

Dragon Tael

Newsletter for the
Shire of Dragons Bay



JULY A S 48
2013 of the common era

Greetings unto the populace of Dragons Bay and welcome to the July edition of Dragon Tales, thank you for joining us.



Archers at Pencampwr 2013 - Photo by Linda Thompson



From the Seneschal



Greetings populace

First I would like to thank Lady Petronilla Fairwif of Horsford for herwords really can't describe the wonderful job Petronilla did as Seneschal I know it will be hard to maintain the level Lady Petronilla and Sir Peter have set while they were scenechals, it will be a big challenge for me but I look forward to it.

Secondly we have a new training facility off Dixon Rd currently the times for archery and heavy training are still the same and prices are \$2.50 for members and \$7.50 for non members, the Yule Cooks and Brewers is on Saturday the 27th July at The Bower please let the new Arts and Sciences officer Petronilla know what you are bringing so people don't double up and it is a garbed event and also like to thank Kristen Blake for putting up her hand to be the next Chronicler and Lady Petronilla as the new arts and sciences officer.

That's me done for this time watch this space for more news and upcoming events.

Always at your service

Lord Robert Leffen of York

Seneschal of the Shire of Dragons Bay



ARTS & SCIENCES CORNER

Arts & Sciences in the SCA cover a wide range of activities and pretty much with the exception of a few overlaps it includes everything not covered by fighting and service.

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

Twelfth Night Coronation XLVII (2013) hosted by Barony of Krae Glas - 12th - 13th January 2013

An Elizabethan Sweete Bag

Moulded Food. e.g. Blankmangere, in a soteltie or similar.

An item for Storage. This is open for interpretation, and could include things as varied as a wooden chest, a ceramic pot, or a pouch.

May Crown XLVIII (2013) hosted by Canton of Burnfield

A Cast Item

A Memento Mori. An artwork to assist the viewer to 'Remember your mortality'.

Music An original composition, for voice or instrument in any period or an arrangement of a period piece done to a period style.



PERSONA BASICS

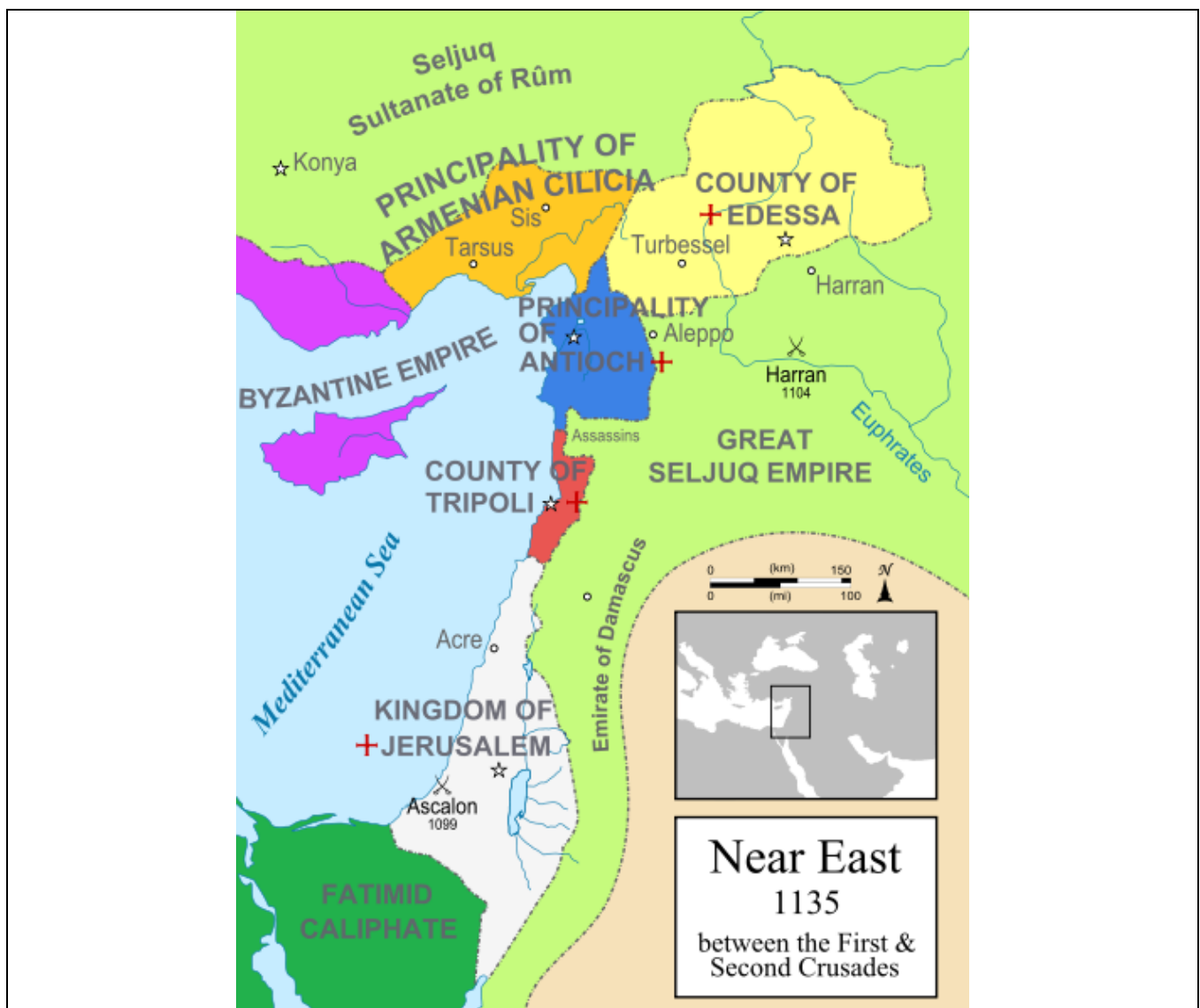
The idea here is for people to write really basic but useful snippets of information and short articles to assist people to either develop their own persona or to gain some general knowledge about the world we like to base our activities on.

