

# The Adrian Herald

## Quarterly Edition

February 1999

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*"What's THIS? Is the Herald now Quarterly and not monthly?," I hear you cry No!, this is the new Quarterly Edition dedicated to Arts and Sciences. Which means if you have a Bardic, a Recipe, or an Arts project, each with documentation AND have entered it into your local Chapter of the Adrian Empire, you can get it published HERE! We will be doing this again for the May edition, so get to cooking your food, start writing your bardics and start working your fingers on the arts and we'll have more entries for everyone to share and learn. Also, due to size of this publication, the Ministers List is not included. For more information, contact the Imperial Chroniclers.*

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### Imperial Estates Meeting

Information about the Imperial Joint Meeting of the Imperial Senate and Grand Assembly, February 26 -27, 10 a.m. both days (tentatively recessing at 5 p.m. on Saturday and tentatively adjourning at 2 p.m. on Sunday, food available on site and nearby):

The Roadhouse Bar and Restaurant  
Tai Room  
2100 N. Boulder Highway  
Henderson, Nevada  
(cnr. of Sunset Blvd. and Boulder Hwy.)

### East Coast Hospitallers

I need all East Coast Regional Hospitallers to contact me as soon as possible. All East Coast regions who do not have a Hospitaller, would the local ruling Noble please contact me and let me know. Especially interested in knowing if the Shire of Dalriada Kelter is still active as well as the incipient Shire of No Name in Terre Haute IN.

My contact information is as follows.

C. Formanek

mail: Kitsuzo@aol.com

Yours In Service  
Squire Devyn Morgan  
East Coast Deputy Imperial Hospitaller

### Unto the Populace of Adria,

I have stepped down as Imperial Arts and Science Minister. I felt that because of work, school, editing the Canton newsletter, and helping ALL OUR NEWBEE'S, just did not give me the time or energy give important position the work and care it needs. I feel that if I can not give the Imperial Crowns and Adria my best, then I must step down. My Lady-in-Waiting Lady Rajah Ahminina bint Husam of Basir will be the new Imperial Arts and Science Minister and Lady Dame Maedb Drakonja will be the Deputy Arts and Science Minister

Dame Willow de' Rara

### Unto all East Coast Populace

I would like ideas for what everyone would like at this years East Coast Imperial War, feast ideas, events, games, any ideas will be greatly appreciated email me at shireofalr@aol.com

Thank you,  
HRG Dame Shelaine Dane

### Aragon

Crown War: Saturday & Sunday, March 13-14. Site: tentatively planned for Pahrump, more info to follow. Site Fee: TBA

There will be a house war in conjunction with this event: Seawolf vs. Clan Macraith.

Both wars are, at present, fun wars.

On December 12, 1998, the Duchy of Aragon celebrated the elevation in title of Dame Serina de Torseillo; and the formal recognition of the County of Thee Black Rose. Aragon is made greater by the elevation of Dame Serina to Countess of Thee Black Rose.

His Royal Grace and Her Royal Grace will be the two parties vying for the crown as there have as yet been no other contenders step forward. Her Royal Grace Arch Duchess Comtessa Lady Dame Anginette mesalyne Theresa dela Fouche Alyson, KR, KM, OIDD, the Blue Rose and Protector of the Freeholds had a birthday Saturday, January 23, 1999. HAPPY BIRTHDAY!

### Annelynnerose

HRG Sir Andru Dane would like to announce the birth of Lillith Brynn Shineman born to Mitch and Cassie Shineman, members of our Duchy. I apologize for not doing this earlier. I would also like to announce that I have taken two more squires.... They are Kartifillis House Sire of Vikingr Mikkil in Annelynnerose and Angela Von Stahl of Alloria. At our Twelfth Night Event in December Baron Alric Kirintor won the Knights list. We had a nice feast and lots



Bernardo (home of the chicken nugget snack).

January 21st: Wendy's house in Temecula.

Dress warm!

### Events:

Feb 6th –Event: Summerlake Park. Begins at 11:00pm. Arts and Ren; Possibly Archery and Steel. Estates Meeting at 10:30am.

Mar 6th –Event: Summerlake Park. Estates Meeting at 10:00am. Event at 11:00am.

### COLLIGIUM ANNOUNCED

Dame Gwenllian has announced a collegium is planned for February 18 on preparing Heraldry for submission to Imperial for approval. This collegium will be introducing the new rules of the new Heraldry Manual made valid by writ in the last Herald. There are some exciting changes that benefit many of us! Come attend and learn. Bring drawing paper, pencils and a notebook. The collegium will be held at Dame Gwenllian's house out in Temecula.

The General Estates Meeting was postponed until the end of February. As chronicler and ArchDuchess, I am hoping to attend along with Dame Gwenllian. (Makes carpooling so much more fun...) More on this later. Why? You ask? Sangreal has submitted guidelines for an archery manual that is on the agenda. We are anxious to see what the vote will be on this...

### Up and Coming...

Crossroads Renaissance Festival in Corona at Riverview Park. April 24th to May 31st. A great little fair for those of us who can't or won't pay a fortune to go to 'Big Faire'. Call 880-320-4REN for more information.

