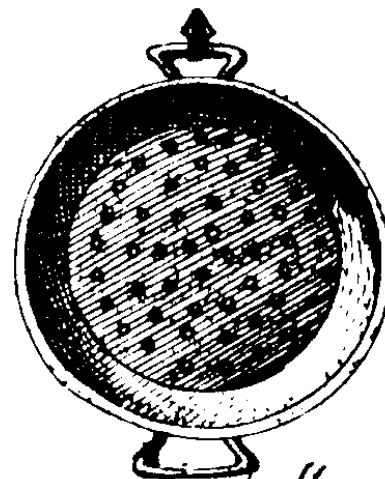


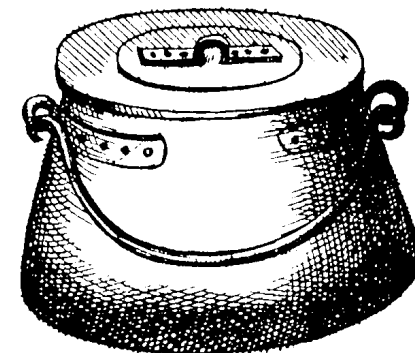


add thereto

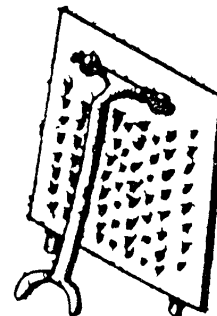
Volume 2, Issue 1



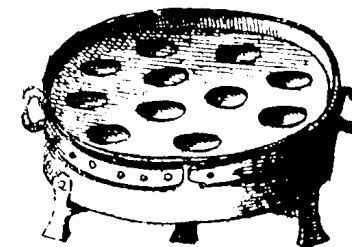
Crinello



Caldaro da 4 some



gratta cassio



padella per fare ovi frittolate

Add thereto
Lochac Cooks' Guild Newsletter
Available from Chromicler Rhiceneth
13 Lundy Ave
Kingsgrove NSW 2208
Email: icg@rhiannah.id.au

Lochac Cooks' Guild
AS XL
February 2006

From the Editor

Greeting to All

Its all about documentation this time round. To use a phrase I have heard many a time from many different people "Documentation is the end result of research and not the research itself."

Rhiceneth

From the Administrator

Greeting All

Well silly me—I should have said "in writing". A small number of people have indicated an interest in being the Administrator. If you are one of those that has "mentioned" to me that you are interested could you please send me a bit in writing. Silly little things like name (SCA & mundane) and a bit about yourself (my contact details are in the back). I have a bad memory for putting names and faces together. So to reiterate about the job:-

Basically the job entails keeping the progress records up-to-date, occasional correspondence, report to Lochac A&S, and assorted other bits and pieces. This is mainly a paperwork job and in this day and anachronistic age access to the internet is a must (it makes correspondence so much easier).

Change of Application Close Date to 31st March 2006

Rhiceneth

Front Cover Art:: Imagesfrom Il Cuoco Segreto Di Papa Pio V (The Private Chef of Pope Pius V) by Bartolomeo Scappi 1570

Contents

From the Editor	2
From the Administrator.....	2
Documentation	
A Guide to Documentation for Cookery	3
The Very Basics of Good Documentation	8
Useful Internet	11
Guild Contacts	12

Build Contacts Groups

Agaricus

Rhiceneth Rhieinfelt
(Cheryl Holland)
Rhiceneth@rhiannahn.id.au

Aneala

Rhianwen ni Dhiarmada
(Jo-Ann Colyer)

Arrowsreach

Tia Kiata
(Antonia Rucellai)

Bordescros

Thomasina Freeborn
(Tamsin Walle)
drumheller@ozemail.com.au

Dismal Fogs

Jean le Renaud de Pyranees
(John Fox)
johnforx@pnc.com.au

Stormhold

Nicolette Duffay
(Lillian Johnston)

Willoughby Vale

Eleanor of Cathenes
(Pam Fildes)
terranu@ozemail.com.au



Patron

Master Drake Morgan
(Craig Jones)
5 Devon Street,
Mile End SA 5031
drake@sca.org.au

