

What's in the pot?

Magazine of the Lochac Cooks Guild

Guild Journal #1 August 2025

From the Guild Administrator

A Cook's Guild Newsletter!

Thanks to Master Cristoval for putting this together. As AS LX marches on, it will be great to hear of everyone's SCA cooking adventures, discoveries and successes (and failures).

While we might all be hunched over our heaters and hoping the house doesn't float away, spring is approaching, bringing with it renewed energy and inspiration. Let's use this opportunity to encourage and inspire each other.

In the spirit of service, fun, feasting and fellowship,

Mistress Leoba of Lecelade

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Sugarwork bowl and flower by Mistress Gabriella Borromei, see article on page 13.

Contacts

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Recent Feast: May Coronation, Innilgard

Chief Cook: Baroness Aeschine

Menu

Soup Course

Veg and Lentil Soup (GF)

Pea and Ham Soup (GF)

Bread roll, butter, garlic and herb butter

First Course

Roast Chicken (GF)

Pink Garlic Sauce (GF)

Roast Vegetables (GF)

Mushroom Pasties (GF & Vegan option available)

Meatballs (GF)

Leafy Greens and cucumber with balsamic vinegar dressing

Second Course

Sauerbrauten – Beef Stew (GF)

Pottage of young fava beans (GF)

Tart de Bry (GF vegan option available)

Cabbage salad

Bread (GF available)

Dessert Board

Pears in Syrup (GF)

Cream

Digby's Small Cakes

Shrewsbury Cakes

Fruit

Cheese

Crackers



Pottage of young fava beans

- 500g small dried young fava beans
- 500g tart apples
- 4 medium onions
- 3 Tbsp Olive oil
- 5 Leaves Sage
- Salt

A day in advance, wash beans and leave to soak in cold water, change water once or twice if possible.

The next day drain the beans and put them in a pot or casserole, add cold water and bring to boil. Drain. Return to pot and cover with plenty of unsalted boiling water.

Cook until beans are very tender. Drain and put through a food processor until smooth. Salt to taste.

Peel onions and slice in to rounds. Peel and core apples and cut them into thin slices. Heat oil in a skillet and sauté onions over low heat. When they are half done, add apples and sage and continue to cook over low heat until apples fall apart, approx. 15-20mins.

When ready to serve, reheat the bean puree. Put in to bowls, spoon onion-apple mixture on to the top and serve.

Pear and Brie Tart

By Lady Ellen of Wyteley

The source of the recipe is *Eenen nyeuwen coock boeck* (A New Cookbook), written by Geeraert Vorselman and published in Antwerp in 1560 (edition Cockx-Indegeste p. 203).

There's a translation and a different redaction at <https://coquinaria.nl/en/cheese-pie-with-pears/>

Recipe

Een keesgheback

Legget in coppen kese van Brij ende harde eyeren tsamen gestooten met peren ende hier toe neemt men suker ende heel dooyereen van eyereren

A cheese pie

Put in a pie crust some Brie cheese and hard-boiled eggs, mashed together, with pears. And to this one takes sugar and whole egg yolks.

Redaction

My interpretation, which I call a pear and brie tart:

- 400 grams good quality savoury or plain short-crust pastry (I use Paneton)
- Flour to work pastry

- 3 hard-boiled eggs
- 3 x 125-gram wheels of firm brie
- 3 x 410-gram cans of pears in pear juice (not syrup)
- 2 teaspoons reserved pear juice
- 1 egg yolk
- Raw sugar, about 2 tablespoons

Roll out pastry with flour to aid as necessary, dust well with flour, used to line a 26-centimetre quiche dish.

Pare rind off Brie. Peel hard boiled eggs. Add brie, eggs, and 1 1/2 cans of drained pears to food processor and beat until smooth.

Pour into lined quiche dish. Slice remaining pear quarters into 3 or 4 pieces longways. Lay across the top of filling in a pleasing pattern.

Next, mix egg yolks well with retained pear juice and brush onto pears on top of tart. Sprinkle all over with raw sugar.

Bake for 30 minutes at 200°C. Check; it will probably need another 10 minutes.

Feeds 8 – 12.