At the Movies: As part of a historical recreation group, watching historical movies has become a passion of mine. Mind you, I jump through time periods because my joy is in sewing historical costumes of any era. With that in mind, here are some recommendations currently in the theater and on video. Keep in mind, Ren Fairs are coming. Some of these are in those time periods as well. Most are N17.

Dangerous Beauty—Italy 1583—

wonderfully acted, beautiful clothes. True story of a courtesan. Mature Audiences.

Elizabeth—Again, great clothes. Especially the back lacing of the bodices. Shows the precarious rise of Elizabeth I and delves into her romantic liaisons with Lord Robert.

Macbeth—Roman Polanski's version. GREAT for the middle ages, but bloody and violent. Lady Macbeth looks extremely period—a great scene of her binding her hair in wrappings. Again, Mature Audiences only.

Scarlet Pimpernel (yes, Dawn, I'm mentioning this one, too). New version put out by the BBC. Will air on A&E beginning March 7th. Costumes are divine. A GREAT era for men. Deals with the French Revolution. The Making of...book promises a great show.

Shakespeare in Love. By the time you read this, I'll have seen this. Trailers promise gorgeous costumes, and while Shakespeare is not exactly OUR time period, he has been incorporated into Adria anyway.

Evermore—staring Drew Barrymore. LOVELY Italian Ren costumes. Sweet retelling of the Cinderella story. If you have a daughter, see it with her. Even the hero looks dishy in this one! One to get on video as soon as its available, just for the clothes.

Play safe and mind your Dragons!

Lady Dame Isabeau Dionne— ArchDuchess of Sangreal.



## Terre Neuve

Good Populace of Adria

Although our great Kingdom has been missing from the Herald for quite a few months. I want to let you know we are still here.

Terre Nueve is doing well. We have quite nice events these days. Our great king has allowed us to move the Kingdom even from location to location as to allow everyone the opportunity to attend the kingdom event.

In October Sir ALynn McDonnons' good Squire, Tiggarr De~Kat McDonnon did take the ren turnery, thus earning the final point to his knighting.

November brought a fun war hosted by Sire Badger McDonnon, Kasey Kelly McDonnon, Squire Tiggarr De~Kat McDonnon & Mistress Abreanna De Abruzzi. A good time was had by all I am told. I was unable to attend as I was stuck in the Imperial Estates Meeting.

Then followed a Wondrous feast for the coronation of Their Imperial Highnesses'. The far was prepared by "Granny" McCarroll and every one she could regale into cutting, spicing or washing veggies. This fine list included names like Dame Abigale, Dame Brigid, Fergus and The Barreness, Lady Merina.

The Autocrat for this feast was none other than my own young vassal, Page Navar of Terra Nueve.

The servers were wonderful; the food was hot and plentiful. Hazar to them all!!!!

As for the rest, well the Yule season has gone and boy was this little town by the sea busy.

December's event was wet but wonderful. As Lady Merina McCarroll became the youngest knight in the history of our great empire. She earned that belt with the blood sweat and tears that we all know come with the ministry position. I am proud to call her friend & Fosterling.

For a cold event we had some wonderful guests, The Marquis, Sir Crius & The Countess, Dame Serina from the Duchy of Aragon. Slews of Heggies were running around, or would that be a gaggle. The March of the Unity of Souls voted in a new Marquis and Marquesa;

as well as; a new Count and Countess. We welcome them in and vow to help in any way we can.

January, well January. Hummm, well it was a big event, even if our King had no hair. Many of the Terre Nueve populace was there and a Great time was had by all I saw. A fighting list so large as to have to fighting erics... Not too bad.

Well, we now await the arrival of our own Terre Nuevean Imperial Baby. We wish you well and we will you love Your Imperial Majesty, (short labor, short labor) may your new baby be as healthy as you are beautiful.

Blessed Be to all.  
In service to the Dream  
(Both yours and Mine)  
Lady Allora McDonnon



# Throne of Terre Neuve

I, Sir Gralor Bishop of Leipzig, Vassal to HIH Sir Francois - Grand Master of the Dream; also to be known as: (Sir) - Caldwell Pierian; Klaus of Prussia; Daniel of Danmark; Pepin Roni Du Charlamagne; Lenoir DeFranco (quite the Frankish one); Ivan of Kiev; Marcus Broullei of Pari (and any other name I decide to concoct due to threat of assassination at the hands certain individuals).

Declare my intent and legitimacy to run for the Throne of Terre Neuve at the War to be held in the month of March, in the year 1999. I currently hold Knighthood in all three available forms, second level (Knight Civil) as a Landed Knight within your realm. My membership is "Life time." So there should be no discrepancy on my dues.

My formulation for a desired government is being documented, and my ministry is being recruited currently. All is in motion for this Great War to come! My Liege

Lord has declared all his vassals are to support me in this endeavor.

Additionally, my running partner to be named dependent upon the individuals status lies herein. Lady Katherine Mcguire will run jointly with me as either Consort or as Dame dependent upon held status at the time of the war. If unable to run as a candidate for the position of Queen; she will run as Consort.

If you have any question or require better clarification of my declaration please notify me immediately so I may set you at ease about this document.

