

# What's in the pot?

## Magazine of the Lochac Cooks Guild

Guild Journal #4 February 2026

### From the Guild Administrator

As I'm sure many of you already know, we lost a beautiful person on February 17. Lady Madelaine le Mercer (Megan McConnell) died far too young after ongoing but not fully diagnosed health issues.

Lady Madelaine was a passionate member of the Guild, a keen Lochacian and was always ready to help and encourage others whenever she could. She loved to learn and experiment, and did everything possible to ensure other people could do the same. She will be greatly missed, by me and everyone who was lucky enough to know her.

One of the reasons I love to learn about food, and to cook, is to connect with other cultures and other people, and to share that love with other people. In 2026, let's all share food and fellowship with those we know and love, and those we want to know and love better. Because none of us know when the meal we share with someone we love will be the last meal we share.

Mistress Leoba of Lecelade

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A bread Oroburos from one of the Fields of Gold feasts some years ago. Mistress Gertrud von Ritzebüttel made it off the cuff when there was a soteltie problem.

Standard bread dough, made to a circle, scales are simply cut with kitchen shears, and highlighted with paint made from canola oil and gold flakes (which happened to be in her kitchen carryall).

# Of Puff Bread and Whores' Farts

By Master Cristoval

I decided in my early SCA career (40 years ago) to work my way through the *Forme of Cury*, then called the first English cookbook. It was the first translated manuscript I found, and I love that in 2026 you can see online scans of a couple of versions.

I was going to give it a damned good shake and then move to the second cookbook. I didn't have to do the porpoise recipes, and there was some optionality on deer blood and entrails.

I've since made and served a large number of *Forme of Cury* recipes, and have only scratched the surface. I once ran a feast entirely on this theme (see insert).

One recipe still on my list was "Payn Puff", which presumably means "puff bread".

It features in lots of surviving menus, over several centuries. From context, it was a popular and reasonably easy to make dessert item served at the end of feasts, often with doucettes.

This article describes my adventures in pursuit of a credible *payn puff*.

## The original recipe c1390

It's rather sketchy:

***Eodem modo fait payn puff. but make it more tendre þe past. and loke þe past be rounde of þe payn puf as a coffyn & a pye.***

*(In the same way make payn puff, but make the paste[ry?] softer, and check that the paste is around the payn puff as a coffin and a pie.) [my translations throughout]*

"In the same way" probably refers to the previous recipe, Pety Peruaunt, which takes a fruit and spice mix (or *farce* in French and early English recipes) and wraps it in a pastry made with egg yolks and no water. Those (say several versions) can be baked or fried.

"Softer" (or more tender) than a pety peruaunt could mean a wetter paste, or perhaps by adding a different fat such as butter.

A "coffin" is generally a self-standing pie, which is a big ask for a tender pastry, so I'll take it to mean an all over pastry wrapping.

It's unclear in *Forme* if the *payn puff* is to be baked or fried.

## Are they cuskynoles?

There's a group of related English cookery texts, with some of the recipes in the same order. In one even earlier than *Forme of Cury*, often titled *Diuersa Ciberia*, there's a recipe for "cuskynoles" which are a lot like "pety peruaunt" also with a fruit/spice mix and an egg pastry.

That one has a surprisingly detailed recipe which shows that they are what we would now call a ravioli, boiled then pan fried to finish. I made some and wrote them up in [issue 2](#) of this magazine.

They came out as tasty condom packets, and not particularly puffy. I think not.



## Ashmole/Monk version c1425

Christopher Monk ([Monk's Modern Medieval Cuisine](#)) decided it was pastry made with cream, and otherwise like a pety pernaunt.

