

Add thereto

Volume 3, Issue 1 - 2
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For Cooks & Brewers

The Forme of Cury,

[xxix]

powder, 131. and it is the name of a mefs, 139. quære whether *gyngyn* is not misread for *gyngyr*, for see Junii Etym. The Romans had their ginger from Troglodytica *.

Cubebes, 64. 121. are a warm spicy grain from the east.

Grains of Paradice, or *de parys*, 137.^s are the greater cardamoms.

Noix muscadez, 191. nutmegs.

The caraway is once mentioned, N^o 53. and was an exotic from *Caria*, whence, according to Mr. Lye, it took its name: 'funt femina, inquit, *carri* vel *carrei*, sic dicti a *Caria*, ubi copiosissimè nascitur^t.'

Powder-douce, which occurs so often, has been thought by some, who have just peeped into our Roll, to be the same as sugar, and only a different name for it; but they are plainly mistaken, as is evident from 47. 51. 164. 165. where they are mentioned together as different things. In short, I take powder-douce to be either powder of galyngal, for see Editor's MS II. 20. 24, or a compound made of sundry

* Bochart. III. col. 332.

^s See our Gloss. voce Greynes.

^t Lye, in Junii Etymolog.

aromatic

cubebes, grains of Paradice, nutmeg, caraway, powder-douce,

Editors Bits

Welcome to the new and improved *add thereto*.

A place to showcase the cooking and brewing skills and research of the populace of Lochac.

Have you redacted a receipt, run a feast, made a batch of mead, or entered an Arts and

Sciences competition? Then you have certainly written documentation.

add thereto is looking for articles, book reviews, receipts, redactions, kitchen quips, tips and tricks, trials and tribulations, suppliers, all those bits of information that are

invaluable to making the experience of cooking and brewing all the more enjoyable and easy for all manner of cooks and brewers.

Until next time

Rhiceneth

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add thereto

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add thereto is dedicated to the sharing, and exchanging of the practice and promotion of pre-seventeenth century cookery and brewing in the

SCA and the Kingdom of Lochac.

add thereto freely available from the Lochac Cooks' Guild website (www.sca.org.au/cooks), and *add thereto's* website (www.addthereto.rhawn.com).

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The Complete Cook

Part 1

By Dame Alys Katharine

Others have written how to put on a feast, purchase food in bulk, cook for hundreds, as well as details of kitchen sanitation. I would like the cook to consider the preparation from several other points of view: documentation, cohesion, and presentation. A feast may be tasty and the food may be plentiful but feasters can feel "incomplete", not quite knowing what is missing. Tasty little meatballs, rolling around in a too-big bowl with no sauce to cover them or anything to put them on might be one reason. A special subtlety, loudly proclaimed by the herald and paraded through the hall, invisible because of weak candlelight, might be another. A Muslim Arabic dish served with roast pork and chocolate cake may be third. I would like you to consider with me some of the potential difficulties modern cooks may have in presenting a medieval or Renaissance feast to the public.

If you are new to cooking medieval foods please don't let the ideas presented here keep you from experimenting and cooking for groups. One does not become an "master medieval cook" overnight. The concepts of documentation, cohesion and presentation are meant to stretch your horizons and expand your idea of what cooking a feast can be, not to stop you until you can somehow become "perfect."

Feast cooks are, appropriately enough, concerned with the budget, the mechanics of preparation, and even the mechanics of cleaning up the feast hall to ready it for Court or dancing. Those who pay for a feast are concerned with whether they will get good value for their money and whether the food will taste good or be "wierd." But, consider how SCA armor has progressed. It has gone from freon cans and carpet padding protection to armor and tabards that look "real". While beginning fighters may use blue plastic barrels to make their armor most fighters continue to improve their armor making it more "medieval" as they continue to improve their fighting. No one really forced this. It came as a natural consequence of fighters wanting to look more "period." SCA feasts need to leave this "freon can" stage of feasts and begin to investigate how a medieval or Renaissance feast was put together, how the tables were set, how the food was garnished and presented to the feasters. When you as a cook make some simple (or spectacular!) changes to make your feasts more "period", others will follow. Only then will this important part of our re-creation begin to mature and develop as have our armoring and arts and craft skills.

DOCUMENTATION

Cooking is a transitory art. Once the food has been cooked, it is eaten and the leftovers are disposed of...in a tummy on a later day or into the trashbin. Nothing really remains to tell us how it tasted, what variations were made in the recipe, or what changes are recommended for the next time. Whether you are preparing a feast or just a few dishes to please yourself and possibly some friends, documenting what you did and how you did it will help you the next time you want to do the same dish. Most of us make this kind of simple documentation, usually in the margins of the cookbook!

Each year it becomes easier to find books that provide modern versions of period recipes. Some cooks prefer to start by using someone else's adaptation rather than experimenting with a medieval recipe that may have unusual spices or few measurements. Look for books that contain the period recipe along with the modern adaptation (redaction/interpretation). Check to see how closely the modern author followed the original recipe. Did the author specify why changes were made? Are the changes logical based on your experience? What would happen if you used the original ingredients or

preparation method? Once a cook gains experience it becomes easier to work from the medieval recipe.

Keep a list of the recipes you have tried and what book(s) they came from. Make notes you will be able to comprehend two years later about any changes you made, ingredient amounts you used, the results and what you might do differently the next time. This is a type of documentation.

Developing your own store of period recipes will help if you want to put on a feast. Too often people will decide to "do a feast" and then use modern recipes because they don't have a repertoire of authentic material to draw from. Or, they will give the hoary excuse, "Period recipes don't taste good."

As a cook begins to learn something about medieval and Renaissance cooking, he or she usually discovers that there is far more to learn than expected. For example, baked ham will probably be well-received at a feast. However, medieval hams bore little resemblance to today's "water-added" meat. How would it be possible to approximate what would have been available? In most European countries meat was always served with a sauce or several sauces. What kinds would have been used with a ham? Does the feast cook know enough to provide sauces or is the ham studded with cloves and glazed with brown sugar? Delicious, certainly, but it is analogous with the "freon can" level of armoring.

Certainly SCA cooks can provide an excellent modern feast or banquet. The guests can receive excellent value for their money as well as full stomachs after a hard day of fighting, teaching classes, or just plain socializing. The problem comes with implying that what is being served is "medieval" rather than "modern" or "medievaloid." Cooks who wish to raise the consciousness level of the feasters might consider letting them know something about the meal. A simple way to do this is to prepare a list of dishes and place it on each table. For example, "First Course: Basque Chicken, Spaghetti with Moorish Sauce; Spinach with Raisins and Pinenuts." The next step up is to let the diners know that the recipes are from period sources. "Tarte of Strawberries", *The Good Huswifes Jewell*, Thomas Dawson, 1596," would be an example. And, most diners will appreciate an English translation of a food such as "Comminee d'almandes (Almond Chicken Cuminade)."