In service to the dream, and His most gracious King, Sir Warhammer.

Submitted with the utmost respect;

Sir Gralor Bishop of Leipzig, Vassal to HIH Sir Francois - Grand Master of the Dream; AKA: (Sir) - Caldwell Pierian; Klaus of Prussia; Daniel of Danmark; Pepin Roni Du Charlamagne; Lenoir DeFranco (quite the Frankish one); Ivan of Kiev; Marcus Broullei of Pari....

## My Knighthood

by Sir Robet Pryderi

Awhile back I read an article that was published in the Adrian Herald. It was by Sir Jamie the Red and reflected on his beliefs about Knighthood. I have recently donned the blue belt in Ministry and find myself contemplating my own Knighthood as I have clearly noticed a change in myself since taking the Oath.

When I prepared for my Knighting Ceremony, I tried to incorporate the fact that I take Knighthood to mean I've made the first step in a long path, and that it is not the end of my journey. In Sir Jamie's article he writes, "The essence of chivalry and honor lies in the virtue of humility." I believe very strongly in this and it is something I had hoped to show by example as a Knight. I take humility to mean not being blinded to other peoples values by the acknowledgment of your own. Humility does not mean you should think less of yourself. It is a constant recognition that others around you have value as well. I may be a good administrator of the office of Rolls, but I

could never handle the Stewards office. While I may be a conscientious servant to The Throne, I know that the cook that created the Carrots of Aragon is someone I could never match in the Royal Kitchen.

Sir Jamie goes on to write in his article that honesty, in all forms, is also crucial to being truly chivalric. Honesty in word and deed, specifically to yourself. To quote from the article, "Honesty: Not only in what you say to others, but most important of all, in what you tell yourself." If you take time to be honest with yourself you will discover amazing things about yourself, and will be able to grow in honor. I have devoted a great deal of time to looking into my behavior as the newest Knight of Esperance and find that, if I am honest with myself, I have an opportunity to correct my actions and better myself.

I have worked hard and earned the title of Knight, but as my sworn liege, Sir Coda, has said on numerous occasions, "the belt weighs a hundred times more than the leather itself." If I am honest with myself, in examining my behavior, I find that in struggling to get the respect I gave

members of the Chivalry when I was a Squire, I have lost much of my humility and forgotten to believe in the worth of those around me. While I may not personally get along with some, I used to recognize and value their contribution to the game. Since taking the belt, I have lost some of that.

To the members of the chivalry, I acknowledge my error and shall do my best to improve myself. To the non-chivalry, I apologize. I ask my brothers and sisters of the chivalry to challenge me, should I bring up the fact that "I am a knight." If the fact that I am a Knight does not show by example, then I failed in my efforts and must work that much harder. That is what I believe humility is, and it is something I strive for.

There are those in the Empire who refuse to take their belt because they noticed such a change in people when they became Knights. I shall endeavor to prove that you don't have to change, or if you do change, it can be for the better.

# Umbria

Greetings, Good Populace of Adria!

BANNER WAR APPROACHES!!! All Adrians are invited to attend the Imperial Banner War, May 28th-31st, in Beautiful Flagstaff, Arizona. Umbria is hosting this event at the Coconino Fairgrounds (two miles South of Flagstaff on I-17). This is in a lovely wooded area next to several buildings (kitchen, meeting hall, and BBQ kiosk) reserved for our use. We are also looking into using the nearby archery range. Old-timers may remember this as the site of the 1995 Banner War. There are plenty of campgrounds, bathrooms and showers. There are also plenty of hotels in Flagstaff. We are welcoming all groups (Domains, clans, ships, whatever) to host a small part: A lunch, tea, party, etc. There is plenty to see in the nearby area, so you might want to come a few days early or stay a few days late. Flagstaff is known for its delightful downtown as well as the beautiful hiking, biking and fishing in the area. Nights can be nippy, so bring warm garb. Site fees have yet to be determined, but will include a Saturday Night Feast.

We look forward to warmly welcoming Adria back to Arizona. Volunteers are always welcome! Please contact King Duriel van Hansard at

DanceKnight@surf.free.com.

## HEAR YE!!! HEAR YE!!!

The Royal Physiker of Umbria, Baroness Kate McPherson Mackintosh, is going to do a collegium at the February 20th Umbrian Kingdom Event concerning first aid and doctoring in Medieval Times.

At that Event will be a Royal Estates Meeting at 2pm. Only written proxies will be accepted.

We are also proud to announce that a Warrant of Office has been issued to Lord Sir Iain MacIntosh as Viceroy of Inverness, the second Viceroyalty in Umbria! Vivant!