To get things started let's look at something of interest to potential crusaders or their Moorish neighbours.

OUTREMER

The term Outremer (outré – mer French for overseas) was the common name used for the Crusader states that came into being after the First Crusade and in rough order of conquest referred to the County of Edessa (1098), the Principality of Antioch (1098), the Kingdom of Jerusalem (1099) and the County of Tripoli (1109). Much later in our period the term Levant came to be used.

Generally the term was used by the French to refer to any land "overseas"; for example, Louis IV of France was called "Louis d'Outremer" as he was raised in England. Given the dominant noble language of the period was French it is hardly surprising the crusader states were named thus.



RECIPES - taken from <http://www.godecookery.com/>

In its own words this site is a compilation of medieval recipes from authentic sources adapted for the 21st century kitchen, along with diverse facts on food & feasting in the Middle Ages & Renaissance and other historical culinary items. Given the upcoming kingdom competitions please find below three recipes selected from this wonderful site.

ALMOND MILK

PERIOD: medieval & Renaissance SOURCE: Le Viandier de Taillevent CLASS: Authentic -
DESCRIPTION: standard medieval sauce

In the Middle Ages, animal milk was, of course, not refrigerated, and fresh milk did not stay fresh for long. Most cooks simply did not use much milk as the short shelf-life of the product made it a difficult ingredient to depend upon. Many recipe collections of the time advise that cooks should only rely on milk that comes directly from a cow, something not possible at all times, and purchasing milk was a dubious practice, for streetsellers of milk often sold wares that were either spoiled or diluted with water. Milk's use had to be immediate, in cooking or by turning into cheese & butter. It was these difficulties that forced Medieval cooks to look upon milk with great reluctance, and so having milk in the kitchen was usually unheard of.

Rather than animal milk, Medieval cooks turned to something they could depend upon, and that was the milky liquid produced by grinding almonds or walnuts. This liquid, high in natural fats, could be prepared fresh whenever needed in whatever quantities. It also could be made well ahead of time and stored with no danger of degeneration. Because of its high fat content, it, like animal milk, could be churned into butter, and because it was *not* animal milk, it could be used and consumed during Church designated meatless days.

Almond milk was used extensively in period; all existing cookbooks call for it, and it must have been found in literally every Medieval kitchen. It's the prime ingredient in many, many recipes, and the modern cook recreating Medieval food will have to learn its production in order to prepare the most common of dishes. Fortunately, it's easily made. I prefer the recipe of Terence Scully, as printed in *Le Viandier de Taillevent*, p. 315:

- 1 cup ground almonds
- 2 cups boiling water

Combine almonds and water. Steep for 5 minutes, stirring occasionally. Sieve the mixture to remove coarse grains OR (preferably) blend mixture in electric blender until grains are absorbed. Yield - 2 cups almond milk.