Monk based his redaction on the version in *MS Ashmole 1393* (c1425):

**Take creme, floure, zolkis, suger; herof make by past & let it rest an hure or ii. Than tak marw cut of gobetes, reysons corans, dates cut, zolkis chopped, suger; medil all pese & put it in þe middes of þy lof & bake it in opyn ovyn; close hit zif þu lest or let it be opyn.**

*(Take cream, flour, yolks, sugar; make the paste and let it rest an hour or two. Then take small pieces of [bone] marrow, currants, chopped dates, chopped [hardboiled] egg yolks, sugar; mix all these and put it all in the middle of your loaf and bake it in an open oven; close it if you wish or leave it open.)*

Resting the pastry might get some (wild?) yeast leavening. The marrow is just a sweet fat that was popular in anything like this. The open oven suggests you put it in after the regular bread and don't want the oven too hot.

The "loaf" implies some size, but Monk made small cakes with a nice soft coating. In period, they were often served at the same time as pety pernaunts, so I think they need to be more distinct.



*(Christopher Monk's interpretation)*

## MS Rawlinson D 1222, c1450

There's a more detailed recipe here:

**Take smale floure & new zeste & hete þe zest with water, & put hit togeder, & make paste with þe same zest & zolkes of eyrene & suger, safroun & salt & powder of gynger; and make by stuffe of zolkes of eyrene rawe & more poudre of gynger, suger, dates mycede, smal reysouns of coraunce, safroun & salt. & take þe forseyde paste & make cakys of a schapmonde brede. Take a porcion of þe same stuffe & put hit ynne, and take & wete þe sydes with water & lappe hit togedyr upryzt, & sete hit in an hote ovenne & loke to hit for brennynge.**

*(Take finely ground flour and new yeast. Heat the yeast with water and put it together. Make the paste with the same yeast and egg yolks and sugar, saffron, salt and powdered ginger. Make the filling of raw egg yolks and more powdered ginger, sugar, minced dates, currants, saffron and salt. Take the paste and make cakes of schapmonde [???] bread. Take a portion of the filling and put it in the pastry, wet the sides with water and overlap it together upright, and set it in a hot oven and watch for burning.)*

Again, it specifies cooking in an oven, hot this time, and something like a loaf. This one clearly uses yeast for leavening.

## Proper Newe Booke c1550

**To make Panne puffe. Take the stuffe of Stock frytters and for hys paest take a quantite of ale and a lytle yest and Suger, Mace and Saffron, than heate it on a chafyndysche and put it to youre floure with the yolcke of a rawe egge, and so after this maner make up your paest.**

*(Take the filling of stock fritters and for this paste take a quantity of ale and a little yeast and sugar, mace and saffron. Heat it on a chafing dish, then add your flour and a raw egg yolk, and in this manner make up your paste.)*

Stock fritters are basically fried pain puff, with the same fruit mixture though in 1550 it includes veal kidneys.

A chafing dish is hot enough to keep a dish warm, but not hot enough to burn it. Adding ale and yeast does suggest it's striving to get some

leavening, and the chafing dish might ensure you are resting the paste at a reasonable temperature for rising, in a cold castle kitchen.

### Summary from the English recipes

This is some form of soft pastry which goes around a farce filling and gives a puffier result than regular bread. To be called pain puff, it is baked, or called stock fritters if fried.

They can apparently be of some size, though the *Forme of Cury* one compares to a pety pernaunt and so shouldn't be too big. Fruit centres are apparently good for avoiding doughy middles, whether baked or fried.

The ingredients for Payn Puff seem to be flour, yeast, egg yolks, sugar, possibly cream and/or ale, and given some time to prove.

It sounds a bit like a yeasted baked donut recipe, which are still around today, with an "old family recipe" provenance. I believe that, as modern donuts use baking powder. There are also old donut recipes with beer as a leavening ingredient, though the ones I've found are intended for frying.

### Redaction

I joined some dots here and averaged some baked donut and beer donut recipes from the internet, informed by the original recipes above.

I made up both beer and cream versions. The beer one ended up as crispy shells around the farce, pretty and tasty enough but not a puff bread in my view.

The cream one did work, pretty well, and I've provided the recipe here.

\*\*\*\*

First make up the farce mix. You can do it in a blender:

250g minced dates, 250g currants, 3 tsp powdered ginger, 3 hardboiled egg yolks (chopped), pinch of salt.

