



add thereto

Volume 1, Issue 4

aztec - Xocoatl
spanish - Chocolatl
english - Chocolate

Add thereto
Lochac Cooks' Guild Newsletter
Available from Chromicler Rhiceneith
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Lochac Cooks' Guild
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From the Editor

Greeting to All

Well it's back to a smaller issue.. I put out a call for articles, etc for the newsletter and behold I am sent three wonderful articles.

So this comes compliments of "the food of the god" or other wise more commonly known as chocolate—with articles from **Lowry ferch Gwynwynw yn ap Llewelyn (Tracey Sawyer)** and myself

The other final article will appear in the next of issue. As always more articles are gratefully accepted.

Rhiceneth

From the Administrator

Greeting All

My time as Administrator comes to an end at Festival 2006. So this is an advert for the office of Administrator of the Lochac Cooks' Guild.

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).

If you are interested and want to know more please don't hesitate to contact me (details in Guild Contacts).

Applications close at Twelfth Night (7-8 Jan 2006).

Rhiceneth

Contents

From the Editor	2
Roman Cookery.....	3-17
Useful Internet.....	18
Guild Contacts.....	19

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Useful Internet

Web Links

Lochac Cooks Guild

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

About Chocolate

http://www.culinary-cooking-schools-institutes.com/about_chocolate.html

The manner of making coffee, tea and chocolate, as it is used in most parts of Europe, Asia, Africa and America. With their virtues. Newly done out of French and Spanish

<http://staff-www.uni-marburg.de/~gloning/1685jc1w.htm>

The Vertues of Chocolate / The Properties of Cavee

<http://staff-www.uni-marburg.de/~gloning/vertues.htm>

An Indian Drink

<http://jducoeur.org/justin/chocolate.txt>

The Aztec Xocoatl, the Spanish Chocolate, the English Chocolate

<http://kiad.livejournal.com/422526.htm>

Chocolate History

http://sd.essortment.com/chocolatehistor_ogm.htm

Stefan's Florilegium - Food - Sweet Food

www.florilegium.org/food

Chocolate

www.hhhh.org/cloister/chocolate/history.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/>

Chocolate

A Herbal Remedy, and an Explanation of It's Uses.

© Lady Lowry ferch Gwynwynyn ap Llewelyn mka: Tracey Sawyer 2005

Cacao: (*ke-kaa-o*) 1. An evergreen tropical American tree, *Theobroma Cacao*, having yellowish flowers and reddish-brown seed pods. 2. The seed of this tree, used in making Cocoa, and Cocoa Butter. In this sense, also called "cacao bean", "cocoa bean". [Spanish, from Nahuatl *cachuatl*, cacao tree].

This exotic bean, brought back from the New World around 1527 or 1528 AD when Hernando Cortez was relieved of command and returned to Spain, was used to treat "those, who have diseases, or are inclining to be infirme". However, this medication was so delicious that Melchor de Lara said that he "hold it not amisse, that Sugar be put to it, when it is drunk" also that the Tablets be "eaten like other sweet-meats".

His Receipt is as follows:

"Of Cacaos, 700; of white Sugar, one pound and a halfe; Cinamon, 2. Ounces; of Long Red Pepper, 14; of Cloves, halfe an Ounce; Three cods of the Logwood or Campeche tree; or in steade of that, the weight of 2 Reals, or a shilling, of Annisseeds; as much of Agiote, as will give it the colour, which is about the quantity of a Hasellnut. Some put in Almons, kernells of nuts, and Orange-flower-water.

Concerning this Receipt I shall first say, This shooe will not fit every foote; but for those, who have diseases, or are inclining to be infirme, you may either adde, or take away, according to the necessity, and temperature of every one: and I hold it not amisse, that Sugar be put into it, when it is drunke, so that it be according to the quantity I shall hereafter set downe.

The Cacao, and the other Ingredients must be beaten in a Mortar of Stone, or ground upon a broad stone, which the Indians call 'Metate', and is onely made for that use:

But the first thing that is to be done, is to dry the ingredients, all ex-

cept the Achiote, with care that they may be beaten to powder, keeping them still in stirring, that they be not burnt, or become black; and if they be over-dried they will be bitter, and lose their vertue.

The Cinamon, and the Long Red Pepper are to be first beaten, with the Anniseed; and then beate the Cacao, which you must beate by a little and a little, till it be all powdred; and sometimes turne it round in the beating, that it may mix the better: And every one of these Ingredients, must be beaten by it selfe, and then put all the Ingredients into the Vessell, where the Cacao is; which you must stirre together with a spoone; and then take out that paste, and put it into the Mortar, under which you must lay a little fire, after the Confection is made. But you must be careful, not to put more fire, than will warme it, that the unctuous part doe not dry away. And you must also take care, to put in the Achiote in the beating; that it may the better take the colour.