Warmest Regards,

Ban Ri Roawyn O'Reilly  
Koning Duriel van Hansard  
Queen and King of Umbria

# The Rules of Love

## Andreas Capellanus (~1185, Southern France)

1. The state of marriage does not properly excuse anyone from loving.
2. He who does not feel jealousy is not capable of loving.
3. No one can love two people at the same time.
4. It is well known that love is always either growing or declining.
5. Whatever a lover takes against his lover's will has no savor.
6. A male does not fall in love until he has reached full manhood.
7. A mourning period of two years for a deceased lover is required of the surviving partner.
8. No one should be prevented from loving except by reason of his own death.
9. No one can love unless they are compelled by the eloquence of love.
10. Love is accustomed to be an exile from the house of avarice.
11. It is unseemly to love anyone whom you would be ashamed to marry.
12. A true lover does not desire the passionate embraces of anyone else but his beloved.
13. Love that is made public rarely lasts.
14. Love easily obtained is of little value; difficulty in obtaining it makes it precious.
15. Every lover regularly turns pale in the presence of his beloved.
16. On suddenly catching sight of his beloved, the heart of the lover begins to palpitate.
17. A new love drives out the old.
18. A good character alone makes someone worthy of love.
19. If love lessens, it soon fails and rarely recovers.
20. A man in love is always fearful.
21. The feeling of love is always increased by true jealousy.
22. When a lover feels suspicious of his beloved, jealousy, and with it the sensation of love, are increased.
23. A man tormented by the thought of love eats and sleeps very little.
24. Everything a lover does ends in the thought of his beloved.
25. A true lover considers nothing good but what he thinks will please his beloved.
26. Love can deny nothing to love.
27. A lover cannot have too much of his beloved's consolations.
28. A small supposition compels a lover to suspect his beloved of doing wrong.
29. A man who is troubled by excessive lust does not usually love.
30. A true lover is continually and without interruption obsessed by the image of his beloved.
31. Nothing forbids one woman being loved by two men, or one man by two women.

## Caliban's Quandaries

In my recent travels, I came upon a curious realm. In this land, Knights always tell the truth, as it should be. However, Squires in this land always lie! As they were too poor to even afford belts of blue or red, one may only determine who is who by using your wits.

Now, in a garden, I came upon three inhabitants of this realm: Arlen, Balfour and Conall.

I asked Arlen, "Are you a knight or a squire?"

Arlen answered, but rather indistinctly, so I could not make out what he said.

I then asked Balfour, "What did Arlen say?"

Balfour replied, "Arlen said that he is a squire."

At this point, Conall said, "Don't believe Balfour! He's lying!"

The question is: Can I figure out what Balfour and Conall are?

# Fyne Foods

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## Dining With Hedgehogs

Just in case you hadn't heard, the HMS Hedgehog recently put together a small cookbook that was sold for a dollar donation. There were several friends of Hedgehogs who also contributed to this endeavor. We ended up with a little booklet of recipes (some period, some not, and some that will hopefully never be attempted!)

I want to publicly take a moment of your time and thank all whom contributed to this little project. It was a 2-week turnaround from concept to finished product and has so far resulted in nearly \$80 for the Empire (to be applied toward the 401c12-3k.92b debts).

Yours in the Game,  
Dame Maedb Drakonja  
Protocol Captain, HMS Hedgehog  
(Okay, you knew the shameless plug was here somewhere. There's still a few copies left, and if there's enough interest, we'll do a second edition.)



## Candied Pears in Red Wine Sauce.1492

This dish would have been served to a person of middle to upper class status as a desert after a feast.

The dish would be served on a silver or gold platter surrounded by other deserts. (As I do not have the money for one of these platters I have substituted a wooden one. It's also easier to clean up).

The main ingredient is of course Pears I have used Bosco Pears as the Wild Pears of France can not be gotten here in America and they come closest to matching the wild ones for texture and flavor.

The dish would be prepared the night before the feast so that the candy effect would proceed properly. Then the cook would prepare the sauce in the morning, The sauce is made of 1 \_ cups of sugar, \_ cup of water, \_ cup of red wine, Boiled for 5min. then cooled.

The pears are prepared by peeling them then boiling them in red wine for 5-15 min. to soften them enough so the wine will soak in. Then let simmer for 30 min. in the wine. Cool for 1 hour then slice and put in sugar over night.

Just before the feast the cook would pour the sauce on to the plate and then put the candied pears on in a pattern of his choice and would pour the remaining sauce over the fruit and dish.

### Chronology of ingredients.

- 1: Sugar. 325 B.C. First Known Reference by Admiral Nearchus of Alexander the Great's Navy. 1475 used in recipes from the cookbook "Concerning Honest Pleasure and Physical Well-being" Translated from Latin to Italian, French, German in 1487.
- 2: Wine.1154 French red wine introduced to England by Eleanor of Aquitaine Wife of Henry II.
- 3: Pears. Known as early as 325 B.C. 1387 Used by cooks for feast for Richard II.

Recipe: From "French Deserts from History 1000 -1500" by Christian Guy Orion Press

- 4 Wild Pears Peeled and cooked in red wine for 45 min. Slice and put in sugar. \_ cup of water add to which 1 \_ cups sugar Boil for 5 min. cool for 1 hour. \_ cup of red wine from pears added to water and sugar mix blend well and let cool. 1 \_ cups of sugar(to soak pear slices in over night).

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## Bibliographies

The Cut of Women's Clothing 1600 - 1930, Nora Waugh, 1968, London: Farber and Farber.

Historical descriptions of women's fashion, including patterns construction instructions and materials. Patterns have to enlarged and fitted to the individual.