This is pleasant enough, but maybe not sufficiently sweet for modern tastes. Next time, I'll add some honey too.

Then you make up the pastry.

1 pkt dried yeast soaked in half a cup of lukewarm water and 1 tsp of sugar to start it, for 10 mins. If it doesn't bubble, start again with new yeast.

10 saffron stamens, preferably more, soaked with the yeast

4 cups (500g) plain flour

1/3 cup sugar (about 70g)

2 raw egg yolks

2 cups cream

1/2 tsp mace

pinch of salt

I mixed it in a blender, which worked well. Not super period perhaps, but I'm in a small group doing feasts with few helpers. Leave it to rest in the blender for 5 minutes.

Then knead for 5 minutes, put clingwrap on top and leave somewhere warm to prove for 1 hour. Roll out and wrap around your farce.

I made a loaf by making a sausage of farce and then putting the pastry over it, like a pasty crimped on top. The crimp basically disappeared in the cooking, leaving a puffy bread around the core. I wouldn't like to have made it any larger.

I also made up individual balls, which were easy to do.

It's best to brush them with beaten egg, at least once. Bake at 180degC for about 15 minutes until lightly golden. (Loaves take a bit longer.)



(Results, showing balls and a loaf half eggwashed)

## Results

Made as little balls, they work pretty well. They are about the size of a ferrera rocher sweet, and the puffy exterior has a nice mouth feel. I would be happy to serve these at a feast, along with other desserts.

When sliced up, the loaves are pretty enough but not as impressive to a modern day diner as they would have been at the time. The loaves are faster to make, but I don't think I'd bother.



I fried some of the balls (max 180 deg) as stock fritters, which worked well, though harder in a feast kitchen. Dust with caster sugar and cinnamon.

## Foreign recipes

Around the 1400s, cooking was surprisingly consistent across Europe. Often you see the same recipes in several countries, with similar names.

Perhaps strangely, in this period I haven't found anything like this described in the usual places.

The French *farce* became English *farts* for any spicy fruity ball, hence the Farts of Portingale that we enjoy at feasts.

I reckon that the fried "stock fritter" version was (as a meme) exported back to Europe and you see them as Dutch "*hoerendreeten*" (whores' farts) or French "*Pets de nonne*" (nuns' farts).

I should mention modern Dutch *oliebollen* (oil balls) which are a fried dough ball, traditionally yeasted and still with raisins in the middle. They are a New Year's Eve treat, the polite remnant of puff bread and whores' farts.

## Medieval Feast

Selected dishes from the first English cookery book



Society for Creative Anachronism  
Yass Memorial Hall  
Sat 3 December 2005  
Steward: Master Cristoyal

Aha, an excuse to squeeze in a historic menu! This is my feast of December 2005, featuring dishes from *Forme of Cury*.

### FIRST COURSE

**Roste of pork** – regular roast, glazed with quince marmalade ("connates").

**Appulmoy** – apple and almond meal sauce, always lovely.

**Lesshes for lenton** — fruit pillows for Lent, with prunes and spices. Lots of medieval things are similar.

**Drawen benes** — ground beans and onions, served in pastry castles, which are documented in *Forme*. Surprisingly tasty. The bean mix is poured in when serving.

**Loseyns** — medieval lasagne! This attempt was not wildly successful, using commercial dry noodles, broth, cheddar cheese, spices.

**Salat** of herbs and flowers.

### SECOND COURSE

**Chykens with sawse noyre** — roast chicken with a liver/aniseed/verjuice sauce. Tasted great, looked a bit ordinary; I should try it again.

**Connynge in grauey** — rabbit stew in a sweet ginger sauce, served with frumenty, a savoury porridge. Good, but we were using expensive commercial rabbit so the quantities were small.