Recent Feast: Flametree Ball 2025

By Master Cristoval

I was invited to provide the food for Flametree Ball in 2023 and 2025. It's one of Lochac's longest-lived events and a premier event for SCA dancing.

Ball events suit finger food and buffet service. This is a great event for all those fiddly things that are impractical for 200 starving fighters.

For most dishes, I was able to take out the first tray and offer them around, with an explanation of the dish. Attendees engaged really well.

The 2025 menu follows, with my notes. Contact me for specific recipes if interested.

Onion and cider soup

The first three recipes were really lunch, on a cold weekend. There's several recipes for "onion sops" with ale or wine, and cider is a tasty variant.

Basically, make a rich onion soup and pour in some cider half an hour before serving.

Cornish pasties

Another tasty lunch item, using my (Cornish) grandmother's recipe. Her big secret was the use of swedes. She used potato too, so I doubled the swedes instead. She included chunks of carrot, and crimped them at the top – the purists do neither of those things, but I did.

These were made with hot water crust pastry the week before and frozen. In the rush on first arriving, I neglected to put paper down on the trays and squeezed them in a bit tightly to fit the oven, and not all came out well.

Eggs with green sauce

These were made by my wife, Mistress Alys Dietsch. Hardboiled eggs halved and the yolks removed, mixed with herbs from our garden, piped back into the eggs. They taste really fresh, and are popular. In the previous feast, chive flowers were in season and they were sensational scattered on top.

Mushrooms in butter and thyme

This was the start of the afternoon nibbles. I used Mistress Kiriell's trick of making tiny crunchy pie cases out of wraps, including gluten-free ones for one person who ended up not attending.

The mushies were cut up small, cooked sparsely on a frypan, seasoned and with a dash of white wine vinegar at the end. Worked well.

Adora jumbles

Jumbles (or jumballs) are egg-rich biscuits which are classically twisted into knots. Instead, I made up letter "A" forms from illuminated capitals. My helper was less patient.

The strictly period recipes are boiled first, like pretzels, so I used the 1658 Archimagirus recipe which is just baked once; there are indications of baked ones earlier. These are much better if you glaze them with a sugar-water mix, after baking.



Brymlent tarts

These are from *Forme of Cury*, influenced by *Chewetes on Fyssh Day* in the same source. I like to have a seafood dish, for balance and variety.

These were frozen salmon from Aldi, with dried figs and raisins. No alliums in this dish, which is handy as we often have allergies in our region.

One of the variant recipes says to glaze them with almond milk and saffron, I guess as a Lenten

alternative to eggwash, so I did that. The tops were cut with a ravioli cutter to give an interesting edge.

On the test run, I put a small round hole in the middle of each top, and the overflow of cooking juices detracted from the look. So this time I risked blowouts, for a clean top, and got a few.



They were perfectly tasty, but a bit lost in all the other dishes.

Marchpane

Marchpane is marzipan without the eggwhite, and it behaves well. I did particoloured shield-shaped biscuits, with Adora dragons and a laurel wreath stamped on them. I iced the full-sized one, but didn't have time for the littlies. Next time I'll paint the stamps with food colouring.



Chicken pies

These were individual chicken and leek pies, in a butter pastry. Always popular. Star-shaped cutouts on top.



Lombard beet tarts

These were the vegetarian alternative to the chicken pies. They were most of the way to a cheesecake, and a bit rich really.

I didn't get a picture alas. The edges to the tarts were cut as little flames; looked great but a bit challenging to eat. These and several other dishes had ramekin versions for the gluten-free folk.

Beer battered brie

I did these two years ago on a whim, and people just loved them. Chop Aldi small brie wheels into eight, and dip in a batter made with beer and flour. I put in some regular yeast and a little sugar too, left an hour, hoping for some rise. Some salt and pepper. Fry in very hot oil.

I served them with some damson jam (made by Alys) as hot plum sauce. They were just delicious. There's cheese fritters and beer batters in period, but I've not yet found the combination.

Portuguese farts

These are little balls of lamb mince mixed with finely chopped dates and currants. You drop them into boiling stock and fish them out once they've floated for a bit.

I served them with a mustard sauce, and they were popular as always.

Frazies

This is my party trick at the moment. I got a friend to 3D print my design for a cookie cutter. It makes the shape of a ducal crown, with strawberry-leaf points. In that, I do a baked strawberry custard, then top with some whipped cream and fresh strawberry. They look and taste great.

