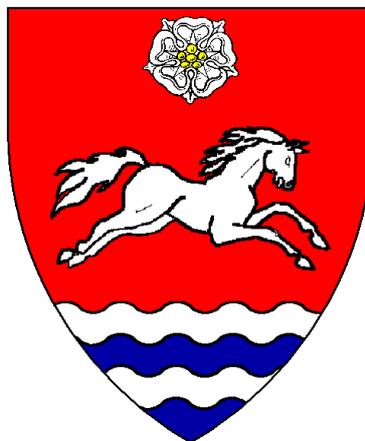
I have had a wonderful time in my position as Seneschal of our wonderful Shire, We need to keep the Shire moving in the right direction, we are very lucky to have some wonderful people in our Shire. We need to listen to the thoughts and ideas of these people and keep them encouraged to keep coming back and enjoying this wonderful game that we play.

I would like to wish Lord Robert all the best as the new Seneschal.

Thank you for all the help you have given me over the last 3 years.

Yours in service

Petronilla.



ARTS & SCIENCES CORNER

UPCOMING KINGDOM COMPETITIONS

Midwinter XLVIII (2013) hosted by Barony of Mordenvale - 5th - 7th July 2013

Metalcraft A decorative item. This is open to interpretation, and could include items such as jewellery, belt buckles, a coronet, etc. Any decorative item made from metal.

A pair of Blackwork Cuffs

Three period sauces Recipes, Photos, comments from at least 3 tasters

November Crown XLVIII (2013)

Jewellery Making

An Illuminated Letter

Spanish Textiles(Clothing, Embroidery, weaving, etc)

Twelfth Night Coronation XLVIII (2014)

Period Eyewear(Non-Costume)(This can include Eyeglasses, Monacles, NonCostume Masks, eye patch. etc)

An Item inspired by a Medici(Be it clothing, furniture, political! Anything with connections to
Period Hairstyle

KINGDOM ARTS & SCIENCES SITE <http://www.sca.org.au/artsandsciences/>

GUILDS OF LOCHAC <http://www.sca.org.au/lochac/guilds/index.html>

Attention Artisans and other clever medieval folk - Arts & Sciences articles are eagerly sought for this newsletter so if you have completed a project or even started one with pictures please contact the Chronicler and they can assist with publishing an article about your achievements and enhancing the SCA experience for us all.



RECIPES - tongue tested by the Cooks & Brewers of Dragons Bay

A) Dragons Tails (a simple potluck or camping dish with a medieval feel)

Many years ago and empty purse and necessity was the mother of my invention and I put together a potluck dish with ingredients to hand, the result was a pastry envelope filled with sausage, cheese, onion, pate and if memory serves some French onion dip. It was very loosely based on Beef Wellington, sausage rolls and the very debatable claim that it was somewhat similar to the dish known in period as Icelandic Chicken. Intermittently Dragon Tails or variations thereof have put in an appearance since that time, most recently at the Rockingham Fair Community Demo.

After an exhaustive and equally intermittent search for evidence of something recognisable as sausage rolls in the medieval period I must admit temporary defeat, my search did reveal a mention of a similar dish in the annals of the Kingdom of Atenveldt which was named Dragon Tails, sausage stuffed into a loaf, unfortunately it was equally undocumented but was reported as very popular.

As an aside sausage in a bun or bread has a very good case for being period, a woodcut exists dated to the mid 17th century in which may be seen sausages on a table top grill, a pile of buns and a customer exchanging money for what is obviously a sausage in a bun, with sausage hanging out of either end of the bun in a very familiar manner. Other sources show that the selling of cooked sausages as a breakfast and possibly snack food may be documented as early as the 13th century and it is plausible that over the next four centuries the temperature of the cooked sausages caused the supplying of bread or a bun as a convenient protection for the hand. Whether we can confidently leap to the conclusion that some bright entrepreneur tried cooking sausages in the bread and possibly pastry is debatable, but I would point out that selling food for a living depends on the profit margin, necessity and popularity.