GALYNTYNE

PERIOD: England, 14th century - SOURCE: Forme of Cury - CLASS: Authentic - DESCRIPTION: A standard sauce for roasts, poultry, & fish

ORIGINAL RECEIPT:

142. Galyntyne. Take crustes of brede and grynde hem smale. Do þerto powdour of galyngale, of canel, of gyngyuer, and salt it; tempre it vp with vyneger, and drawe it vp þurgh a straynour, & messe it forth.

- Hieatt, Constance B. and Sharon Butler. *Curye on English: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. London: For the Early English Text Society by the Oxford University Press, 1985.

GODE COOKERY TRANSLATION:

Galantine. Take crusts of bread and grind them small. Add powder of galyngale, of cinnamon, of ginger, and salt it; mix it with vinegar, and pass it through a strainer, & serve it.

MODERN RECIPE:

- 1 cup red wine vinegar
- 1 cup dry red wine
- 1 cup (approx.) unseasoned bread crumbs
- 1 & 1/2 tsp. each galingale, cinnamon & ginger
- salt to taste

Combine the wine, vinegar, and spices, then with a wire whisk, beat in enough of the bread crumbs to make a smooth, slightly thick sauce. Taste for seasonings and adjust accordingly. At this point, passing the *galyntyne* through a food processor or blender will provide a sauce free of lumps, which is the same result asked for when the period receipt says to "*drawe it vp thurgh a straynour*." Serve at room temperature as an accompaniment to fish, poultry, & roast meats.

The original recipe calls for vinegar, which really could be any sort from wine vinegar to a cider or malt. As an accompaniment to meats & fish, though, I prefer to use a wine vinegar, and like to "*tempre it vp*" with extra wine (a personal decision but keeping in period). This imbibes a smoother, more mellow quality, and makes the sauce a little easier to accept, especially for those not used to such a combination of ingredients.

If you can't find galingale, simply leave that ingredient out, as the included ginger is an appropriate substitute.

Although originally *Galyntyne* referred to jellied juices of meat & fish, the term eventually came to mean this sauce itself. *Galyntyne* is a wonderful condiment for grilled fish & roast pork.



POIVRE NOIR

PERIOD: France, 14th century - SOURCE: Le Viandier de Taillevent - CLASS: Authentic -
DESCRIPTION: A black pepper sauce

ORIGINAL RECIPT:

165. Poivre noir: Black Pepper Sauce. Grind ginger, round pepper and burnt toast, infuse this in vinegar (var.: and a little verjuice) and boil it.

- Scully, Terence, ed. *Le Viandier de Taillevent. An Edition of all Extant Manuscripts*. Ottawa: University of Ottawa Press, 1988.

MODERN RECIPE:

- 2 cups red wine vinegar
- 1 Tbs. ginger (see note)
- 1 Tbs. pepper (see note)
- 1-2 cups bread crumbs made from burnt toast

Bring the vinegar to a boil; reduce the heat slightly, and with a wire whisk, beat in the spices. With the whisk slowly begin to beat in the bread crumbs until you reach the thickness of sauce that you desire. Continue beating until you have a smooth consistency and the mixture has again returned to the boil. Remove from heat and serve as an accompaniment to meats and poultry.

This very tart sauce may startle a few people, but many love its sharp and unique taste. Feel free to adjust the spices to your personal taste - some may enjoy using less pepper and more ginger, etc. The sauce can be as thin as a gravy or as thick as a dip. It goes wonderfully with venison and roasts.



Cooks & Brewers

The guild is one of the oldest institutions in the Shire and meets every third Saturday to share, taste and review various recipes submitted by the members and guests. Suitable for all skill levels from burning the toast to cooking a banquet and a great way to find out about food, feasts and some of the fine folk of Dragons Bays.

For more info please contact the Arts & Sciences Officer



Chives are the smallest of this type of edible plant, they are closely related to onions and garlic and they are native to Europe, Asia and North America. They are a perennial plant and have been growing wild for approximately 5,000 years. Wild versions still include *ramps* and *scallions* (where do they get these names).

In Europe they are recorded as being cultivated in the period covered by the SCA starting sometime in the late roman or early middle ages. While conjectural it is likely our usual suspect the Greeks who called them *rush leeks* may have pioneered there domestic growth

in the west, with the more pugnacious Romans bringing the concept to the rest of Europe along with other cultural, culinary and gardening habits. Indeed they get their common English name *chives* from the French word *cive*, which in turn comes from the Latin word *cepa* which means onion (an onion is pictured to the right of the chive).