The picture is actually from Okewaite midwinter potluck a week later, as the photo is better:



Amaretti

Little almond cakes, made with almond meal, sugar and eggwhites left over from other dishes. I add some bitter almond essence in to cut the sweetness. Always nice.

Rhubarb foole

This was actually the yummiest dish of the night. I have lots of small glass bowls, and filled them with fool, whipped cream mixed with semi-frozen stewed rhubarb. It made the most delightful shade of pink and tasted fantastic. Documented period fools were more like trifles, but no doubt somebody mixed cream and fruit in period.

Digby's excellent small cakes

Master Brian le faucheur makes Digby cakes every Flametree, and I love this tradition.

2023 menu

The 2023 menu was similar, with some swaps:

- a pottage of green peas and onion, served on rounds cut from french stick bread. Pretty popular actually.
- Sausage pieces with an onion relish.
- Fig and honey mini pasties, yum.
- Various shortbreads.
- Berry fool instead of rhubarb.

It was all valid, but I wanted to add some items this time and the balance had to change.

Cristoval's food blog

FoodForTheFeast.com



Fritters made with a Rosette Iron

By Mistress Thomasina Coke

There is a dessert called *Demir Tatlısı*, which translates exactly as *iron sweet* in Turkey. It is usually associated with one Eastern town in Turkey, Erzurum, which claims ownership to the sweet.

However, such fritters made by dipping a decorative metal mould consecutively in hot oil, then in batter, then back in hot oil, is a technique used worldwide.

Either applied for savoury snacks, or sweets dusted with powdered sugar or dipped in syrup, these fried flower like fritters are a feast to the eye and the tastebuds.



2. *Demir tatlısı* fritters being made in the village of Keramet in western Turkey (Photograph: Füsün Ertuğ).

The image above is from *Sherbet and Spice; the Complete Story Of Turkish Sweets And Desserts* by Mary Isin.

Regional variations

Each country has their own romantic names given to these fried fritters; the one in Iran is particularly descriptive. *Nan-i Panjara*, is easy to understand with some imagination by Turks; it means Window Bread, as the word Nan (bread) was used in Ottoman Turkish, and Panjara is *Pencere* in Turkish, which is the word for window.

Many European countries, especially Nordic countries have such fritters, often made for special days; Sweden- *Struvor*, Norway- *rosetbakkelser*, Germany- *Eisenkuchen* (meaning iron cake), Finland –*Rosetti*, USA- *Rosette fritters*, Mexico-

Bunuelos de viento (wind fritters), Spain- *Flores con Miel* and Indonesia- *kembang goyang* (swaying flowers). Italy called them *Frutte di Sardegna* or *Frittelle* in the 16th Century, England named them *Stock Fritters* or *Fritters of Arms* in the 17th Century.

Original recipe

The earliest recipe of such a fritelle or fritter was published in the western world in an Italian cookery book in 1570 by Bartolomeo Scappi.

146. To prepare a thin dough with which, using rosette irons, you can make various preparations called “Sardinian fruit”.

Get a pound and a half of fine flour and make batter of it like glue with two-thirds of a litre of cold goat's milk, four ounces of melted butter, two ounces of rosewater, enough salt and 6 uncooked eggs.

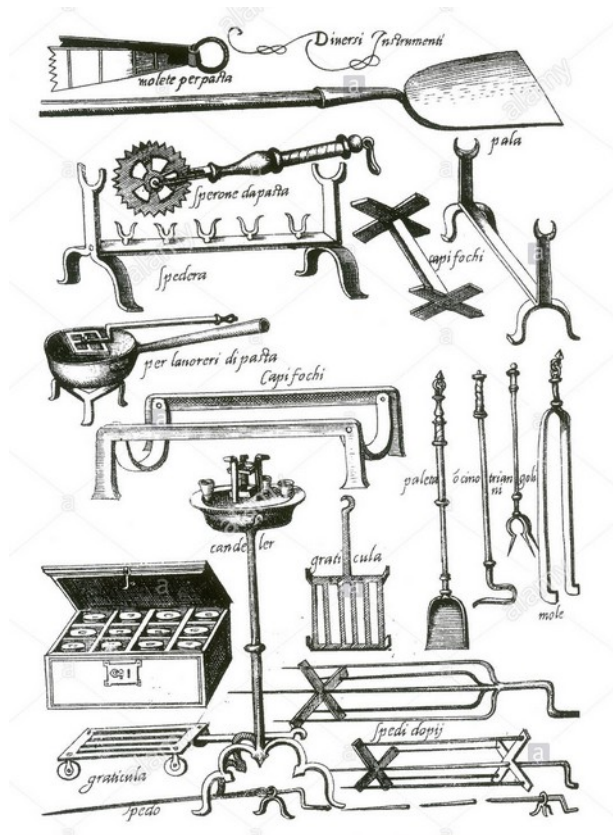
When the batter is made up, beat it so it becomes thin like that from which wafer cornets are made.