Administrator,

Chronicler & Web
Rhiceneth (Cheryl Holland)
13 Lundy Ave
Kingsgrove NSW 2208
cooks@sca.org.au

Useful Internet

Web Links

Lochac Cooks Guild

<http://www.sca.org.au/cooks>

Siobhan's Suggestions for Really Spiffy Documentation

<http://hawkwood.albanach.org/article6.htm>

Judging in A&S Competitions: Methods and Criteria of Judging Documentation

<http://www.nachtanz.org/SReed/judgdoc.html>

Much Ado About Cooking: Section II—SCA Documentation for A&S Competition

<http://www.midrealm.org/darkriver/cooking1.html>

Documentation is not an Obituary

<http://www.greydragon.org/library/docisnotobit.html>

Documentation Resources

http://arts-sciences.westkingdom.org/documentation_resources.html

The Basics of A&S Documentation

<http://www.shipbrook.com/artsci/entering/howto/DocumentationBasics.html>

Research is Fun

<http://www2.kumc.edu/itc/staff/rknight/Research.htm>

How to Document Entries for Arts Competitions in the SCA

http://arts-sciences.westkingdom.org/documentation_how_to.html

Mailing Lists

Lochac Cooks' Guild

<http://groups.yahoo.com/group/sca-lochac-cooks/>

SCA Cooks

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

Gode Cookery

<http://groups.yahoo.com/group/godecookery/>

SCA Recipes

http://groups.yahoo.com/group/sca_recipes/

SCA Authentic Cooks

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

SCA Subtleties

http://groups.yahoo.com/group/SCA_Subtleties/

Medieval Recipe

<http://groups.yahoo.com/group/MEDIEVAL-RECIPE/>

Ancient Recipe

<http://groups.yahoo.com/group/ANCIENT-RECIPE/>

Documentation:

A Guide to Documentation for Cookery

by Rhiceneith Rhieinfelt uerch Rheinwylydd Rhybrawst uerch

Rhydderch Rhuddfedel Rhydern

© 2006 Cheryl Holland

So you're entering a cookery competition. You need documentation – but I hear you say the recipe is the documentation – I got it from book "X". Part of documenting your entry is referencing the recipe. But, which book did the recipe come from? Is it an original recipe? Is it a redacted recipe (Does the recipe read as a modern recipe)? What additional information is necessary?

Not so much as a step by step guide, but to illustrate, let create some documentation for an entry in the recently run Lochac Cooks' Guild competition – Non-Alcoholic beverages.

Before you can choose your recipe you need to define the competition. The advertisement for the competition simply read:-

12th Night (Jan 2006 - Mordenvale)

A non-Alcoholic beverage

The item to be made is a beverage – the specifics or definition is "non-alcoholic". The simple definition of "non-alcoholic" is containing no alcohol. A quick definition search for what is alcohol helps to eliminate the sorts of beverages that are alcohol – a simple definition provides that alcohol is produced by fermenting (also referred to a brewing or vintaging) sugar or starch.

So this helps to narrow the search for beverage receipts. We are now looking for beverage receipts that do not require brewing, vintaging or fermenting. In modern terms we are now looking cordial recipes, syrup recipes, flavoured water recipes, milk plus something recipes or any other recipe that appears to be a beverage.

Now comes my favourite part – opening the books and reading the receipts. I have a reasonable sized collection ranging from digital images of manuscripts through to modern books containing already redacted recipes.

After perusing several receipts in several books – the newer books make it easier with an index – but I enjoy the challenge of reading the older style – no index books & manuscripts. I settled on a receipt for Syrup of Lemon from An Anonymous Andalusian Cookbook of the 13th Century – Translated by Charles which can be found webbed at:

http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_contents.htm

The next step for any cook is to try out the recipe. The recipe reads:-

Take lemon, after peeling its outer skin, press it and take a ratl of juice, and add as much of sugar. Cook it until it takes the form of syrup. Its advantages are for the heat of bile, it cuts the thirst and binds the bowels.

at <http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian10.htm#Heading510>

Okay, this looks fairly easy – it lemon and sugar and boil it. And yes it's that simple – but what is a *ratl*? It isn't a word I am familiar with – a quick flick through the rest of the translation reveals a section titled "Some General Notes on Islamic Cooking" with a weights and measure reference – problem solved. Now we can go ahead knowing the quantities required.