Anyway with or without credible documentation as long as people enjoy them I will continue to contribute Dragon Tails to potlucks and possibly feasts as an economical and no fuss dish which certainly fits into the ambience we strive to create.

Ingredients: (per Dragon Tail)

1 - 30cm square pastry sheet, shortcrust or puff as you desire

3 - Sausages - BBQ are fine

¼ - of a sliced or diced onion

½ - a cup of mixed vegetables to taste - diced, sliced, julienne or small pieces

3 - Tablespoons of pate, dip, chutney or salsa (last time I used a cashew, parmesan and chill dip)

½ - a cup of grated cheese

BBQ sauce or thinned chutney

Herbs, spices, salt and pepper to taste

Butter or oil as required

Optional

1 garlic clove

Preparation and Cooking time:

To cook sausages and vegetables 5 minutes, assembly 5 minutes, oven time 20 minutes.

Recipe:

Brown the sausages and onion in a frypan in a little oil, drain and let them cool down

Microwave or steam the vegetables to soften, drain and let them cool down

Place the pastry on a sheet of oiled or buttered alfoil

On the middle of the sheet spread the pate, dip, chutney or salsa

(spread only needs to be big enough to place the sausages on)

Place the sausage on the portion thus covered

Place onion and vegetable on top of the sausages and add BBQ sauce or thinned chutney to taste

Add herbs, spices, salt and/or pepper to taste & if desired chopped or sliced garlic clove

Place cheese on top – grated or sliced – and you could even try mixing cheeses

Fold pastry over and seal

Fold sides of foil up to form an open box around the pastry

Cooking:

Place on tray in a pre heated oven

Follow direction for pastry sheets or 20 minutes in a hot oven or until pastry golden brown

Be careful here if using puff pastry as it will go from golden brown to dark brown in the blink of an eye, you may wish to put some water in the tray (not the foil) when cooking if using puff pastry.

Serving:

Serve hot or cold.

Remove from foil to serve and either present whole or sliced across the width.

This dish can travel well as you may fold over the foil for storage in the fridge or esky.

Good to make for wars and camping events – but increase vegetables and take out a sausage for a more balanced meal to go. I plan on experimenting with a bacon and egg breakfast version 😊

Presentation:

This dish could work well if it was sliced on the diagonal and interspersed with a vegetable or serve of roast meat, perhaps even combined with a fruit pie made in a similar fashion.

Another option is to cook two and glaze one with egg yolks, after slicing mix the two together for a nice striped effect.

In any case on a nice platter with some sort of green garnish such as sprigs or parsley or stems of broccoli would not hurt.



B) Syrup of Simple SIKANJABIN (non alcoholic “wine”)

Appears to be at least two different recipes, for two different medical uses. The first, at least, is intended to be drunk hot. In modern Iranian restaurants, sekanjabin is normally served cold, often with grated cucumber.

- a) Take a ratl of strong vinegar and mix it with two ratls of sugar, and cook all this until it takes the form of a syrup. Drink an uqiya of this with three of hot water when fasting: it is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst, since sikanjabin syrup is beneficial in phlegmatic fevers:

- b) make it with six uqiyas of sour vinegar for a ratl of honey and it is admirable

The recipe submitted for non alcoholic wine is from the beginners section of the Good Book of Cookery website, and is simply red wine vinegar mixed with fruit juice or honey. That site does not claim any period source.

The first part of the Andalusian recipe calls for strong vinegar and sugar to be cooked into syrup, while the second part of the recipe gives us the ingredients of sour vinegar with honey (likely cooked into syrup).

The changes are firstly replacing the sugar (or honey) with fruit juice, which was used in other syrups such as the Syrup of Pomegranates found on the same page and would appear to be an acceptable practice. Perhaps a more significant change is the serving of the beverage chilled or cold rather than hot. While supported by modern practices there is no period documentation.

I would however propose that if a household had such a syrup on hand then convenience may very well have led to mixing it with room temp water and it is not to improbable that it may have been mixed with chilled water in a sufficiently wealthy or royal household.