If you have been planning far enough ahead you could prepare feast recipe booklets. These should include the list of foods served and the recipe you used along with any changes you made. Ideally, it should include the original recipe (for those diehards who want to check what you did with the original!). A final nice touch in the booklet would be a complete bibliography of all your sources with title, author, publisher, year, etc. Some groups have done spiral-bound feast booklets with heavy-stock covers that contain historical information about the country, the period author, or about some of the foodstuffs used in the recipes. Others contain just the recipes photocopied on regular paper and folded in half. Your fee for the book will depend on how many pages, your printing costs, and so forth.



Cast Iron Pans

To gently and effectively clean your cast iron skillets after most uses, wipe out excess food with a dry paper towel, then sprinkle salt inside the pan. Wipe clean with a clean, dry paper towel. The salt acts as an abrasive to scratch off any stuck-on particles of food without using soap and water, which can remove your seasoning. For stubborn stuck-on food, use a putty knife to scrape it off. You may, however, need to re-season the pan after doing this.

Beverages

Project Gutenberg EBook of
Manners, Custom and Dress During the Middle Ages and During the Renaissance Period

Paul Lacroix

Beverages.--Beer is not only one of the oldest fermenting beverages used by man, but it is also the one which was most in vogue in the Middle Ages. If we refer to the tales of the Greek historians, we find that the Gauls--who, like the Egyptians, attributed the discovery of this refreshing drink to their god Osiris--had two sorts of beer: one called zythus, made with honey and intended for the rich; the other called corma, in which there was no honey, and which was made for the poor. But Pliny asserts that beer in Gallie was called cerevisia, and the grain employed for making it brasce. This testimony seems true, as from brasce or brasse comes the name brasseur (brewer), and from cerevisia, cervoise, the generic name by which beer was known for centuries, and which only lately fell into disuse.

After a great famine, Domitian ordered all the vines in Gaul to be uprooted so as to make room for corn. This rigorous measure must have caused beer to become even more general, and, although two centuries later Probus allowed vines to be replanted, the use of beverages made from grain became an established custom; but in time, whilst the people still only drank cervoise, those who were able to afford it bought wine and drank it alternately with beer.

However, as by degrees the vineyards increased in all places having a suitable soil and climate, the use of beer was almost entirely given up, so that in central Gaul wine became so common and cheap that all could drink it. In the northern provinces, where the vine would not grow, beer naturally continued to be the national beverage (Fig. 104).

In the time of Charlemagne, for instance, we find the Emperor wisely ordered that persons knowing how to brew should be attached to each of his farms. Everywhere the monastic houses possessed breweries; but as early as the reign of St. Louis there were only a very few breweries in Paris itself, and, in spite of all the privileges granted to their corporation, even these were soon obliged to leave the capital, where there ceased to be any demand for the produce of their industry. They reappeared in 1428, probably in consequence of the political and commercial relations which had become established between Paris and the rich towns of the Flemish bourgeoisie; and then, either on account of the dearness of wine, or the caprice of fashion, the consumption of beer again became so general in France that, according to the "Journal d'un Bourgeois de Paris," it produced to the revenue two-thirds more than wine. It must be understood, however, that in times of scarcity, as in the years 1415 and 1482, brewing was temporarily stopped, and even forbidden altogether, on account of the quantity of grain which was thereby withdrawn from the food supply of the people (Fig. 105).

Under the Romans, the real cervoise, or beer, was made with barley; but, at a later period, all sorts of grain was indiscriminately used; and it was only towards the end of the sixteenth century that adding the flower or seed of hops to the oats or barley, which formed the basis of this beverage, was thought of.

Estienne Boileau's "Book of Trades," edited in the thirteenth century, shows us that, besides the cervoise, another sort of beer was known, which was called godale. This name, we should imagine, was derived from the two German words god ael, which mean "good beer," and was of a stronger description than the ordinary cervoise; this idea is proved by the Picards and Flemish people calling it "double beer." In any case, it is from the word godale that the familiar expression of godailler (to tipple) is derived.

In fact, there is hardly any sort of mixture or ingredient which has not been used in the making of beer, according to the fashions of the different periods. When, on the return from the Crusades, the use of spice had become the fashion, beverages as well as the food were loaded with it. Allspice, juniper, resin, apples, bread-crumbs, sage, lavender, gentian, cinnamon, and laurel were each thrown into it. The English sugared it, and the Germans salted it, and at times they even went so far as to put darnel into it, at the risk of rendering the mixture poisonous.

The object of these various mixtures was naturally to obtain high-flavoured beers, which became so much in fashion, that to describe the want of merit of persons, or the lack of value in anything, no simile was more common than to compare them to "small beer." Nevertheless, more delicate and less blunted palates were to be found which could appreciate beer sweetened simply with honey, or scented with ambergris or raspberries. It is possible, however, that these compositions refer to mixtures in which beer, the produce of fermented grain, was confounded with hydromel, or fermented honey. Both these primitive drinks claim an origin equally remote, which is buried in the most distant

periods of history, and they have been used in all parts of the world, being mentioned in the oldest historical records, in the Bible, the Edda, and in the sacred books of India. In the thirteenth century, hydromel, which then bore the name of borgérafre, borgéraste, or bochet, was composed of one part of honey to twelve parts of water, scented with herbs, and allowed to ferment for a month or six weeks. This beverage, which in the customs and statutes of the order of Cluny is termed potus dulcissimus (the sweetest beverage), and which must have been both agreeable in taste and smell, was specially appreciated by the monks, who feasted on it on the great anniversaries of the Church. Besides this, an inferior quality of bochet was made for the consumption of the lower orders and peasants, out of the honeycomb after the honey had been drained away, or with the scum which rose during the fermentation of the better qualities.

Cider (in Latin *sicera*) and perry can also both claim a very ancient origin, since they are mentioned by Pliny. It does not appear, however, that the Gauls were acquainted with them. The first historical mention of them is made with reference to a repast which Thierry II., King of Burgundy and Orleans (596-613), son of Childebert, and grandson of Queen Brunehaut, gave to St. Coloman, in which both cider and wine were used. In the thirteenth century, a Latin poet (Guillaume le Breton) says that the inhabitants of the Auge and of Normandy made cider their daily drink; but it is not likely that this beverage was sent away from the localities where it was made; for, besides the fact that the "Ménagier" only very curtly mentions a drink made of apples, we know that in the fifteenth century the Parisians were satisfied with pouring water on apples, and steeping them, so as to extract a sort of half-sour, half-sweet drink called *dépense*. Besides this, Paulmier de Grandmesnil, a Norman by birth, a famous doctor, and the author of a Latin treatise on wine and cider (1588), asserts that half a century before, cider was very scarce at Rouen, and that in all the districts of Caux the people only drank beer. Duperron adds that the Normans brought cider from Biscay, when their crops of apples failed.