Next small challenge – I only have 5 lemons, not enough to make a *ratl*. Its late and no stores are open and the competition is tomorrow. I am now unable to make the recipe as directed. Time to stop and reassess my goal.

My goal is to make a non-alcoholic beverage. I have looked through my books decided that Syrup of Lemon is what I want to make. I reread the recipe, noting that it calls for equal amount of lemon juice and sugar. I don't have enough lemons to make a *ratl* of juice. After squeezing the lemons I only have 500ml/2 cups of juice. As the recipe calls for equal quantities I decided to make the recipe with the quantity I have thereby making a small change..

The lemons that I have on hand have a rather good smell to them – which come from the peel – I decide to enhance the potential flavour of the syrup with the addition of the peel from the lemons. So now I take the lemon juice, lemon peel and sugar and continue to follow the recipe. I am now making the syrup.

Having cooked the juice, peel and sugar to make a syrup – slightly thickened consistency – I remove it from the heat. At this point there are no further instructions from the original recipe. I need to make the obvious decision of what to do with the syrup in the pan.

I have a slightly thickened mixture of juice, peel and sugar. Being hot I leave the mixture aside, (covered to prevent additions of unwanted protein), and allow it to cool a bit.

Okay – obviously what do I do with this mixture – do I leave it to be served out of it's cooking vessel, put it in a container of some sort? As I now have to travel a distance to attend the event I decide that a bottle would be the best choice.

primary sources for general purposes.

Tertiary: Someone's interpretation of someone else's description or drawing (third-hand info).

Sources.2 (More than just a bibliography!)

Are your judges going to know whether your sources are Primary, Secondary or Tertiary? Probably not, unless you're lucky. So, if you really want to 'score big bonus points', you should try to comment on the value of the source. ["This source is good for the patterning techniques per se, but the actual design of the pattern is questionable, as they refer to drawings by X artist, who did not actually create nor examine the original artifact."]

Tell them how you made it.

Describe your materials

Describe your tools

Describe or explain your construction methods

Tell them why you did what you did (esp. if it differs from period).

Explain why you used modern materials or methods. This could be as simple as "I can't afford real gold bullion" or "I just couldn't bring myself to hand-hem the whole ten yard train on the gown". Maybe the original ingredient for your illumination's pigment is highly toxic. You might have found an acceptable, reasonable substitute – so tell them about it. Show them you know the difference!

Presentation of documentation

Too long vs. too short. You can't win: you don't need to write a Ph.D. Master Thesis, but do make it more than one page. Two or three pages with good pix is reasonable.

Bring or send books and/or copies of pertinent pages, esp. photos, color copies if applicable. If you brought books, then mark with numbered post-its the appropriate page(s) and items on the page (esp. if there is more than one photo on the page)! The same goes for copies of your reference materials: number, circle, or somehow indicate that you want them to look at this buckle, not any of the other five on the page!

Bring or send photos of the item in construction (if you thought of it in advance), or as worn (in stages, for costuming, wood construction, etc.), especially if you cannot bring the item in person.

This is a small article I was given many years ago when I first started in the SCA. There is no Author or date noted on the original

The Very Basics of Good Documentation

or

What is Documentation, Anyway!?!?

What is Documentation and Why do we need it?

Documentation in the SCA serves one main purpose: to help the judges at Arts & Science competitions understand that you know what you're doing. Good documentation tells the judge what your item is, how you made it, and why you made it that way. This could be absolutely crucial if your judge does not have experience or knowledge of the craft they are judging (it happens!).

The Basics of Good Documentation

Describe or Define your entry.

What is it? Be specific! [A belt. A tablet-woven belt. A tablet-woven belt from the 10th century. A tablet-woven belt from the 10th century, England, for a woman, using silk thread. See the difference?]

Tell them how it was done in Period (if you can, or at least offer educated hypotheses).

Describe how your entry was (most likely) constructed in period. This is where quoting sources comes in handy. ["As Janet Arnold points out in *QE's Wardrobe Unlock'd*1, they would have used the X construction method..."]