As cooks we use the long leafless flowering green stems or *scapes* as they are known, rather than the bulb. They are usually diced and used to compliment dishes such as fish, soups, sauces and "cottage" style cheeses. They have a mild flavour especially compared to onions and they are used widely in traditional cooking, even the flowers may be used as an attractive garnish for soup or cheese.



Farmers, Cottage or Curd cheese also known as Quark (German) or Tvorog (Russian) often feature chives as a flavouring ingredient and it is commonly used by SCA feast cook in butter to decorate or medieval-ise the table.

Interestingly chives along with tarragon, parsley, chervil, marjoram, cress, cicely and lemon balm may be found in the combination referred to in Mediterranean traditional cooking as the "fine herbs" as opposed to the more pungent or stronger flavoured herbs found in "bouquet garni".



Gardeners may use the insect repelling qualities of chives to control unwanted pests but they are rich in sulfur so they still attract bees. Juice from the plant may also be used to repel insect pests and to combat mildew or fungal infections.

They grow to approximately 40cm in height in dense clusters from a cluster of long thin bulbs. Flowering in spring or early summer with a six petal star shaped flower which is pale purple and the seeds mature a month or two after. They may be purchased for sale year round and you may dry freeze them successfully. While perennial they are herbaceous which apparently means they leave no stem and die back to ground level.

Medicinally chives are similar to garlic but the effects are weaker. They are rich in iron and calcium, vitamins A and C and contain traces of sulfur.

SHIRE ACTIVITIES

Shire Meeting

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

June 21st – Sarah & Nathan's place - Medina Avenue, MEDINA

Arts & Sciences Workshops – as arranged

Please contact the Arts & Sciences Officer for details

Armouring – as arranged

Sunday afternoons – *On hold pending renovations*

Please note events take precedence

Archery & Fighter Practice

Sunday Mornings – 8:30 till Noon

Please note events take precedence

Cooks & Brewers Guild Meeting

Saturday evenings – Monthly – 6pm till approx 9pm – locations as advertised

Please contact the Arts & Sciences Officer for more details

SHIRE REGNUM

The 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	proposed - Petronilla Fairwif of Horsford	(Lynn)
Marshal	acting - Peter D'Gaunt Noir	(Peter)
	proposed - Sigmund Gotz	(Vlad)
Constable	Thomas of Caerdyff	(Frank)
Chronicler	proposed – Kristen	(Kristen)
Webminister	Sarah	(Sarah)
Custodian	Raynald Greygoose	(Andrew)
Hospitaller	Peter D'Gaunt Noir	(Peter)

SCA EVENTS

JULY

6th MIDIWINTER CORONATION – Mordenvale - NSW

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@iinet.net.au

SEPTEMBER

OCTOBER

NOVEMBER

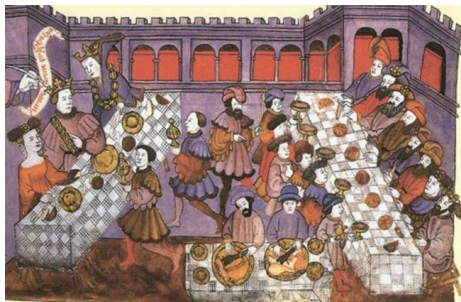
2nd SATURDAY – BALDIVIS DEMO – Corner Fifty and Eighty Roads, Baldivis

CHAMPIONSHIP of the SWORD more information to follow

9th SATURDAY – NOVEMBER CROWN TOURNEY – STORMHOLD – VICTORIA

DECEMBER

7th SATURDAY – Dragons Bay YULE FEAST more information to follow



USEFUL LINKS

Shire Website	http://lochac.sca.org/dragonsbay/index.html Please be aware it is under significant reconstruction
Kingdom of Lochac	http://www.sca.org.au/lochac/
Kingdom Arts & Sciences Site	http://www.sca.org.au/artsandsciences/
Guilds of Lochac	http://www.sca.org.au/lochac/guilds/index.html
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

Monthly Tidbits

Last months Dragons Taels featured the font - *Curly MT*

This month we feature - *Bradley Hand ITC*

TSCA pronounced Tis-kah and means "Typical SCA"

Cottage cheese was often referred to as curd cheese – hence the nursery rhyme “curds and whey” reference in regard to the famous Arachnaphobe Little Miss Muffet

DISCLAIMER

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The Fearsome Dragons Bay Militia lurking in a singularly sparse forest



The fearsome Dragons Bay Militia at Pencampwr 2012