Get very clean rosette irons and heat them in rendered fat, then dry them with a linen cloth: that is done so that what is put on the iron will come off better. Have a pan of hot rendered fat ready and put the iron into heat up. When it is hot, dip it into the batter, not going higher than the mark, and fry it in the hot fat.

When they are cooked serve them with sugar on them. They can be filled with whitedish or yellowdish and with other ingredients. When it is a little thicker, that batter mixture can be used for various preparations with a funnel and then fried.

This article is adapted from one at Mistress Thomasina's blog, at thomasinacoke.wordpress.com

Plate 15 from Scappi's book shows an image of a square iron with a long handle over a pot on the left hand side of the plate, in the middle.



From my research and current interest into Spanish cooking, I have found that they like to use anise to flavour their fritters. As I am partial to this flavour, this is the way I decided to go.

A modern recipe

The recipe below is from a modern Spanish cookbook called *MoVida Rustica* by Frank Camorra and Richard Cornish. The recipe is very similar, the only variances I found were using olive oil instead of melted butter and anise liqueur instead of rosewater.

From both recipes I have developed my own and kept the anise style flavouring (without the alcohol) from this Spanish style rosette fritter. The batter recipe can be halved as it makes a lot, but I am sure that they will be well received.

Flores con Miel; Spanish flower pastries

These honey-drizzled pastry flowers are enjoyed with morning coffee, but also make a very impressive dessert when served soured with a little pedro ximénez sherry and a scoop of vanilla

ice cream. The double flower-like moulds used here can be found in some spanish shops, but deep 5 cm (2 inch) biscuit (cookie) cutters will do the job.

The moulds are tempered in scorchingly hot oil, then gently swirled in the fragrant batter, allowed to drip for a few seconds, then dropped back into the bubbling oil. It takes time to master the art so it may take a few attempts.

Ingredients

- 6 eggs
- 250 ml (9 fl oz/1 cup) milk
- 225 g (8 oz/1¾ cups) plain (all-purpose) flour
- 2 tablespoons anis liqueur (see glossary)
- 2 tablespoons olive oil
- 1 teaspoon fennel seeds, toasted
- extra virgin olive oil, for deep-frying
- 4 tablespoons leatherwood honey
- icing (confectioners') sugar, to dust

Method

Preheat the oven to 160°C (315°F/Gas 2–3).

Using a balloon whisk or food processor, whisk the eggs for 5–10 minutes, or until they reach a ribbon-like consistency. Gently whisk in the milk. Sift in the flour, combine well, then stir in the anis, olive oil and fennel seeds.

Fill a deep-fryer or large heavy-based saucepan one-third full of olive oil and heat to 190°C (375°F), or until a cube of bread dropped into the oil browns in 10 seconds.

Drop the flower mould or biscuit cutter into the oil for 1 minute.

Meanwhile, stir the batter once with a spoon to lift up the fennel seeds. Using tongs to hold the very top of the mould, remove the mould from the oil and dip immediately into the batter, turning to coat in the batter, and leaving just the very top of the mould bare. Allow the excess batter to drain off, then plunge the mould back into the hot oil. Deep-fry for 1–1½ minutes, or until the pastry is golden and crisp. Drain on paper towel, then, with a cloth

over your hand for protection, gently slide the pastry flower off the mould. You may need to work it free with a knife.