**Tart de Brylment** — fish and fruit tart, done as small tarts with chopped figs. I've revived recently.

**Bukkenade of venison** — minced venison with onions, currants, spices, thickened with rice flour, made up as a pie.

**Morree** — almond and red wine pudding, made to look like mulberries. Very pleasant.

# Baking bread for a feast

## Crowdsourced from Lochac Facebook

I threw this one out for general Lochac comment, and was amazed at the response. To me, baking bread is just too much work: some of you agree, and others routinely work magic.

People can and do bake bread at scale, and there's a lot of practical tips in this article.

*I did my best on SCA names, groups and dates, but the Facebook format doesn't facilitate that.*

## Around the kingdom

**Jane of Stokton** made a heap of pita bread for Mordenvale's camp at *Rowany Festival* one year. She recommends it as a simple dough, and no oven required. Can be done on a gas stove or a campfire.

**Ysabeau Chanteuse** made four different regional breads for the *Feast of the Four Winds 1986* in Politarchopolis. Each course was based on a different region, and she particularly remembers the Polish *Makowiec* (poppy seed rolls).

**Batista de Bardi** made oat bread and pear butter for the *Feast of Friendship* (Hamlet of Steg by, Warwick-Toowoomba Qld). She used recipes from *Tastes of Anglo Saxon England* by Mary Savelli.



**Vigdis Svinahildasdottir** makes bread regularly for events, and the buns at *Canterbury Faire* a few times. She likes to use a flour that is milled in Canterbury. It's not perfectly white, so is periodish. If she can't get that flour, she uses 3 parts white to 1 part wholemeal. Her recipe is 6 cups of flour, 4 tsp yeast, 1tbs honey, ½ cup oil, 3 cups water, add flour if needed.

**Amos Augustus Aurelius** was cook for *Feast in the East* in Innilgard last year, and made bread rolls for the event. It worked well, and he'd do it again if he was just making the bread, but notes that modern bakeries produce excellent bread at fair prices.

**Elizabeth Saunders** made a few batches of foccacia ahead of time for the Ynys Fawr *Wintersouth* event, then another couple of batches on-site when additional bread was required. They were a hit!

The household of **Abbotsford** made the bread for soup kitchen at *Rowany Festival* one year. They built their own oven, of bricks and mud. **Sara van den Hove** has written up the detailed planning and recipes at her [blog](#).

**Bjorn Bassason** ran the kitchen for the first *Feast of the Hippocampus* (College of St Crispin, Newcastle University) in 2023. It had a greco-roman theme, and he got up in the early hours of the morning to make *panus quadratus* (Pompeii bread). It was made in a university residence, which fortunately had two ovens. He used the recipe from Max Miller's [Tasting History](#).

**Skæringr Arta** made a simple dark ale bread for a feast of the College of St Ursula (University of Sydney). He reported that it cost about \$50, mostly the beer for which there was plenty to spare to drink later!

**Cesare d'Orso** made about 20 loaves onsite at *Western Raids* in Aneala. They hired a large log oven with four shelves, each of which can take four large roasting pans per shelf!

**Gwyn Cantor** made pretzels for a carnival-style outdoor event, & carried them around in a basket like a street vendor. They were very popular, but pretty time-consuming. Not so good when you are the steward...

**Thalia Brasse** reported that for a *Panther Hunt* event in Dismal Fogs the cooks made pretzels and served them from a sword.

**Rúnfríðr Keiliselgr** wrote that she and her sister also make pretzels, particularly for potlucks for the College of St Monica (Monash University). She makes them with low-FODMAP flour, to support a member of her household. She said that she's twice been told that pretzels aren't period, which sets her off into lecture mode about the paintings which feature them.

**Charly of Sherwater** made bread rolls in advance for the 8-day *Easter Camp* in the newest Lochac shire, Sherwater (Wairarapa NZ). A couple of them get together with Ankarsrum machines and blast out a mix of plain white rolls for the nobles food plan (\$20 per day) and rye for the paupers food plan (\$10 per day). They freeze them in ziploc bags and take them out to defrost in advance of each meal.