Period Costume for Stage and Screen, Jean Hunnisett, 1991, Studio City, California: Players Press, Inc.

An oversized edition with patterns, instructions for altering commercial patterns, guidelines for fitting garments, and descriptions of period fashion. Patterns have to be enlarged and fitted to the individual.

Tudors and Elizabethans, Marion Sichel, 1977, Boston: Plays, Inc.

A descriptive history of Tudor and Elizabethan costume includes line drawings of fashion, footwear and hairstyles.

Make Your Own Gloves, Gwen Emlyn-Jones, 1974, New York Scribner's Sons.

The history of gloves. An easy to follow "how to" on hand made gloves from pattern modification to construction. Full-size patterns included.

Lace and Lace Making, Alice-May Bullock, 1981, New York: Larousse and Co.

The history manufactures and styles of lace. Bobbin and needlepoint lace. Great reference for documentation. Chapters covering recognizing, mounting, washing and mending lace.

# To seeth Fresh Salmon

Take a little water, and as much Beere and salt, and put thereto Parsley, Time and Rosemarie, and let all these boyle together. Then put in your Salmon, and make your borth Sharpe with some Vinigar.

## Modern Translation

(Poached Salmon)

3/4 cup water

3/4 cup beer

2 tablespoons minced fresh parsley

1/4 teaspoon dried rosemary leaves

1/8 teaspoon dried thyme

1/4 teaspoon salt

vinegar to taste

4 fish steaks (salmon)

garnish: springs of parsley

1. In a saucepan large enough to hold fish steaks, combine all ingredients except fish. Bring to a boil; reduce heat and simmer for 5 minutes.
2. Check seasoning.
3. Place fish steaks in saucepan. Cover and poach fish for 10 minutes or until it flakes.
4. Remove fish and serve with garnish of parsley.

## Salmon

Salmon was a relatively common fish in the Middle Ages. Today's pollution of the rivers and the dams has reduced the wild salmon in Europe. Until rapid transport became possible, fish was eaten where it was caught.<sup>1</sup> Fish such as salmon and trout were especial prized.<sup>2</sup>

## Water:

Water would come from well near the manor or river if the manor is located near one.<sup>3</sup>

## Beer:

Beer was not introduced in Europe until the 15th century, when hops were added to the brewing of ale to make beer.<sup>4</sup>

## Parsley:

Best know of all herbs and has been grown all over the world for thousand of years. The Greeks thought it stimulate the appetite and promote good humor.<sup>5</sup> Parsley was grown in the herb garden of local manor.<sup>6</sup>

## Rosemary:

Rosemary was a favorite plant in the Middle Ages not only for its medicinal virtues but as symbol of the declaration of love. The Provençals use it to flavor roast meat, fish and game. <sup>7</sup>

## Thyme

Thyme was among Herb's growing on Charlemagne imperial perserves.<sup>8</sup> Thyme was another plant found in the herb garden of manor. It was use to flavor grilled meats, fish and game.<sup>9</sup>

## Salt

Salt was fundamental in the curing of meat and fish and in the disguising if not improving the flavors of foods.<sup>10</sup>

## Vinegar

Vinegar has been around since biblical times.<sup>11</sup> Many medieval dishes are delightfully spiced and seasoned with cinnamon, pepper, ginger, cloves, garlic, vinegar, verjuice and wine.<sup>12</sup>

During the Middle Ages, the Church was a prominent factor in everyday life. Food habits were closely entwined with religious practices. These meatless days were called "Fysse" days.<sup>13</sup> On Church's fische days, salt herring, salmon, eels, and fresh fish replaced meat. Herbs, such as Rosemary, Thyme, and parsley were grown in the kitchen gardens.<sup>14</sup> People who would have this dish would be the monasteries, and who live in manors since they were the only places that grew herbs.<sup>15</sup> This also would narrow it down to residence near the river and had access to a local fish market. Since this would be a fresh meal, only those who were wealthy( would be able to afford this dish. Since this dish uses beer, I would place between 1400 to 1550 period. There could many variance of recipe using different type of fish. This dish was prepare by cooks for the wealthy or in the monasteries.

## References

1. History of Food M. Toussaint-Samat pg 302
2. Horizon Cookbook and Illustrated History of Eating and drinking through the Ages, W. Hale pg 83
3. 700 Hundred Years of English Cooking M. McKendry pg 17-18
4. 700 Hundred Years of English Cooking M. McKendry pg 19
5. History of Food. M. Toussaint-Samat pg 533
6. Horizon Cookbook and Illustrated History of Eating and drinking through the Ages. W. Hale pg 80
7. History of Food M. Toussaint Samat pg 533
8. Cooks, Gluttons & Gourments B. Wason pg 107
9. History of Food M. Toussaint Samat pg 534
10. Horizon Cookbook and Illustrated History of Eating and drinking through the Ages. W. Hale pg 86
11. Horizon Cookbook and Illustrated History of Eating and drinking through the Ages. W. Hale pg 640
12. 700 Hundred Years of English Cooking M. McKendry pg 14
13. The Medieval Cookbook M. Black pg 8
14. 700 Hundred Years of English Cooking M. McKendry pg 15-16
15. Horizon Cookbook and Illustrated History of Eating and drinking through the Ages. W. Hale pg 80

# Roasted Capon in Jance sauce with Winter Squash soup.

Capons, Hens, Hetoudeaux were young capons or large chickens of an age at which they could be neutered. Fattened hens and, even more so capons (which are neutered, fattened roosters) have exceptionally flavorful and succulent flesh. Medieval diners were particularly fond of capon, and its reputation did not flag in later centuries. To bring out all the merits of a capon, roast it.