In the aftermath of the Battle of Hattin, on July 4, 1187 Saladin is recorded as having offered the defeated King Guy a goblet of iced water.

It takes little to imagine the addition of syrup to iced water or chilled water especially in a warmer climate by an adventurous chef out to impress their patron.

Thanks to CARIADOC'S MISCELLANY: DRINKS *Andalusian* p. A-74

SHIRE ACTIVITIES

Shire Meeting

Third Monday of each month – 6:45pm till approx 9:00pm – VARIOUS

Please contact Seneschal for location each month

Armouring

Sunday afternoons – Fortnightly – 1pm till 4pm – WARNBRO

Events take precedence please contact Peter to confirm

Archery & Fighter Practice

Sunday Mornings – 9:00 till Noon – WANDI

Events take precedence please contact Knight Marshal for confirmation

Cooks & Brewers meeting

Saturday evening – Monthly – 6pm till approx 9pm – VARIOUS

Please contact the Arts & Sciences Officer for more details



SHIRE REGNUM

KING & QUEEN of Lochac their Royal Majesties

FELIX AND EVA



CHAMPION of the Sword *Lysander the Greek*

CHAMPION of the Bow *Ulfar the Old Wolf*

| | | |
|-----------------|--------------------------------|----------|
| Seneschal | Robert Leffan of York | (Geoff) |
| Reeve | Osric of Lindisfarne | (Scott) |
| Herald | Peter D'Gaunt Noir | (Peter) |
| Arts & Sciences | Petronilla Fairwif of Horsford | (Lynn) |
| Marshal | Acting - Peter D'Gaunt Noir | (Peter) |
| | Proposed - Sigmund Gotz | (Vlad) |
| Constable | Ragnar of Ravenshold | (Phil) |
| Chronicler | Vacant | |
| Webminister | Sarah | (Sarah) |
| Custodian | Raynald Greygoose | (Andrew) |
| Hospitaller | Peter D'Gaunt Noir | (Peter) |

SCA EVENTS

JUNE

29th SATURDAY - CANTON of VALLON d'OR FEAST & ARCHERY EVENT - \$35 adult members other prices on application - Contact Alazais Chainbridge alazais@hotmail.com or Ph 08 9731 6007 for details

JULY

6th MIDIWNTER CORONATION – Mordenvale - NSW

6th or 13th SATURDAY – DRAGON FEAST more information to follow

20th SATURDAY - NOT AS IT SEEMS FEAST \$30 adult members other prices on application - Contact Ilaria de Vale cwheater1@gmail.com

21st SUNDAY – 4 MAN TEAM MELEE \$5 adult members other prices on application - Contact Meyrick vom Tal loljashar@gmail.com

AUGUST

4th SUNDAY – LIONS & LAMBS WAR \$6 adult members other prices on application Contact Peter D'Gaunt Noir pfryer@inet.net.au

SEPTEMBER

OCTOBER

NOVEMBER

2nd SATURDAY - CHAMPIONSHIP of the SWORD TOURNEY more information to follow

9th SATURDAY – NOVEMBER CROWNTOURNEY – STORMHOLD – VICTORIA

DECEMBER

7th SATURDAY – YULE FEAST more information to follow



USEFUL LINKS

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| Shire Website | http://lochac.sca.org/dragonsbay/index.html Under reconstruction |
| Kingdom of Lochac | http://www.sca.org.au/lochac/ |
| SCA Australia & Membership Information | http://www.sca.org.au/committee/ |
| Dragons Bay on Yahoo | http://groups.yahoo.com/group/othershire/ |
| Dragons Bay on Facebook | search Shire of Dragons Bay |
| SCA Regional on Facebook | search Western Principality New |

DISCLAIMER

This is not an official publication of the SCA and does not delineate SCA policies any mistakes are unintentional and should be as readily forgiven as they were made



The fearsome Dragons Bay Militia at Pencampwr 2012