Charly said:

**Ankarsrum** is a Swedish brand of mixer that's the best, particularly for doughs. Produces up to 5kg of dough in a batch.

We use fresh yeast to make the rise quicker, and just knock out batches in a production line. Tbh oven space becomes the limiting factor.



## Franco-Italian yeast bread

**Stefano da Urbino** has made bread for events "many, many times".

*His detailed description of his most common production follows.*

My standard recipe is based on the recipe in Platina (c.1470). The one in Larousse Gastronomy (modern) is substantively identical.

To every three cups of flour, add a teaspoon of salt and a tablespoon of olive oil, separately stir in a teaspoon of sugar or honey to a cup of warm water (not hot; blood temperature is good).

Platina says knead the bread on a well used bakers board instead, and that you only need to add leaven in cold weather, but meh. I normally stir in a teaspoon of bakers yeast, or if you want to make a sourdough instead, go wild.

Let the yeast barm in the water for ten minutes. It should become frothy with a distinct head of yeast foam.

Mix the yeast mixture into the flour with a table knife. Knead to a pliable ball, and then rest somewhere warm for two hours.

Only experience will tell you whether the mixture is too wet or too dry, but substantively you want a not-too-stiff, not-too sticky dough, that holds together as a single mass.

After two hours the dough will have risen to approximately twice the original size.

Punch and knead the dough again, form into loaves, and bake in a hot oven until it is enough. (Perhaps 25 minutes for a single 3 cup loaf.)

I often make round loaves with the top cut into 8 sectors, because that's a Roman style.

I've also made something approaching early Norse bread including wholemeal flour, leftover porridge, and boiled barley. Very filling, but a bit trickier to get the dough consistency right, given the porridge and barley are wet, and you don't need as much water.

## Wet dough method

**Annys Blodwell** and team made bread each day at *College War 2015*.

*She wrote:*

The oven was old bricks built up to a squarish shape, with (possibly an old oven rack?) metal mesh top to support the bricks on top, then slathered with local clay and patched often. The door was a thick plank that fit over the hole left. It was built on the raised concrete verandah of the old cottage at Mistress Collette's farm, which was where the event was held.

The wet dough method is pretty simple - flour, water, yeast and a little salt to make a dough, but you make a very wet dough rather than a firm one.

In most modern recipes, you make a dough that feels almost as firm as ripe fruit flesh, and you need to set it to rise, then punch it down, set it to rise again, knead it, let it rise again ,etc. You need the multiple rises and kneading to ensure the protein strands are able to develop.

What is much easier is to make a much wetter dough, not so wet as to become more of a batter, but wet enough that the dough slides and pours from the bowl rather than plops out of it.

Except you don't make it in a bowl. Those big earthen-ware jars with lids that get called bread crocks aren't made to store bread in, that's what you keep the dough in for the morning's baking.

I used a plastic tub with a lid on it. You need lots of room, so the dough can rise and collapse under its own weight multiple times overnight.

Come the morning, you have a dough with really lovely strong, long protein strands that are perfect for bread, that only required a small amount of kneading to shape the loaves.

I can't give you amounts because I never measured anything, sorry.

## Hydrated doughs

**Robert Mortimer** ("Mort") makes bread for events in Politarochopolis including *Fields of Gold* ("FoG"). He typically works with high hydration dough using instant yeast.

Hydration is the ratio of flour to water by weight, so 500g flour and 400g water would be 80% hydration. Breads that don't need shape, like foccacia, can be up around 100% hydration, while a typical baguette would be say 72% and many sourdoughs are around 65%.

The higher the hydration, the faster the bread rises as the yeast can get more nutrients and as an added benefit there is less kneading time required to form a good gluten structure.

For FoG 2025, he made 22 loaves and 40 rolls. He split the loaves into ciabatta bread using 90% hydration and the regular loaves and rolls came in at about 75% hydration.

The high hydration ciabatta worked well because it is quick to mix initially, shaped using coil folds which go in the oven early as high yeast and moisture gave a fast rise. They cook while the lower hydration breads are proving.