## Capon

Ingredients:

1 Capon 6 1/2 to 9 lbs. (3 – 4 kg)

Preparation

- Preheat the oven to 400 degrees F.(200 degrees C). Rinse and dry the capon, and
- Salt it inside and out completely. Truss it, place in a Shallow pan, and roast for 15 to 18 min. per pound, Basting frequently with the pan drippings. If the oven temperature is too hot the capon will brown too quickly and the flesh will dry out. To check for doneness, pierce the thigh with a skewer or cooking fork. The juices should run perfectly clear; if they are even slightly pink, the capon is not fully cooked. Slice into serving slices and salt Lightly. Moisten with a spoonful of pan juices, and serve with Jance sauce.

## Jance Sauce

Jance Ingredients:

2 large slices of country bread

1 egg, beaten

1 cup broth (25 cl)

3 table spoons verjuice (5 cl) or equal parts cider vinegar and water

\_teaspoon ground grains of paradise

\_teaspoon ground ginger

\_teaspoon freshly ground black pepper

1 large pinch of saffron threads

salt

Preparation.

- Original method: Take a quantity of nice, good quality table bread according to what you wish to make, and grate it well and neatly over a nice cloth; then take a fine, clean pot and pour in rich beef and mutton broth, and note that it should not be too salty; and then take eggs and mix them with the bread and then gently put this into the broth, constantly stirring with a nice wooden spoon; and also add spices, that is, white ginger, grains of paradise, a little pepper, and saffron to give it color and then verjuice to heighten the flavor; and bring it all to the boil and serve.
- Modern method: In food processor, or using a grater, break bread into fine crumbs; add the beaten egg, process or stir to combine, and leave to stand for a minute. Add the broth and spices, then the verjuice, and process or stir to combine. Place in small saucepan and bring to the boil over medium heat, stirring constantly, until thickened. Add salt to taste, and serve hot.

## Broth Ingredients:

1 \_ pounds meat (combination of beef neck bones or shins of beef and mutton)(800 g)

2 pounds short ribs or flanken (900 g)

4 or 5 carrots

3 or 4 small turnips

7 or 8 small leeks, or 3 large leeks

1 large stalk of celery, including the leafs

1 small bunch of parsley

1 large whole onion, peeled and studded w/ 4 cloves

3 medium bay leaves

1 scant tablespoon whole black peppercorns

salt

Broth Preparation:

- Put the meat into a large pot and add cold water to cover generously. Bring to a boil over medium heat. As soon as the water comes to the boil, reduce heat to a low simmer. Skim carefully as impurities rise to the surface; continue until no more scum rises.
- Peel and wash the vegetables, and add them to the pot along with the parsley. Add a very little salt, the peppercorns, and the bay leaves. Simmer over very low heat for 3 \_ hours.
- Remove the beef / mutton, saving it for use in other dishes, or to be eaten with one or more medieval sauces.
- Strain the broth and let cool. Refrigerate until cold, preferably over night. The fat will solidify on the surface of the broth, and you can remove it easily with a fork or spoon.

## *Winter squash or Pumpkin soup*

### Ingredients:

5 \_ pounds squash or pumpkin (2.5 kg)  
4 cups almond milk (1 liter)  
4 tablespoons (2 ounces) butter (60 g)  
salt to taste

### Preparation:

- Peel the squash and remove the seeds if any. Cut into 1 inch (2 cm) chunks and cook in boiling salted water for about 10 minutes. The squash must remain firm and must not fall apart; you will need to be vigilant, as cooking time will vary with the variety of squash or pumpkin you use. Drain and press gently in a sieve to remove excess water. Chop to a coarse puree with a knife or in a food processor. Place the puree into a saucepan, add the almond milk and butter, and bring to a boil. Check for salt before serving.

## *Almond Milk*

### Ingredients:

\_ cups (generous) almonds (shelled but not blanched, (120 g)), or 6 ounces of ground almonds (150 g)  
4 cups warm water

### Preparation:

- To blanch almonds place them in boiling water, return them to a boil then immediately drain in a strainer. Run cold water through the almonds until cool. One by one pinch each almond between thumb and forefinger; the nut will easily slide out of its brown skin. And that's all there is to blanching almonds. (10 minutes approximately).
- Soak the almonds over night in cool water. Put half of your almonds or ground almonds in blender with 2 cups of warm water. Blend for quite some time, until smooth white liquid forms. Reserve and repeat with remaining almonds and water. Line a strainer with a double layer of Strong cheesecloth, washed and squeezed dry. Strain the almond milk; press lightly to extract as much liquid as possible. The results will be wonderfully rich milk.