You must Searse [sift] all the Ingredients, but onely [first(?)] the Cacao; and if you take the shell from the Cacao, it is the better; and when you shall find it to be well-beaten and incorporated (which you shall know by the shortness of it) then with a spoon take up some of the Paste, which will be almost liquid; and so either make it into Tablets; or put it into Boxes; and when it is cold it will be hard.

To make the Tablets, you must put a spoonefull of the Paste upon a piece of paper, the Indians put it upon the leafe of a Plantentree, where being put into the shade, it growes hard; and then bowing the paper, the Tablet falls off, by reason of the fatnesse of the Paste. But if you put it into any thing of earth, or wood, it sticks fast, and will not come off, but with scraping or breaking.

And sometimes, they make Tablets of the Sugar, and the Chocolate together: which they doe onely to please the Pallats; as the Dames of Mexico doe use it; and they are there sold in shops, and are confected and eaten like other sweet-meats.

In the Indies they take it two severall waies: The one, being the common way, is to take it hot, with Atolle, which was the drinke of Ancient Indians (the Indians call it Atolle Pappé, made of the flower of Maiz, and so they mingle it with the Chocolate, and that the Atolle may be more wholesome, they take off the Husk of the Maiz, which is Windy and Melancholy; and so there remaines onely the best and most substantial part.)

Three Cods of the Longwood or Campeche tree;
Or in steade of that, the weight of 2 Reals, or a shilling of Anniseeds
(Vinacaxlidos)

As much of Agiote, as will give it the colour, which is about he quantity of a Hasellnut

Some put in Almons, kernels of Nuts, and Orenge-flower-water.

The flower of Maiz

For those of us whose SCA persona is from elsewhere in Europe and other discovered places there is little indication that chocolate was available much before 1600. As evidenced by the date of publication of the above mentioned English treatise on the subject.

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Chocolate History. Webbed at http://sd.essortment.com/chocolatehistor_ogm.htm last viewed 5th November 2004

In 1609 the first writings about chocolate outside of Aztec and Maya culture “Libro en el cual se trata del chocolate” appear in Mexico. This publication has the honour of being the first book devoted to the subject of chocolate.

The earliest publication about chocolate that I was able to locate in English were an *Excerpt from: Chocolate: or, An Indian Drinke* [Capt. John Wadsworth 1651] (a translation of a book by Melchor de Lara “Physitian General for the Kingdome of Spaine” 1631, *The Vertues of Chocolate / The Properties of Cavee* [Henry Hall 1660] and *The manner of making coffee, tea and chocolate, as it is used in most parts of Europe, Asia, Africa and America. With their virtues. Newly done out of French and Spanish* [John Chamberlayn 1685]. To summarise these as succinctly as possible I would say that they promote the preparation, consumption and benefits of chocolate.

It isn’t until the marriage of the Spanish Princess Anna of Austria to Luis XIII in 1615 that the Spanish custom of drinking chocolate is introduced to the French court. London, its first chocolate shop being opened in 1657 by a Frenchman.

Since then chocolate has enjoyed a rather interesting history.

In 1674 one could enjoy chocolate in the Spanish style in cakes and rolls at “Coffee Mill and Tobacco Roll”. 1704 saw Frederick I of Prussia impose a tax on chocolate. With Barcelona in 1780 seeing the first machine made chocolate.

It is reasonable to speculate that chocolate may have been in use in Spain after its introduction in 1528. So if your SCA persona is from Spain and lived sometime after 1528 you may have been lucky enough to have had some chocolate in a form similar to the recipe below.

Xocolatl Recipe:

From a translation of “Physitian General for the Kingdome of Spaine”, by Melchor de Lara, published by Antonio Colmenero in 1631 who attributes it to a Marchena physician and then adapted by me.

Of Cacaos, 700

Of white Sugar, one pound and a halfe
Cinnamon, 2 ounces

Of long red pepper, 14 (Chilparlagua)

Of Cloves, halfe an ounce

Now, to returne to the matter, I say, that the other Moderne drink, which the Spaniards use so much, is of two sortes.

The one is, that the Chocolate, being dissolved with cold water, and the scumme taken off, and put into another Vessell, the remainder is put upon the fire, with Sugar; and when it is warme, then powre it upon the Scumme you took off before, and so drinke it.