Sources! How good are your sources?

Primary: You actually saw it, breathed on it, maybe even got to examine an actual period artifact. [Wow...Cool...But not likely...]

Secondary: Someone else got to see, breathe on, or examine an actual period artifact. They wrote about it, took pictures, made drawings, etc. Exceptions: certain scholars are so well reputed that they are considered Primary Sources – i.e. Janet Arnold for late period costuming, etc. Photographs of paintings or actual artifacts, if clear, are usually acceptable as secondary and sometimes even

Looking at my cooled mixture it is quite obvious that there are “floaty” bits – those would be the lemon peel. After mulling over the peel for a bit I decide that the peel could have adverse effects on the presentation, taste, and storability of the final product so, I need to strain the syrup. Using a piece of lawn tied over the top of a large jug I slowly pour the syrup into the lawn. This takes a while. Wanting to ensure that I have not missed any of the peel I strain the syrup a second time. Then put the syrup in a decorative bottle.

The Syrup is now complete. I now have a “non-alcoholic beverage”, but I need to show the process – how I achieved the syrup.

The method for how you do this is a personal preference. You may use a printed copy (often not the original) of the receipt and make notes against the receipt as you go. You may be the sort that will carefully document each step of the procedure as you go, or you may just sit down when all is accomplished and write it out. Whichever method you choose is what works best for you. I am one who then just sits down and writes it out in the end.

The documentation should contain 5 basic elements:-

1. Original Period Recipe – with reference to author and book
2. Translation - acknowledging source referenced if not your own
3. Redaction - acknowledging source referenced if not your own
4. Notes
 - what you did different to the recipe
 - substitution/addition of ingredient(s) & why
 - did the recipe turn out as expected? If not what did you expect?
 - is there something you would do different next time?
5. Bibliography – most important the book(s), website, magazines that you referenced.

The only other decision to make is how you present your documentation. Judges, while they like documentation it shows your diligent research don't have the time to read a 50 page short story (unless that is the competition). The use of the KISS (Keep it Simple Silly) principle is often the best approach.

An example of the above process follows with the documentation I submitted for Syrup of Lemon in the “Non-Alcoholic Beverage” competition.

Syrup of Lemon

by Rhiceneth Rhieinfellt uerch Rhieinwlydd Rhybrawst uerch
Rhydderch Rhuddfedel Rhydern
© 2006 Cheryl Holland

Syrup of Lemon

Take lemon, after peeling its outer skin, press it and take a *ratl* of juice, and add as much of sugar. Cook it until it takes the form of syrup. Its advantages are for the heat of bile, it cuts the thirst and binds the bowels.

An Anonymous Andalusian Cookbook of the 13th Century – Translated by Charles Perry

My Translation

Take lemons & remove peel. Squeeze enough lemons to produce a 468gm of lemon juice. Add 468gm of sugar. Heat until it thickens.

My Redaction

5 Juice medium sized lemons (approx 500ml/2 cups)

Rind of 5 lemons

Equal quantity of Sugar

Piece of lawn for straining

Grate the lemon rind, put rind into saucepan.

Juice lemons, strain and add to saucepan.

Bring Juice & Rind to warm temperature, then add Sugar.

Stir until all sugar has dissolved and the mixture starts to thicken.

Remove from heat.

Strain through lawn into a container.

Strain for a second time through lawn and put into fridge overnight.

Put into pretty container.

Serve diluted to taste with chilled water.

Notes / Changes

Original recipe calls for a *ratl* measure of the ingredients. A *ratl* is approx 468gm. As I did not have enough lemons to make this quantity I adjusted for the amount that I did have. The original recipe did not call for the use of the peel – I decided to add the peel to the mixture before heating to add to the flavour as the peel had a strong aroma.

Bibliography

Syrup of Lemon - An Anonymous Andalusian Cookbook of the 13th Century – Translated by Charles Perry webbed at <http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian10.htm#Heading510> last accessed 6th January 2006.

Ratl – Some General Notes on Islamic Cooking - An Anonymous Andalusian Cookbook of the 13th Century – Translated by Charles Perry webbed at <http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian10.htm#Heading541> last accessed 6th January 2006.