Place on a baking tray lined with paper towel and keep warm in the oven while cooking the remaining batter. Place the warm pastries in a serving dish, drizzle with the honey, dust with icing sugar and serve immediately.

My redaction

Anise Rosettes

Ingredients

- 6 eggs
- 250 ml (9 fl oz/1 cup) milk
- 225 g (8 oz/1¾ cups) plain (all-purpose) flour
- 2 tablespoons liquorice flavouring
- 2 tablespoons olive oil
- Canola oil, for deep-frying
- Icing (confectioners') sugar, to dust

Method

Preheat the oven to 160°C (315°F/Gas 2–3).

Using a balloon whisk or food processor, whisk the eggs for 5–10 minutes or until they reach a ribbon-like consistency. Gently whisk in the milk. Sift in the flour, combine well, and then stir in the liquorice flavouring and olive oil.

Fill a deep-fryer or large heavy-based saucepan one-third full of oil and heat to 190°C (375°F), or until a cube of bread dropped into the oil browns in 10 seconds. Submerge the flower mould into the oil for 1 minute.

Meanwhile, stir the batter before using. Hold the handle of the mould, remove the mould from the oil and dip immediately into the batter, turning to coat in the batter, and leaving just the very top of the mould bare.

Allow the excess batter to drain off, and then plunge the mould back into the hot oil. Deep-fry for 1–1½ minutes, or until the pastry is golden and crisp.

Drain on paper towel. With a cloth over your hand for protection, gently slide the pastry flower off the mould. You may need to work it free with a knife.

Place on a baking tray lined with paper towel and keep warm in the oven while cooking the remaining batter. Place the warm pastries in a serving dish, dust with icing sugar and serve immediately.

References

- *Sherbet and Spice; the Complete Story of Turkish Sweets and Desserts* by Mary Isin. Published in 2013 by I.B. Tauris & Co Ltd. ISBN; 9781848858985
- *MoVida Rustica* by Frank Camorra and Richard Cornish. Published in 2009 by Murdoch books. ISBN; 9781741964691.
- *The Opera of Bartolomeo Scappi 1570: the Art and Craft of a Master Cook*. Published in 2008 by the University of Toronto Press. ISBN; 9781442611481



Classic Feast: The Good Food Feast 1995

by Master Charles of the Park

This description of the first GFF was written by Charles Dean (Master Charles of the Park) and was published on Stefan's Florilegium in the day. Charles was a core team member of the PACC in 1995, and has since moved on to other pursuits.

Planning

The feast was run in the Barony of Politarchopolis on 25 October 1995 and was served to 50 guests by 20 servers and 9 kitchen staff. Politarchopolis's motto is "Eat, eat: you're all too thin".

The event was created by the Politarchopolis Assault Catering Corps. The Corps create events to show the motto is appropriate. People eating lunch before a PACC "light supper" have required medical treatment.

The Politarchopolis Assault Catering Corps (this time) consisted of:

- Charles of the Park
- Francesca Cellini
- Aelfthrythe of Saxony (chief cook)
- Adelin of the Welsh
- Diccon Shorthand
- Francois Henri Guyon
- Adam the Renegade

We discussed this feast for about three years, what we could provide as a feast if there were no or few financial restrictions.

We decided to provide a fully catered (drinks included) feast that was a replica of an (wealthy) Italian nobleman's dinner c1440 to 1500.

We wanted the food to be the best ever offered to a feast in Lochac with a suitable atmosphere to match. We wanted to push back the boundaries of what was considered possible to provide in a feast.

The feedback we have received suggests that we can be proud of our efforts.

Structure

Guests paid \$50AUD per head, Servers paid \$8. Kitchen staff paid \$0.

The Kitchen staff started at 9am, the servers at 3:30pm for "rehearsals" and their dinner and the guests arrived at 6pm for a 6:30 start. We started at 6:45pm and finished on scheduled time. The last people left the site at 3am.

The servers had all agreed to just be "servers" for the night. There would be no familiarity with the guests. One of their main functions was to make the guests feel like they were an invited noble guest. They were great!

There was some very interesting discussion on the Lochac list about how uncomfortable one guest was, being served by people he knew and not being able to help. After being assured that the servers were having fun too, he felt better.