## *References:*

1. The medieval kitchen (Recipes from France and Italy fourteenth and fifteenth centuries)  
By; Odile Redon, Francoise Sabban, & Silvano Serventi Translated by Edward Schneider
2. The Food Chronology By; James Trager
3. History of food By; Maguelonne Toussaint – Samat Translated by Anthea Bell

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## *Goode Bardics*

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### *The Fire that burns in the night sky.*

Posted by Farspeak of Beverly on Wednesday, 11 November 1998, at 10:27 a.m.

Though unseen by the rest of the camp, a warrior stares at the dark sky above.  
On the black canvas of the night he spots the flickering light of the star.  
The fire of the star in the night cannot compare to the twinkle in her eyes.  
The fire of a diamond or ruby seem dull when he looks into her eyes.  
Battle is what he has lived for all of his life, but without her he would die.  
It is said that when two hearts come together a new star is born, he knows the star they share.  
That star points the way home to her arms and the warmth of her smile.  
Love and devotion hold the stars in place for all to see, two hands holding a priceless gift.  
He weeps for the stars that fall from the sky. One of the hands; love or devotion, just lets go and the star falls.  
He gave his heart to her as sure as she gave hers. Their star hangs high in the sky for both to see.  
Their star will burn long after their passing, as all the others before, a reminder of True Love's strength.  
It takes two to light a star and keep it from falling, and there is a vast black canvas to place them.

## *The Young and Strong Ones*

We were four, but we are now are ten  
We are young and strong, full of fire and ready to fight.

We came to the Esperance War  
We had never fought before.

We fought side by side with the knights, squires and men-at-arms.

We heard whispers  
"who are they?" We are "Aquataine Fighters"  
"Where did they come from?" "The Barony of Vineland".

They saw us fight a good fight,  
3 of us died, but one survived!  
"Who was he?" He was Sigarson,  
Did you see he won the single Shinai Tournament?  
The three that fought by his side

Vader, Adrick and Squire Mistress Violet.

YES, there are women fighters in Aquataine  
and there are more surprises to come from us.

By Squire Mistress Violet

We have fighter practice on Tuesdays at 3pm to 5pm Fairmont  
Park in the city of Riverside CA. See you there.

## *The Adrian Cycle*

I began playing this wonderful game because it looked fun. I could make  
friends, and laugh, and party, and  
dress funny, and hit people with swords.

It began to suck me in because I looked under the surface. I started to see  
how the Middle Ages were, and what they meant, and how they did things, and  
I could dress funny, and hit people with swords.

I began to make it my hobby because it was fun. I started to sew things by  
hand, and cook over a fire, and brew ale, and laugh, and party, and dress  
funny, and hit people with swords.

It began to take over my life because I wanted it right. I knew what the  
stitches were, and how they made mead and feasted, and dressed, and hit  
people with swords.

I began to dream big because the dream WAS big. I had learned so much and I  
could share it all, and  
share my knowledge, and dress funny, and hit people with swords.

I began to run into walls because we all don't dream the same. I stood up  
for the right, and the good, and tried to change the world for the better,  
and they wouldn't listen, but I could dress funny, and hit people with swords.

I took a breathe and I quit because it wasn't worth it. I watched, though,  
and I saw others play, and get sucked in, and dream, and charge brick walls,  
and dress funny, and hit people with swords.

I began playing again because it was fun. I could dream my own dream (and  
let you dream yours), and make friends (and ignore enemies), and laugh (and  
watch others laugh), and party (with home-brewed ale and food), and dress  
funny (with all the right garb), and hit people with swords (with my home-forged steel).

~Dame Maedb Hawkins Drakonja

## *My Lady Carries Love Within Her Eyes*

My lady carries love within her eyes;  
All that she looks on is made pleasanter;  
Upon her path men turn to gaze at her;  
He whom she greeteth feels his heart to rise,  
And droops his troubled visage, full of sighs,  
And of his evil heart is then aware:  
Hate loves, and pride becomes a worshipper.  
O women, help to praise her in some wise.  
Humbleness, and the hope that hopeth well,  
By speech of hers into the mind are brought,  
And who beholds is blessed oftenwhiles.  
The look she hath when she a little smiles  
Cannot be said, nor holden in the thought;  
'Tis such a new and gracious miracle.

DANTE ALIGHIERI (1265-1321)

## *The Stolen Kiss*

TO HIS LOVE WHOM HE HAS KISSED  
AGAINST HER WILL

Alas, Madam, for stealing of a kiss,  
Have I so much your mind therein offended?  
Or have I done so grievously amiss  
That by no means it may not be amended?  
Revenge you then; the readiest way is this:  
Another kiss my life it shall have ended.  
For, to my mouth the first my heart did suck,  
The next shall clean out of my breast it pluck.

SIR THOMAS WYATT (1503-42. Diplomat to  
Henry VIII)

# Filk

Filk in its earliest form was the setting of new, usually humorous, words to old tunes or settings of existing poetry to a suitable melodic line. Filkers still write many parodies and settings, but they also write songs that are original both in music and lyrics. These songs range from funny to heart-wrenching, silly to deadly serious, someplace in the middle or combinations of all of the above.