By whom and at what period the vine was naturalised in Gaul has been a long-disputed question, which, in spite of the most careful research, remains unsolved. The most plausible opinion is that which attributes the honour of having imported the vine to the Phoenician colony who founded Marseilles.

Pliny makes mention of several wines of the Gauls as being highly esteemed. He nevertheless reproaches the vine-growers of Marseilles, Beziers, and Narbonne with doctoring their wines, and with infusing various drugs into them, which rendered them disagreeable and even unwholesome (Fig. 106). Dioscorides, however, approved of the custom in use among the Allobroges, of mixing resin with their wines to preserve them and prevent them from turning sour, as the temperature of their country was not warm enough thoroughly to ripen the grape.

Rooted up by order of Domitian in 92, as stated above, the vine only reappeared in Gaul under Protus, who revoked, in 282, the imperial edict of his predecessor; after which period the Gallic wines soon recovered their ancient celebrity. Under the dominion of the Franks, who held wine in great favour, vineyard property was one of those which the barbaric laws protected with the greatest care. We find in the code of the Salians and in that of the Visigoths very severe penalties for uprooting a vine or stealing a bunch of grapes. The cultivation of the vine became general, and kings themselves planted them, even in the gardens of their city palaces. In 1160, there was still in Paris, near the Louvre, a vineyard of such an extent, that Louis VII. could annually present six hogsheads of wine made from it to the rector of St. Nicholas. Philip Augustus possessed about twenty vineyards of excellent quality in various parts of his kingdom.

The culture of the vine having thus developed, the wine trade acquired an enormous importance in France. Gascony, Aunis, and Saintonge sent their wines to Flanders; Guyenne sent hers to England. Froissart writes that, in 1372, a merchant fleet of quite two hundred sail came from London to Bordeaux for wine. This flourishing trade received a severe blow in the sixteenth century; for an awful famine having invaded France in 1566, Charles IX. did not hesitate to repeat the acts of Domitian, and to order all the vines to be uprooted and their place to be sown with corn; fortunately Henry III. soon after modified this edict by simply recommending the governors of the provinces to see that "the ploughs were not being neglected in their districts on account of the excessive cultivation of the vine."

Although the trade of a wine-merchant is one of the oldest established in Paris, it does not follow that the retail sale of wine was exclusively carried on by special tradesmen. On the contrary, for a long time the owner of the vineyard retailed the wine which he had not been able to sell in the cask. A broom, a laurel-wreath, or some other sign of the sort hung over a door, denoted that any one passing could purchase or drink wine within. When the wine-growers did not have the quality and price of their wine announced in the village or town by the public crier, they placed a man before the door of their cellar, who enticed the public to enter and taste the new wines. Other proprietors,

instead of selling for people to take away in their own vessels, established a tavern in some room of their house, where they retailed drink (Fig. 107). The monks, who made wine extensively, also opened these taverns in the monasteries, as they only consumed part of their wine themselves; and this system was universally adopted by wine-growers, and even by the king and the nobles. The latter, however, had this advantage, that, whilst they were retailing their wines, no one in the district was allowed to enter into competition with them. This prescriptive right, which was called *droit de ban-vin*, was still in force in the seventeenth century.

Saint Louis granted special statutes to the wine-merchants in 1264; but it was only three centuries later that they formed a society, which was divided into four classes, namely, hotel-keepers, publichouse-keepers, tavern proprietors, and dealers in wine à pot, that is, sold to people to take away with them. Hotel-keepers, also called *aubergistes*, accommodated travellers, and also put up horses and carriages. The dealers à pot sold wine which could not be drunk on their premises. There was generally a sort of window in their door through which the empty pot was passed, to be returned filled: hence the expression, still in use in the eighteenth century, *vente a huis coupé* (sale through a cut door). Publichouse-keepers supplied drink as well as *nappe et assiette* (tablecloth and plate), which meant that refreshments were also served. And lastly, the *taverniers* sold wine to be drunk on the premises, but without the right of supplying bread or meat to their customers (Figs. 108 and 109).

The wines of France in most request from the ninth to the thirteenth centuries were those of Mâcon, Cahors, Rheims, Choisy, Montargis, Marne, Meulan, and Orléanais. Amongst the latter there was one which was much appreciated by Henry I., and of which he kept a store, to stimulate his courage when he joined his army. The little fable of the Battle of Wines, composed in the thirteenth century by Henri d'Andelys, mentions a number of wines which have to this day maintained their reputation: for instance, the Beaune, in Burgundy; the Saint-Emilion, in Gruyenne; the Chablis, Epernay, Sézanne, in Champagne, &c. But he places above all, with good reason, according to the taste of those days, the Saint-Pourçain of Auvergne, which was then most expensive and in great request. Another French poet, in describing the luxurious habits of a young man of fashion, says that he drank nothing but Saint-Pourçain; and in a poem composed by Jean Bruyant, secretary of the Châtelet of Paris, in 1332, we find

"Du saint-pourçain Que l'on met en son sein pour sain."
("Saint-Pourçain wine, which you imbibe for the good of your health.")

Towards 1400, the vineyards of Aï became celebrated for Champagne as those of Beaune were for Burgundy; and it is then that we find, according to the testimony of the learned Paulmier de Grandmesnil, kings and queens making champagne their favourite beverage. Tradition has it that Francis I., Charles Quint, Henry VIII., and Pope Leon X. all possessed vineyards in Champagne at the same time. Burgundy, that pure and pleasant wine, was not despised, and it was in its honour that Erasmus said, "Happy province! she may well call herself the mother of men, since she produces such milk." Nevertheless, the above-mentioned physician, Paulmier, preferred to burgundy, "if not perhaps for their flavour, yet for their wholesomeness, the vines of the Ile de France or *vins français*, which agree, he says, with scholars, invalids, the bourgeois, and all other persons who do not devote themselves to manual labour; for they do not parch the blood, like the wines of Gascony, nor fly to the head like those of Orleans and Château-Thierry; nor do they cause obstructions like those of Bordeaux." This is also the opinion of Baccius, who in his Latin treatise on the natural history of wines (1596) asserts that the wines of Paris "are in no way inferior to those of any other district of the kingdom." These thin and sour wines, so much esteemed in the first periods of monarchy and so long abandoned, first lost favour in the reign of Francis I., who preferred the strong and stimulating productions of the South.