The other is to warme the water; and then, when you have put it into a pot, or dish, as much Chocolate as you thinke fit, put in a little of the warme water, and then grinde it well with the molinet; and when it is well ground, put the rest of the warme water to it; and so drinke it with Sugar.” (“Physitian General for the Kingdome of Spaine”, by Melchor de Lara, 1631)

So, how to redact this recipe for the modern cook?

According to Terry D Decker, author, (Scadianly known as ‘Bear’) we need to take into account the fact that these measurements are Troy measurements, and adjust the quantities to modern equivalents. To quote Mr Decker, “A shilling is 1/20th of a pound Stirling equalling 12 pennyweights Troy approximately equalling 18.6 grams or slightly over ½ an ounce US customary measure...”

Further, a Cocoa industry web site gives the following information: 1lb of cocoa paste requires 1.25 lbs of beans. The site also states that in C16th Spain Chocolate drinks were ‘generally made from one part chocolate, two parts sugar, 8 parts water, and spices.’ I have no idea,” he says “where this site got the ratios. If both sets of ratios hold true, and that’s a big IF, then 700 cocoa beans represent 15 oz avoirdupois or 11.25 oz Troy”. [www.hhhh.org/cloister/chocolate/history.html]

My Redaction:

TABLETS

425 g Cocoa Beans or nibs,

700 g white Sugar

60 g Cinnamon Stick,

14 dried chillies ‘long red peppers’,

15 g cloves, ground fine & sifted

3 cods (pea pods) of Logwood [Haematoxylon campechianum], OR

30 g Aniseed

1 hazelnut sized seed of the Achiote, or Annatto, [Bix orellana]

Grind all ingredients separately, then mix together.

Heat over a very low heat till all are melted and dissolved into a paste. Put spoons full of this paste on baking paper and leave somewhere cool to harden.

If desired you can add ground Almonds, Walnuts or a little Orange Flower Water to taste.

TO MAKE A DRINK

Heat water and put enough of the tablets in (in the proportion water to chocolate: 8:1), froth it up ('grinde it well with a molinet') and pour into cups to serve. [*Aside*, The molinet was an instrument like a whisk, from the French moline, meaning mill.]

What I actually used:

250 g cooking choc which = 115 g cocoa + 125 g sugar

1 cinnamon stick

¼ teaspoon dried chillies

2 cloves

I didn't have the rest of the ingredients, so left them out. I followed the same method as the rest of the recipe.

I suspect that many a Spanish lady, was "inclined to be infirme" just so she could have her daily dose of hot chocolate.

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3. Reader's Digest Universal Dictionary
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5. www.hhhh.org/cloister/chocolate/history.html
6. Sca-cooks@ansteorra.org

Chocolate

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By this pleasing drink health is preserved, sicknesse diverted. It cures Consumptions and Cough of the Lungs; it expels poison, cleanseth the teeth, and sweetneth the Breath; provoketh Urine; cureth the stone and strangury, maketh Fatt and Corpulent, faire and aimeable, it cureth the running of the Reins, with sundry other desperate Diseases; It causeth Conception according to these Verses, Nor need the Women longer grieve. Who spend their oyle yet not Conceive. For 'tis a Help Immediate, If such but Lick of Chocolate. [Oxford: Henry Hall 1660]

It has been described as "food of the gods" by the Aztec and Maya. Columbus noted that cacao beans served as coins amongst the Guanache Indians and did not seem to understand their significance when he brought cacao beans to Spain in 1502. It wasn't until Hernando Cortez and his men observed Montezuma's custom of consuming 'Xocoatl', made from crushed cocoa beans and cold water whisked together, several times a day from gold beakers that any significance was placed upon cacao.

Spouts of some ceramic vessels unearthed at a Preclassic (600B.C.—A.D. 250) Maya site in northern Belize are long and narrow—a shape that generally defies efforts at cleaning—and so food and beverage residues from the insides of those spouts remained intact. Before Hurst's discovery, the oldest known cacao residue had come from artefacts at an Early Classic (A.D. 460—480) Maya site in north-eastern Guatemala. [Reebs 2002/2003]

Xocoatl in the Aztec language of Nahuatl means "bitter water" another Nahuatl word (related to Xocoatl) cacao refers to the bean itself and is where the modern word cocoa is derived from.

Even though Columbus saw cacao in 1502 and Cortez in 1519, it wasn't until 1528 that Cortez brought to Europe the first cocoa and the utensils necessary for its preparation.