The 75% hydration loaves and rolls were shaped initially by a stand mixer to save time, and then left a brief time to hydrate. He used a slap and stretch kneading method as it cut down on time. He set up a production line of dough to fold.

The bread was a great success, particularly the loaves, which cost under a dollar each.

His advice for people making bread in bulk is to learn to work with high hydration loaves as it cuts down the manual labour of kneading greatly. Coil fold for 90% or higher, and slap and stretch methods for 70%-89%. Lots of counter space is required and you want at least six large mixing bowls for the initial stages of the high hydration breads.

## The South Somerset Bakery

By Master John of the Hills

The South Somerset Bakery ran for a good few years at Rowany Festival, around 1990.

Each day we would bake about 60 loaves of bread, which could be pre-ordered and delivered to campsites.

Then there were many specials which changed each day. Cheese and mustard buns one day. Other stuff. The ever popular Baroness Buns. When asked when the bread would be ready, the answer was always "an hour and a half".

There was a tray with a shoulder strap that was used to hawk the specials around the site.



### The oven

Charles of the Park and I made the oven from found stuff in Canberra's industrial zone. After cutting and welding it together it was taken to the Wilton site and set up near the tavern building.



Here is the other side with some rolls cooking inside about to come out. Firewood into the door on the left.



### The process

We had a drum choofer next to the oven for hot water. A tent behind with tables.

We would bring about 100kg of flour (I think five or six 20 kg bags) each year with appropriate amounts of yeast, salt etc.

We started with large metal bowls for mixing and later Charles made a large wooden mixing trough for doing a whole mix at one time with a big wooden paddle. A kneading break attached to the table helped with kneading a big amount of dough at the one time. All medieval designs.



Mixing and rising bin with mixing paddle on top. 1992.

# Campfire Cooking at Scale

**Mistress Alys Dietsch**

I've cooked for lots of SCA feasts, and for many years I've enjoyed doing some larger-scale campfire cooking events.

Politarchoyopolis sometimes has Hunt-style events at a property just outside Canberra, where I'm the regular cook.



## Cooking equipment

Cast iron is best, including frypans and camp ovens.

We have quite a few of those "potjie" cauldrons, mostly medium-sized ones you can buy from Aldi. We have some really big conventional camp ovens too, which you grab when you can see them.

The potjies are a traditional dutch cooking method and are still popular in South Africa, for good reason. They don't take long to boil, unless you have a whole heap of food inside, and once they are boiling you can move them to the edge of the fire. They resemble medieval cooking pots seen in manuscript illuminations.

Fire proof gloves or welding gloves make moving pots and lids easier and burn free.

Fireproof trivets make it easier to use any pan or pot that doesn't have high legs.

You need good sturdy spoons and stirring implements. Tin tongs don't work well, and I strongly advise against plastic.

## Frying and spitting

Shallow frying anything other than minor elements of a dish can be very difficult.

I have successfully fried fish for a feast, but it required three people and plenty of bad language.

Deep frying can be a fun way to make donut or fritter type dishes, and you can use a warm camp oven to keep the food warm while cooking in batches.

Spitted food shouldn't be over the top of your fire, as fats will drop into the flames. The fire will grow, burning the outside of your food and leaving it raw inside.

Radiant heat from the side of the fire is best for slow cooking. Chicken, as always, needs particular care to be cooked through.

We have spitted pork and chickens (and geese, and peacocks...) for food fund and smaller events, but I'm not a big fan. It's hard to get them evenly cooked in large quantity, and needs a separate experienced cook to monitor them. A 30-40kg pig needs an entire day of cooking.

## The fire

Campfire cooking takes less fire than you would think: I use very small fires for most things. Sideways radiant heat from a fire is what you really want. One leg of a potjie in the fire is also enough to do the job.

I'll use wood to start the fire, and for certain things where I do need a hot flame for frying etc. Otherwise, I like to switch to charcoal as it makes it easy to get the nice deep coals I like for my fires.