Notwithstanding the great number of excellent wines made in their own country, the French imported from other lands. In the thirteenth century, in the "Battle of Wines" we find those of Aquila, Spain, and, above all, those of Cyprus, spoken of in high terms. A century later, Eustace Deschamps praised the Rhine wines, and those of Greece, Malmsey, and Grenache. In an edict of Charles VI. mention is also made of the muscatel, rosette, and the wine of Lieppe. Generally, the Malmsey which was drunk in France was an artificial preparation, which had neither the colour nor taste of the Cyprian wine. Olivier de Serres tells us that in his time it was made with water, honey, clary juice, beer grounds, and brandy. At first the same name was used for the natural wine, mulled and spiced, which was produced in the island of Madeira from the grapes which the Portuguese brought there from Cyprus in 1420.

The reputation which this wine acquired in Europe induced Francis I. to import some vines from Greece, and he planted fifty acres with them near Fontainebleau. It was at first considered that this plant was succeeding so well, that "there were hopes," says Olivier de Serres, "that France would soon be able to furnish her own Malmsey and Greek wines, instead of having to import them from abroad." It is evident, however, that they soon gave up this

delusion, and that for want of the genuine wine they returned to artificial beverages, such as vin cuit, or cooked wine, which had at all times been cleverly prepared by boiling down new wine and adding various aromatic herbs to it.

Many wines were made under the name of herbés, which were merely infusions of wormwood, myrtle, hyssop, rosemary, &c., mixed with sweetened wine and flavoured with honey. The most celebrated of these beverages bore the pretentious name of "nectar;" those composed of spices, Asiatic aromatics, and honey, were generally called "white wine," a name indiscriminately applied to liquors having for their bases some slightly coloured wine, as well as to the hypocras, which was often composed of a mixture of foreign liqueurs. This hypocras plays a prominent part in the romances of chivalry, and was considered a drink of honour, being always offered to kings, princes, and nobles on their solemn entry into a town.

The name of wine was also given to drinks composed of the juices of certain fruits, and in which grapes were in no way used. These were the cherry, the currant, the raspberry, and the pomegranate wines; also the moré, made with the mulberry, which was so extolled by the poets of the thirteenth century. We must also mention the sour wines, which were made by pouring water on the refuse grapes after the wine had been extracted; also the drinks made from filberts, milk of almonds, the syrups of apricots and strawberries, and cherry and raspberry waters, all of which were refreshing, and were principally used in summer; and, lastly, tisane, sold by the confectioners of Paris, and made hot or cold, with prepared barley, dried grapes, plums, dates, gum, or liquorice. This tisane may be considered as the origin of that drink which is now sold to the poor at a sous a glass, and which most assuredly has not much improved since olden times.

It was about the thirteenth century that brandy first became known in France; but it does not appear that it was recognised as a liqueur before the sixteenth. The celebrated physician Arnauld de Villeneuve, who wrote at the end of the thirteenth century, to whom credit has wrongly been given for inventing brandy, employed it as one of his remedies, and thus expresses himself about it: "Who would have believed that we could have derived from wine a liquor which neither resembles it in nature, colour, or effect?... This eau de vin is called by some eau de vie, and justly so, since it prolongs life.... It prolongs health, dissipates superfluous matters, revives the spirits, and preserves youth. Alone, or added to some other proper remedy, it cures colic, dropsy, paralysis, ague, gravel, &c."

At a period when so many doctors, alchemists, and other learned men made it their principal occupation to try to discover that marvellous golden fluid which was to free the human race of all its original infirmities, the discovery of such an elixir could not fail to attract the attention of all such manufacturers of panaceas. It was, therefore, under the name of eau d'or (aqua auri) that brandy first became known to the world; a name improperly given to it, implying as it did that it was of mineral origin, whereas its beautiful golden colour was caused by the addition of spices. At a later period, when it lost its repute as a medicine, they actually sprinkled it with pure gold leaves, and at the same time that it ceased to be exclusively considered as a remedy, it became a favourite beverage. It was also employed in distilleries, especially as the basis of various strengthening and exciting liqueurs, most of which have descended to us, some coming from monasteries and others from châteaux, where they had been manufactured.

Mailing Lists

Lochac Brewers, Vintners and Imbibers Guild - <http://groups.yahoo.com/group/lochac-brewers/>

Lochac Cooks' Guild - <http://groups.yahoo.com/group/sca-lochac-cooks/>

SCA Cooks - <http://www.ansteorra.org/mailman/listinfo/sca-cooks>

SCA Brew - http://groups.yahoo.com/group/sca_brew/

SCA Recipes - http://groups.yahoo.com/group/sca_recipes/

Historical Brewing - <http://www.pbm.com/mailman/listinfo/hist-brewing>

SCA Brewing and Vinting - Mead, beer, cordials, Wine - <http://groups.yahoo.com/group/scabrewingandvinting/>

SCA Food and Feasts - <http://groups.yahoo.com/group/SCAFoodandFeasts/>

Gode Cookery - <http://groups.yahoo.com/group/godecookery/>

SCA Authentic Cooks - <http://groups.yahoo.com/group/SCA-AuthenticCooks/>

SCA Subtleties & Confections - http://groups.yahoo.com/group/SCA_Subtleties/

A Very Basic Introduction to Yuan/Ming Chinese Cookery

by Drake Morgan

Introduction:

I was intrigued by an article that appeared one day in the post in the form of the translation of some Chinese recipes, Ni Tsan's *Cloud Forest Hall Collection of Rules for Drinking and Eating (Yun Lintang Yinshi Zhidu Ji)*. The article is a translation from Modern Mandarin Chinese into English by two anthropologists (Teresa Wang and Eugene Anderson) that specialise in Asian food and eating practices. The article is a translation of a Ming Dynasty manuscript (written by Yao Tzu, Master of Tea Dreams) which re-presented Ni Tsan's work eighty to one hundred years later, although the original manuscript's date is not known. The translation was performed using two previous attempts: Thomas Gwinner's *Essen und Trinken: Die Klassische Kochbuch Litreatur Chinas (1988) (in German)*; and a Chinese Government Translation by Ch'iu T'ung (1984) (*Mandarin Chinese*). Both sources yielded almost the same results as the latest attempt.

Further research uncovered which contains a primary manuscript, Hu Szu-hui's *Proper and Essential Things for the Emperor's Food and Drink (Yin-Shan Cheng-Yao)* manuscript, being presented to the emperor in 1330. The manuscript is reproduced in entirety along with its translation and commentary in *A Soup for the Qan (Buell and Anderson, 2000)*.