The formality and structure of the event was quite different to previous feasts. I hadn't thought what an impression finding out that someone was going to wash your dishes, not once but three times over the evening while the guest relaxed and was entertained, could make on our guests.

It was especially strong on the guests who were the "I need to help" types! However most of the guests said that they could get used to blinking and finding a server was beside them offering drinks, food, drinks, help, drinks, food, or more food.

Drinks

We provided red and white wines, ales and cordials. Cordials are sweet non-alcoholic concentrates in Australia.

The wines were from two of the better wineries in Australia and the beer was "Irish Red", a light flavoured dark beer, brewed in a local boutique brewery.

The cordials were made by a local Politarchopolitan: lemon, raspberry and rose.

Hall layout

The hall seats 200 with some room left for dancing. We split the hall in two, the front half as the feasting area and the back portion was the relaxing, entertainment and dancing area.

The feasting area was laid out in four corners of a square with gaps between each corner. Think of a square and rub out the middle of each side. The guests were seated on the outside of the corners (only on one side of the tables) so they were all looking into the centre.

The tables were laid with white cotton cloths with a red damask table runner down the middle. Candles were provided using 2" diameter short candles on black metal 6" tall holders placed along the inside edge of the table. Water was available on the tables in white jugs with a red griffin on the side. The centre area was used as a display position for subtleties.

The hall divider was 10' high and 50' wide, draped vertically in alternate red and white lengths of material with a banner of the opposite colour placed over the top to provide a further contrast. The centre of the divider was pulled back on each side like a tied back curtain to provide a door to the entertainment area.

Behind the divider were the drinks servery and the musicians (Politarchopolitan musicians guild) who played background music all night. A second consort (Concordia Mirabilis) played entertainment pieces and the dance music between courses.

Between each course, the guest were invited to watch and participate in entertainments in the back area. While they were absent, the tables were cleaned and all of the guests dishes were washed, dried and their places re-laid ready for the next course.

Progress of the feast

The feast started with each guest being met at the entrance to the building by the servers dressed in red and white tabards who took their feasting baskets and guided them to their place as the guest was announced by name to the hall. The servers laid the guest's place and offered them a drink. The feast had begun.

All food was presented by a procession of servers who then split off to serve their appointed tables.

Each table (a corner, seating 13 guests) had four servers, a drinks butler, two food servers and a supervisor. All food was served on matching bowls and platters.

Some other items not mentioned in the menu were:

- the serving of a baylor, a large sea snail which many guests tried to our collective surprise (the taste was very much like abalone)
- the display of an intricate coloured toffee and sweet pastry stained glass window of a knight in armor which was immediately smashed and served to the guests
- the blind soothsayer who came and read the entrails of the suckling pig before carving
- and many other little extras to keep the guests constantly amused and hopefully amazed.

The menu

Course the First

A platter of sausages, forcemeats and meat puddings

Cuttlefish Croquettes (isica de lolligine)

Crabmeat Croquettes (isicia de scillis de cammaris amplis)

- *to accompany above – mayonnaise with mild herbs*

White Sausage (isicia de cerebellis)

- *to accompany the above, a green sauce*

Dumpling of Pheasant (isica plena), in broth

Chicken Forcemeat (isicia de pullo), in broth

Braised beef ribs

Ember day tarts

Brie tarts

Pears poached in wine with custard

Dancing

A dance display by Master Delbert

Dancing for all, led by Master Delbert

Refresher - flavoured ice

Course the Second

Whole baked stuffed fish (we served a 10lb whole fresh snapper)

Smoked trout and salmon (whole smoked fish were served to each table)

- *with the above, a green sauce*

Stuffed trout in pastry

- *with the above, sorrel and bitter orange sauce*

Seasoned stuffed roasted boned quail

- *the above joined with strawberry sauce*

Salat

Sweet spinach tart

Mock entrails

Divers Entertainments

Music by Concordia Mirabilis.

Nicodemus - A reading of poetry.

Dance display by Master Delbert

Course the Third

Whole Roast Suckling Pig stuffed with fruits and nuts

- *saucers to accompany the pig included boartail gravy, cameline, galantine, yellow pepper, boiled garlic and sauce Robare.*

(Served after a soothsayer read the entrails. and Sir Hugh the Little carved.)