Filk is most commonly performed a cappella or by singers accompanied by a guitar. However, filkers use a wide range of instruments both traditional and modern, acoustic and electric.

## *The Imperial War Filk*

Hacked from Disney's Beauty and the Beast  
By Morgan MacCanna

Through the mist, through the woods,  
through the drive-thru at Dell-taco.  
Knights of Adria come looking for a fight.  
If you dare they'll be there  
eagerly engaged in battle  
swords and armor shining brightly in the light.  
Its the war for the crown of an empire  
though one contender is all that we have  
sir Stefan will rule on, but till then we'll fight on  
we'll fight on, cause its fun, what the hell.

On a field in a park by a pond covered in pondscum  
three armies contend in battle just for fun  
in a glade cloaked by shade everything will be decided  
for its well over a hundred in the sun  
its the ducks and Stefan by committee  
sir Stefan leads his troops on the field  
we will fight till its night, drink and feast by moonlight  
by moonlight, till the dawn to the yield!

Come the dawn, come the sun almost everyone's hungover  
still we took the battlefield with our blades  
sir Stefan and the ducks would engage in armored battle even  
though its nearly ninety in the shade  
its a wonder we don't just fall over  
a miracle that we still stand at all  
we will fight through the day though its hell that we pay  
till we win, till we win or we fall

Come the dusk, sets the sun closing court is now commencing  
artists, ministers and warrior heed the call  
sir Stefan's won the day and will now be our new emperor  
who'da thought he'd take the crown this very fall  
now the war points will all be divided  
and the winners will stand proud and tall  
and we'll stand and we'll cheer, cause its why we're all here  
to compete, and get tanked, and have a ball

## *Walk Like a Scot*

Sung to the tune of walk like a man  
butchered for your listening entertainment

by Morgan Mac Canna

(chorus)

You've got to walk like a Scot  
talk like a Scot  
don't let your kilt ride up to high  
when you're at a loss  
just try a caber toss  
and walk like a scot my son

(first stanza)

High above the lowlands  
we love living it the highlands  
playing hide and seek with English troops  
way-oh way-oh way-oh  
we hit and run in battle  
when we rob them of their cattle  
then we chop them up and use them in our soups

(repeat chorus)

(second stanza)

We killed them in their sleep  
then we robbed them of their sheep  
and then we burned their village to the ground  
way-oh way-oh way-oh  
we felt the urge to eat  
so we used the sheep for meat  
and ate it raw and roasted golden brown

(repeat chorus)

(third stanza)

The English say we're chicken  
but the always get a lickin  
when they come to the highlands for a fight  
way-oh way-oh way-oh  
we're barbarous and tricky  
and a Scotsman aint to picky  
with all the ways to slay an English knight

(repeat chorus)

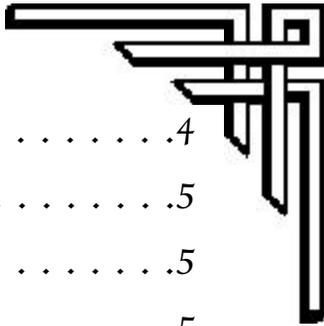
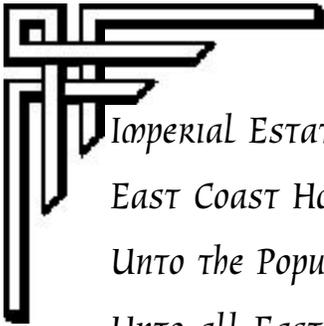
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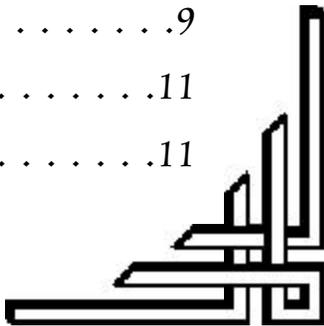
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My Knighthood . . . . .4  
 Umbria . . . . .5  
 Hear Ye!! . . . . .5  
 The Rules of Love . . . . .5  
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Riverside CA. See you there.

## *Annotated Bibliographies*

Annotated Bibliographies are a regular  
feature of The Adrian Herald.

**Italic Handwriting Series.** Getty,  
Barbara and Inga Dubay. Portland,  
Oregon: Continuing Education Press,  
1994.

Learn basic and cursive Italic  
handwriting based on sixteenth  
century letter forms.

**Edgings: A Collector's Book.** Coats  
and Clark. Toronto: Coats Patons, 1994.  
42 edgings or lace patterns to  
crochet, knit and tatt.

**20,000 Years of Fashion: The History  
of Costume and Personal Adornment.**  
Boucher, Francois. New York: Abrams  
Publishing, 1987.

A beautiful color picture book of  
Western Fashion and adornment  
from the Paleolithic to 1983.  
Includes trade routes, materials,  
dyes, jewelry, weaving, hair styles,  
ornamentation, footwear, armor,  
geographical and historical setting,  
influences, men's and women's  
costumes, religious, secular and  
status related fashions, theatrical  
costumes and luxury items.

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Simon and Schuster, 1957.

A well written history of "European  
civilization outside of Italy, from  
1300 to 1564." Durant's writing style  
makes for an easy read.

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