Ingredients

Yin-shan cheng-yao contains an excellent record of Mongol court cuisine while *Yun Lintang Yinshi Zhidu Ji* contains a contrasting example of Coastal Chinese cuisine strikingly different from what their Mongol masters ate at court. The Mongols ate a great deal of Mutton (boiled or roasted) and grains, made into a porridge with the meat; or as noodles served in soup with the meat; or served separately as bread. This cuisine had several influences including Iranian, Kashmiri, Uighur, and Chinese influences.

The Coastal Chinese (Yellow River Delta) cuisine of Ni Tsan was more diverse in meats with several kinds of fowl (chicken, goose, duck, and assorted small birds and water fowl), pork, fish, and crustaceans. The preparation of recipes was more diverse with steaming and boiling being the main cooking styles with more attention being paid to subtle decorations and flavoured dressings.

Examples of Coastal Chinese Ingredients

Meat	Fish and Crustacia
Chicken	Ark Shells (Cockle)
Chinese yellow buntings	Clams

Duck	Crab (Charibdys japonica)
Goose	Green Prawns
Pig's Head	Jellyfish
Pork	Land Snail
Pork Lard	River Fish
	Sea Fish
Spices & Other	Vegetables & Fruit
Black Pepper	Apricot kernel paste
Brewing Lees	Bamboo shoots
Cassia Bark	Basella rubra tips
Chinese (Tsaoko) Cardamom	Cabbage
Eggs	Cassia peas (Cassia Tora)
Garlic (rarely used)	Chinese Yam
Ginger (Fresh)	Citron
Honey	Daikon Radish
Milk cake	Lotus root and leaves
Perilla	Mandarin peel
Salt	Mushrooms (many varieties)
Sesame (Fragrant) Oil	Spring onion
Szechwan (Flower) Pepper	Wild rice Shoots
Grains and Pulses	Grains and Pulses
Rice Vinegar	Wheat (low protein)
Rice Wine	Wheat Gluten
Note: Pls note this list is more limited than the Mongol Chinese list as there are a quarter of the recipes in CFHR.	

Examples of Mongol Chinese Ingredients

Badger (uncommon)	Bream
Bear (uncommon)	Carp
Beef (uncommon)	
Chicken	Vegetables & Fruit
Deer	
Duck (uncommon)	Apricot kernel paste
Fox (uncommon)	Black Beans
Lamb tail fat	Burdock
Lamb/Mutton (all parts including heart, lung, stomach)	Carrots
Otter (uncommon)	Cherry
Pheasant (uncommon)	Chickpeas
Pig (uncommon)	Chinese matrimony vine
Pigeon (uncommon)	Chinese radish
Wolf (uncommon)	Chinese yam
	Chives
Spices & Other	Citron
	Euryale fruits
Asafoetida	Gardenia fruits
Basil	Hazelnut

Black pepper	Jujube
Cheese (cow and sheep)	Lotus fruits
Chinese (Tsaoko) cardamon	Mandarin peel
Cinnamon	Mushrooms (many varieties)
Coriander leaf	Mustard greens
Coriander seed	Myrobalan fruits
Cow milk	Onions
Cubeb berries	Orange
Eggs	Smartweed
Garlic	Sweet melon
Ghee	Sweet melon pickles
Ginger (Fresh and ground)	
Hemp seeds	Grains and Pulses
Honey	Adzuki beans
Lesser galangal	Barley
Long pepper	Euryale flour
Mustard	Kudzu flour
Perilla	Malted wheat
Pine nuts	Millet
Rice Vinegar	Mung beans
Safflower	Rice
Saffron	Soybeans
Salt	Wheat
Sesame oil	
Sesame seed paste	
Soda (for baking)	
Szechwan (flower) pepper	
Turmeric	
Yeast	

Humours

The Chinese of the Yuan period had their own version of the theory of the humours and a large portion of YSCY is devoted to the medical qualities of food, their humours, and what should not be eaten with what. The 3 main humours are Hot/Warming, Neutral, and Moist/Cooling. They are sometimes broken down further to:

Je	Heating
Wen	Warming
P'ing	Neutral
Liang	Cooling

With one of five flavour groups being sometimes assigned:

Hsin	acid
Kan	sweet
Suan	sour
K'u	bitter
Hsien	salty

These proto-Taoist physiological alchemy was mainly used in describing medicinal herbs, but was also applied to food as the Chinese of the period often diagnosed particular food dishes to cure particular problems. An example of this was Fox Meat Soup, used to cure asthenia and evil ch'i of the five viscera while Wild Pig

Meat Broth cures recto-anal fistula, bleeding piles, bleeding which will not stop and rectum swelling.

Vital to all this is the ch'i, your energy/vital essence/"breath", and balancing the humours allowed the ch'i to flow.

Major Reference Items:

Wang, T & Anderson, E. N. (1999) *Cloud Forest Hall Collection of Rules for Drinking and Eating*, featured in *Petit Propos Culinare* 60.

Sabban, Françoise *Some Remarks about the Translation of Yun Lintang Yinshi Zhidu Ji published in PPC 60* (1999) featured in *Petit Propos Culinare* 61.

Buell, P. D. & Anderson, E. N. (2000) *A Soup for the Qan*. New York. Columbia University Press. Note: This features the primary source, *Yin-shan cheng-yao* and it's translation thereof.

Anderson, E. N. (1988), *The Food of China*, New Haven, Yale University Press.

Examples of Recipes:

Honeyed Stuffed Crabs (CFHR) - (being prepared today)

Original:

Cook in salted water. When the colour begins to change (to red), take out. Break up the crab¹ and extract the meat from claws and legs. Cut this into small pieces and stuff into shell. Combine egg with a small amount of honey and mix with meat in shell. Spread some fat on the egg. Steam until the egg has just solidified. Do not overcook. For eating, it can be dipped into ground orange peel and vinegar.

Drake's Redaction:

Ingredients (Shells):

- 5 Blue Swimmer Crabs (1/2 crab shell per person)
- 1 Tbsp Salt (For Pot)
- 5 Eggs, Beaten
- 1 Tbsp Honey
- 1 pinch Salt
- Lard (this can be omitted)

Ingredients (Dressing):

- 5g Finely Minced Mandarin Peel
- 20g Rice Wine Vinegar

Method:

- Heat water in large stock to boil. Add 1 Tbsp salt, and Crabs. Boil (with lid on) until they turn red. Take out crabs and allow to cool.

¹ The kind of crab (*yu-mou* or *ch'iu-niou*) is identified by Françoise Sabban as *Charibdys japonica*, a common crab found in the South China Sea.