Herb fritters

Green peas

Rissoles closed and fried

Rosemary trees with snow, surrounded with comfits and sweetmeats.

Dancing

- Biscuits and good sweet strong wine

The servers menu

Bread

Pea and ham soup

Lucanian sausages

Venison pies

Herb fritters

Spinach pancakes

Salat

Rissoles closed and fried

and the pickings from the guests' tables

Summary

We were very happy with the result of our labours but the feast was more difficult and more work to run than feeding 250 as a principality event. Oh yes, we also ran on time :)

Eat, eat, you're all too thin.

1995 was apparently
before the invention of photography.

Nobody has owned up to having any photos
of GFF 1995. If you have any, please contact
the Chronicler, and this gap will be filled.

A Sugar Paste Soteltie

By Mistress Gabriella Borromei

The plate and flower were made for Queen Liadan at the 30th year celebration and Baronial in River Haven.

The plate and petals are made out of sugar paste, decorated with edible paint. The only thing that couldn't be eaten was the stem.

Original recipe

The recipe is from *Overture de Cuisine*, 1606.

To make sugar paste

Take fine sugar well sifted with a fine sieve, then take gum tragacanth well tempered with rose water passed through a strainer as thick as you want it to pass, then put your gum into a mortar of copper or other & stamp well your gum, and put therein a little of the sugar until you make a workable paste.

Note that the more it is beaten the more white it will be: of this paste you can form that which you want, like to make in hollow molds, or trenchers, or plates or cups that you want, & put it into an oven that is not too hot, you can make it as gilded or as strong as you want to have: watch well that the oven is no longer so hot that it makes the paste raise into bubbles, that would not be like anything, because it is necessary that the paste remains firm.

My experience

I bought the gum tragacanth at a business that does all things icing.

Initially I tried to grind down raw sugar in a mortar and pestle, as an accurate representation. However, I found that it was going to be a fairly onerous task to get it to a fine powder. I did not have the hand strength to make that much powder.

I then used pure icing sugar because that is just regular sugar pounded to a powder. It was a case of adding little amounts at a time to get the consistency needed.

Then it was rolled to a plate thickness and laid over a bread plate until it hardened enough to keep its shape. The drying took place in a half-open oven that had been set to around 100°C.

For the flower petals, it was more rolling to a thinner consistency. They were made individually and when set they were stuck onto a ball of the paste with a little water and a paint brush.



Stirring the Pot

Thoughts from the Chronicler

Welcome to the new Cooks Guild magazine.

Its future existence depends on member interest; if you send me articles, I'll aim to produce one every 2-3 months.

If you run an interesting feast, please send me the menu and some pictures. Fantastic if you can give me some cook's notes or a recipe.

I'm keen to have some classic feasts too, like the Good Food Feast in this issue. They don't have to be quite so grand – I'm very happy to publish each cook's favourite past feast, if you made an effort to include period dishes.

We also need general articles with your recipe redactions, discussions of techniques, or all the sotelties you've ever done. Surprise me!

I started the magazine because it seemed to me that SCA cooking as an art isn't getting the love it should. I hope it helps renew our collective excitement about this component of our hobby, and documents our achievements and ideas over the years.

Cristoval

Some cute little spiced apple pies
I did for Politarchopolis Winterfeast.

This is "[Tartes of apples with covers.](#)"
(A Book of Cookrye, 1591), borrowing slightly from the
"without covers" recipe in the same text.

I used Borgs pastry, good for vegans. Apples are a pretty soggy filling, so I put a teaspoon of ground almonds in the bottom. I put big vent holes in some, but found that four discreet slashes were sufficient.

Recipe

500g apples

½ cup wine, put chopped apple into that
(acts as acidulator while you're working)

1 cup sugar

1 tsp ginger

1 tsp cinnamon

1/8 tsp ground cloves (not in original recipe)

pinch salt



Boil the mixture until cooked, take out the apples, reduce the spiced liquid to a sticky gloop, add back in. Make the pies, cook at 180deg. When half cooked, take out of the oven and brush with a mixture of rosewater and icing sugar. At first sign of browning, take out of the oven a rest for a while. Put back in to finish browning. Ideally, do that twice. That's to avoid the mix boiling over. Ask me how I know.