- Very finely mince some fresh mandarin orange peel and add to the Rice Wine Vinegar. Shake vigorously and chill.
- Crack crabs (Retaining the top carapace) and extract all the meat and place in the bowl (watch for adulterants such as the nasty clear sinew bits, gills, guts, roe and bits of shell).
- Trim and clean carapaces (this will take a few volunteers). Have some pre-prepared if you can.
- Shred crab meat and mix with beaten egg, honey, and salt. Mould into each crab shell and lightly brush with heated, liquid lard.
- Steam in Bamboo Baskets for 5-8 minutes, until the mixture has set.
- Take dipping sauce and shake vigorously again and pour into small dipping bowls.

Assumptions:

- A small amount of salt was added to the steamed mix
- Blue Swimmer Crabs were used as the closest substitute to Charibdys japonica available.

BBQ Pork (CFHR) - (being prepared today):

Original:

Wash the meat. Rub spring onion, Chinese pepper, honey, a little salt, and wine on it. Hang the meat on bamboo sticks in the saucepan. In the pall put a cup of water and a cup of wine. Cover. Use moist paper to seal up the pan. If the paper dries out, moisten it. Heat the pan with grass bunches; when one is burned up, light another. Then stop the fire and leave for the time it takes to eat a meal. Touch the cover of the pan; if it is cold, remove the cover and turn the meat over. Cover it again and seal again with the moist paper. Heat again with one bunch of grass. It will be cooked when the pan cools again.

Drake's Redaction:

Ingredients :

- 300g Pork Long Loin in 1 piece
- 1 green shallots, very finely diced.
- 1/2 tsp Salt
- 40g Honey (I used Cherry Blossom)
- 1/3 tsp of freshly ground Szechwan Pepper (very finely ground),
- 1 Cups of Sweet White Rice Wine
- 1 Cups of Water

Method:

- Marinade the loins in the salt, honey, shallots, and pepper overnight
- Place 4-6 long bamboo skewers through the piece of loin crossways. Check that the loin balances in the

middle of the wok, with the skewers touching the sides. You might need to cut each skewer to match. The idea is to suspend the meat in the middle of the wok, with no part of meat touching the bottom or the sides

- Add 1 cup of wine and 1 cup of water to the base of the wok.
- Put the lid on the wok, and place pulped paper (I used wet toilet paper!) around the seal.
- Cook on low heat on an open fire for 20 minutes.
- Take off the fire and leave for 20 minutes.
- Open the Wok, turn the pork over. Add more water and wine if it's getting low.
- Reseal, place more pulped paper round the seal. Cook for another 20 Minutes. Leave to cool. Serve.

Notes:

- Watch the pork carefully. My first attempt failed as too much honey dripped into the wok, the water dried out, and the honey burned into a thick black chunk. Use a low gas heat , don't be tempted to turn it up. (trust the steam). You might have to adjust the times depending on the wok and stove.

Assumptions:

I used a wok instead of an earthen pot to good effect. The cooking action of the meat is unusual, being steam roasted. Spritzing the meat after is sliced with a little more sweet rice wine adds greatly to the flavour.

Cooked Radish (CFHR) - (being prepared today):

Original:

Cut into small squares and put these in a small bowl. Sprinkle raw ginger strips and flower pepper grains on them. Boil a mixture of water and wine with a little salt and vinegar. While the mixture is still boiling, pour it onto the radish, and cover it up immediately and let it sit. The mixture should cover the radish.

Drake's Redaction:

Ingredients :

- 300g of Oriental White Radish (Daikon)
- 20g Ginger Root,
- 1/2tsp of Whole Szechwan Pepper
- 1/4tsp Salt
- 150ml Water
- 100ml Sweet, White Rice Wine.

Method:

- Peel Radish and cut into small squares.
- Peel and julienne the Ginger, place on top of radish. sprinkle pepper and salt over.
- Heat water and wine together until boiling.

- Pour liquid over Radish in bowl and seal tightly. Leave to go cool.

Wonton in Broth (CFHR) - (being prepared today):

Original:

Chop the meat finely. Add riced bamboo shoots or wild-rice shoots, chives, or *Basella rubra* tips. Use Szechwan pepper and a bit of apricot kernel paste. Wrap. The skins should start out thick and small when cut out. Then flour them and roll them out. (When stuffed) put into fully boiling water. Stir; do not cover. When they float up, take them out, stirring no longer. Do not use Chinese cardamom in the filling, except to warm the *ch'i*.

Drake's Redaction:

Ingredients (Wonton Wrappers):

- 500g Pasta Flour or Durum Flour (not period to use durum though)
- 2 Eggs
- 4 Egg Yolks

Ingredients (Filling)

- Wonton Wrappers
- 100g Minced Chicken,
- 50g Finely Diced Pickled Bamboo Shoots,
- 10g Apricot Kernel Paste,
- 1/2 tsp of freshly ground Szechwan Pepper (very finely ground)
- ½ shallot or chive, finely diced.
- 2L Chicken Stock & 2L Water, with shallots & Shallots.

Method:

- Mix Eggs and Pasta flour into a stiff dough. Let rest for half an hour
- Use pasta machine to make dough into thin wonton pastry (use finest setting)
- Cut wrappers into two inch squares.
- Gently cook chicken mince until it is just done.
- Mix in Bamboo shoots, salt, shallots, and pepper.
- Place a small amount of mixture into the wrapper, and fold four corners in. Bring corners up and give a 180 degrees twist to seal the wonton.
- Raise a pot of salted water to the boil and poach the wontons for 3 minutes or until they are cooked. Arrange in Tureens. Pour heated chicken stock to cover the wontons. Garnish with Shallots and ginger.

Assumptions:

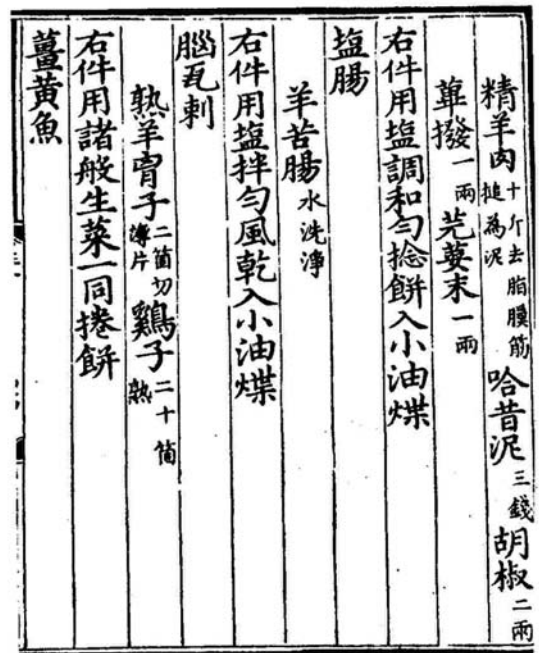
I have used smoked rather than fresh chicken at Rowany Festival to good effect.

Meat Cakes (YSCY) - (not being prepared today):

Original:

select mutton (10 chin; remove the fat, membrane, and sinew. Mash into a paste), kasni (three ch'ien), black pepper (two liang), long pepper (one liang), finely ground coriander (one liang). [For] ingredients use salt. Adjust flavors evenly. Use the fingers to make "cakes." Put into vegetable oil and fry.

- 1 Original page of YSCY manuscript containing recipe for Meat Cakes (right side) and a recipe for salted Sheep Stomach:



Drake's Redaction:

Ingredients:

- 500g Mutton (1 chin)
- 1g Asafetida (4g if using Compounded Asafetida)
- 6g Black Pepper
- 3g Long Pepper
- 3g Ground Coriander
- 2g Salt

Method:

- Remove fat and gristle from Mutton meat. With a cleaver and strong cutting board, finely mince the mutton
- Grind spices and add to mince. Form into small compressed cakes with the hands.
- Add some sesame (Fragrant oil) to a hot frypan, and shallow fry the meat cakes until they are done.

Note:

These meat cakes are like Kofte, spiced lamb meatballs often found in modern Middle Eastern cuisine.

Mastajhi Soup (YSCY) - (not being prepared today):**Original:**

It supplements and increases, warms the center, and accords ch'i. Mutton (leg; bone and cut up), tsaoko cardamoms (five), cinnamon (2 ch'ien), muslim beans [chickpeas] (one half sheng; pulverize and remove the skins). Boil the ingredients together to make a soup. Strain broth [Cut up Meat and put aside] Add 2 ho of cooked chickpeas, 1 sheng of cooked chickpeas, 1 sheng of aromatic non-glutinous rice, 1 ch'ien of mastajhi. Evenly adjust flavour with a little salt. Add the cut-up meat and [garnish with] coriander leaves.

Drake's Redaction:**Ingredients:**

- 1 Kg Leg of Mutton or Lamb,
- 5 Tsaoko Cardamoms,
- 4 Cinnamon Sticks crushed,
- 5 Liters of Water,
- 1 Tbsp Salt
- 2 cups of Shelled Chick Peas
- 2 cups of Rice – Basmati or Japanese short grain.
- ½ bunch of coriander, chopped

Method:

- Bring 5 litres of water to the boil in a salted stock pot,
- Add Mutton Leg,
- Add cinnamon and Cardamom,
- Boil for 2-3 hours until lamb is tender,
- Take lamb out to cool,
- Strain stock and put back on the heat,
- Cook Chickpeas in broth until soft,

- Mash chickpeas in broth until smooth,
- Add rice and bring broth up to boil until rice is cooked a broth becomes thick,
- Meanwhile, cut meat into small chunks.
- When the soup is really thick, add meat, coriander leaf and salt.
- Serve.

Yuvqa (Diwan Lughat al-Turk (1073)) - (not being prepared today):

Described variously as thin bread (sometime leavened), cooked on a griddle.

Ingredients:

- 3 ½ Cups of Unbleached White Flour,
- 1 tsp Sugar
- 2 Tablespoons Oil,
- 7g Dried Yeast,
- Flakey Sea Salt.

Method:

- Add yeast and sugar to 375ml of warm water and leave until foamy.
- Sift flour and add to a mixing bowl, leaving a well in the center.
- Slowly add oil and water/yeast mix until all added.
- Turn the dough onto a well floured surface and knead for 10 minutes until smooth and elastic.
- Leave in a warm place covered with a damp tea towel for 20 minutes or until the ball doubles in size.
- Punch down the dough and divide into 12 portions.
- Roll each portion into a 3 inch diameter disc. Pat flakey sea salt into the top of the dough.
- Cook in a dry cast iron skillet on a medium heat for 3 minutes, turning when brown or over a hot stone.

Hand Hints

- Stubborn stains can be removed from non-stick cookware by boiling, 2 tablespoons of baking soda, 1/2 cup vinegar, and 1 cup of water for ten minutes. Before using the pan again, season it with salad oil.
- Microwave a lemon for 15 seconds and double the juice you get before squeezing.
- Burnt food can be removed from a glass baking dish by spraying it with oven cleaner and letting it soak for 30 minutes. The burnt-on residue will be easier to wipe off.
- Butter pie pastry scraps: sprinkle with cinnamon and sugar, and bake like cookies.
- Whenever you empty a jar of dill pickles, use the left-over juice to clean the copper bottoms of your pans. Just pour the juice



in a large bowl, set the pan in the juice for about 15 minutes. Comes out looking like new.

- To restore color and shine to an aluminum pan, boil some apple peels in it for a few minutes, then rinse and dry.
 - Save butter wrappers in the freezer to use for greasing pans when baking.
 - Don't throw out all that leftover wine: Freeze into ice cubes for future use in casseroles and sauces.
 - Don't just keep dental floss in your medicine cabinet. Keep some in the kitchen. It's a great tool. Unflavored dental floss is often better than a& knife to cleanly cut all kinds of soft foods, soft cheese, rolled dough, layered cake and cheesecake.

Inexpensive Feasts

Prepared by Mistress Nicolette Dufay and Master Gwynfor Lwyd
for Guild Ascension Day, 4 Feb 2006
to promote discussion

- **Inexpensive in what way?**

- **Money**

- Plan menu around kitchen facilities
 - Know your kitchen, its advantages and disadvantages
- Require Pre-Bookings
 - so you know how many you are cooking for
 - or set a cap if able
- Avoid dishes that require special equipment such as spits (note: some butcher will supply spit at minimum cost if you buy the meat from them)
- Know where to shop, supermarkets too expensive
 - Fresh Produce - Markets
 - Cheeses - Markets or Egg Farms
 - Eggs and Poultry - Egg farms
 - Meat - Wholesale Suppliers
 - Spices - Ethnic grocery stores
 - Bread
 - Make Your Own, if there is time on the day
 - Shop around for bakeries, not chains
 - Small Goods - from markets or Manufacturers
 - Sausages
 - Make your own ahead of time, freeze
 - Pre-order from butcher, many will make to your spice recipe
 - Canned Goods - second hand food shops
 - Grow your own as in Herbs and Vegetables
 - Make your own pastry, don't use sheets
- Vendors and how to get your best price from them
 - Know what you want and ring around
 - Haggle
 - Establish relationship
 - Let them know what you are doing
- Seasonal
 - Know what is in season for your time of year
 - Preserve if you want out of season
- Choose Theme that is not high in Meat content, ie Middle Eastern, Greek, Turkish, Asian, Indian, North African
- Strong flavours in small quantities
 - Ham hocks instead of quality ham for soups
 - Pancetta instead of shredded ham

- **Time**
 - Have meat/produce delivered to hall
 - To save time, you must have the dollars or cut down on the amount of food served
- **Labour on the day**
 - Get pre-prepared foods, pastry good example
 - Pre-prepare as much as you can
 - Vegetables - chop, measure, bag, label
 - Meats - cut up, marinade and/or freeze
 - Stews - cooked and frozen ahead of time
 - Pre-bake pie shells or pies
 - Minimise the number of pots/pans/serving dishes needed on the day
- **How to eliminate waste and/or save money**
 - Know your local food allergies
 - Don't over cater
 - 200-250 grams of meat per person (Australian Army says 150 grams)
 - 400 grams total capacity for average person
 - Use cheaper cuts of meat for stews and cook them longer to make tender, then special roasts are easier to afford
 - Save on filler so you can spend on specials
 - rice, pasta
 - Northern - oats, barley, polenta (cracked wheat)
 - Southern - lentils, chick peas, couscous
 - Ingredients that make dishes expensive
 - wine
 - use small quantities of ingredients that you can only buy in large quantities
 - cheese

Om een maniere van potayge (46)

To make a soup

[14] Om een maniere van potayge. [15] Neemt calfvleesch ende ionghe hoenderen dye ont[16]leet in stucken Dan doet dit stouen in eenen pot met swi[17]nen smoute ende vleesch sop Dan neemt broot dat set te [18] weycke daer na doeghet doer eenen stramijn Hier doet [19] ghimber inne en anders gheen cruyt. Maer doeges [20] hier eenen goeden deel inne Als dese potayge aldus [21] bereet es So neemt verjuis ende stekelbesien dat doe[22]ter dan oppe ende es ghemaect.

[14] For a kind of pottage [soup]. [15] Take veal and young hens; cut them [16] in pieces. Then put them to stew in a pot with pork [17] fat and meat broth. Then take bread and set it to [18] soften; after that put it through a strainer. Put in this [19] ginger and no other spice. But put [20] a good amount in. When this pottage [21] is ready, take verjuice and gooseberries, which you put [22] on it and it is done.

Het eerste gedrukte Nederlandsche kookboek, Brussel, Thomas vander Noot (+/-1510)
The First Printed Dutch Cookbook
English translation Christina van Tets
Webbed at http://users.pandora.be/willy.vancammeren/NBC/nbc_r046.htm

From the Cooks' Guild Administrator

Greetings

I hope this edition of the newsletter finds you all well.

A big thank you to all of you who contributed to the Royal Snack Box at festival. I would like to do the Royal Snack Box again next year at Festival and would like to float the idea again – please put your ideas on the list to let me know your thoughts.

Now on to something a bit more serious/important. Guild Submission Sheets MUST be sent hard copy to the administrator. This is stated in the Guild Charter so e-mail submissions are not accepted. If you wish to discuss or change this clause in the charter please attend the AGM at Rowany Festival in 2008.

Also to prevent loss of files as has happened previously please make a photocopy of your submission sheets for your own records as insurance. Rises in guild ranking will also be announced in the guild newsletter.

Don't forget the badge design competition which needs to be voted on.

Also a BIG thankyou to Rhiceneth who did a fantastic job on our new website.

YIS

Adeline de Montfort

Om temaken finen gheluwten clareyt (167)

To make fine yellow clareyt

[24] Om temaken finen gheluwten clareyt [25] Neempt een half pinte vleemsschen zeem ende een [26] vierendeel waters Dit salmen sieden ouer een Oock so [27] salment wel schuymen Alst wel ghesoden es so doe[28]ghet vanden viere. Dan neemt caneel wyttten ghim[29]bere elcx een halue onche Groffels naghelen/ greyne [30] elcx twee dragina Noten muscaten/ ghaligaen/ soffe[31]raen elcx een dragina. Lanck pepere een schorpele. [32] Maeckt hier af poedere ende doeghet in een quaerte [G2r] wit wijns ende mynghelt dyt alte samen inden wijn [2] ende in dat zeem voerseyt Dit ghedaen sijnde So gie[3]tet duer den sack acht oft negen weruen tot dat claer ge[4]noech es Maer den sack moet bouen wel ghedect sijn [5] dat dye locht niet wt en sla ende dat vat datter ondere [6] staet moet oock wel ghedect sijn dat die locht nyet wte [7] en sla Ghi sult oock weten dat wijn bastairt oft rome[8]nie es beter daertoe dan anderen wijn Item men sal [9] weten dat rooden wijn van spaengnien die men seyt [10] tentuere es goet boven alle anderen winen Item men [11] sal weten dat alle clareyten sijn beter van eenen dage [12] out dan ionghere

[24] To make fine yellow clareyt. [25] Take half a pint of Flemish honey and a [26] vierendeel [approx. 1.3 litres or 2 pints] of water. One shall boil this together. Also [27] one shall skim it well. When it is well boiled so take [28] it from the fire. Then take cinnamon, white [29] ginger, each half an ounce. Cloves, grains of paradise [30] each two drachms. Nutmegs, galingale, saffron [31] each a drachm [3.9 g]. Long pepper a scruple [1.2 g]. From this make powder and put it in a quart of [G2r] white wine and mix this all together in the wine [2] and in the aforesaid honey. This being done, so pour [3] it through the sack eight or nine times until it is clear [4] enough. But the sack must be well covered above [5] so that the air does not escape and the vat which stands underneath [6] must also be covered so that no air [7] escapes. You shall also know that bastard wine or Greek wine [8] is better for this than other wine. Item. One shall [9] know that red wine from Spain, which one calls [10] vino tinto is good above all other wines. Item. One [11] shall know that all clareyts are better one day [12] old than younger.

Het eerste gedrukte Nederlandsche kookboek, Brussel, Thomas vander Noot (+/-1510)

The First Printed Dutch Cookbook

English translation Christina van Tets

Webbed at http://users.pandora.be/willy.vancammeren/NBC/nbc_r046.htm

Websites

The Art of Distillation. Or, A Treatise of the Choicest Spagyric Preparations Performed by Way of Distillation, Being Partly Taken Out of the Most Select Chemical Authors of the Diverse Languages and Partly Out of the Author's Manual Experience together with, 1651. -
http://www.levity.com/alchemy/jfren_ar.html

A short bibliography of Medieval/Renaissance Brewing -
http://www.pbm.com/~lindahl/articles/brewing_bibliography.html

Lochac Cooks' Guild – www.sca.org.au/cooks

Medieval/Renaissance Brewing Homepage -
<http://www.pbm.com/~lindahl/brewing.html>

Lochac Brewers, Vintners and Imbibers Guild -
<http://www.sca.org.au/bvi/>

Seasonal Availability of Fresh Produce in Australia -
<http://www.postharvest.com.au/Availability.htm>

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