It's a very traditional medieval fuel. One big bag of Bunnings charcoal will usually do it. You do need to keep some tools reserved to scoop the charcoal, or it can become messy.

Large pots for a feast can take a significant amount of time to heat to temperature. Once hot, they retain heat and continue to cook for a long time.

Different sides of a pot can have very different temperatures, so turn pots regularly.



*My setup for 'Quest of the Holy Quail'. A lot of the cooking was in hot pots on the ground.*

## Spices

Before the event, I'll make up a fresh batch of *powdre fort* and *powdre douce* (savory and sweet spice mixes). I find that they taste quite different in each dish they are used for, and they simplify the campsite. You'll easily find recipes online, though my mix depends on my inspiration on the day.

I'll also bring fresh herbs from home, to go in the dishes and for scattering over the top. My favourite garnish is chive flowers, which stand out beautifully on campfire dishes.

## Choice of dishes

For larger events, I prefer pottages of various sorts. These stews can be a bit on the sloppy side, so there's less chance of them burning. There's

plenty of period recipes, and once you have a feel for those it's easy to extrapolate to what's in season and to hand.

One popular recent dish was "Chykens in gravey", where originally you would have boiled an old chicken in stock, then added ground almonds and spices. Actually I browned the chicken, because that's OK with modern young supermarket chicken, then I added stock and celery and ground almonds, as well as *powdre fort* and some extra ginger.

It can be very difficult to strain food from cooking water at a campfire event. Often I cook vegetables in the least amount of liquid I can, and then just thicken what's left with a non-glutenous flour, like rice or almond meal.

## Bread

If you are planning to make bread, I suggest you do what they did and make it early in the morning.

We've made bread at events, but not at scale because you need too much space for rising and baking. You use camp ovens, and we did try with a Bunnings pizza oven for a couple of years with mixed results. I have done flatbreads a few times, to go with stews, and they have worked well.

## Quantities

I have found that, for campfire cooking, people want hearty food but not huge quantities. Those thickened pottages are really filling and satisfying.

I'll often cheat a bit by making up some biscuits or doucette tarts beforehand to round up the feast. I don't want to have to cook multiple courses on the fire, though I'll often do a hot cherry (or seasonal fruit) pottage, particularly if the weather is cool. I often do a gluten and dairy free custard over the fire.

## Allergens

You have less options when campfire cooking, so where possible make vegetable dishes vegan. If the dish looks like it has gluten (eg bread/pastry) then by all means have gluten, but otherwise use a non-gluten thickener.

Many people have an aversion to alliums. An allium free stock is commercially available, and I use celery to substitute for onions in many dishes.

## Stirring the Pot

### Thoughts from the Chronicler

According to the Guild website, you have to fill in a form to become a General Member of the guild. I joined the Facebook group a couple of years ago, and nobody's ever mentioned a form.

If I wanted to [progress](#) in the Guild, I'd have to cook and document a feast dish, get comments from three tasters, send it in, and then I'd be a Novice. Five more to be an Apprentice, five more to be a Journeyman, then two more and a magazine article (yay!) to become a Master of the Guild.

I haven't done that. Maybe it's vanity – I cooked for many feasts before the Guild was formed! Maybe it's laziness – in truth, I'm so busy running an event in a small group that the paperwork just seems too hard. And I guess it doesn't matter anyway, because these are boy scout badges that chart your progress but are of limited interest outside the Guild.

But yet – I started this magazine because I wanted the Guild to become more active and prominent, leading to more period food at events. Having more recognised leaders might help us do that, maybe by sponsoring guild activities in local groups.

I think in 2026 we need simpler or additional ways of obtaining guild recognition, or having the Guild work more actively within the Kingdom. I'm not sure what the solution is here. I'll copy this to Guild FB and read the comments with interest.

Master Cristoval (OP not OL)  
Guild Chronicler

I took these to Okewaite's christmas breakup.

Beforehand I explained that I was going to serve honey-glazed dormice, from a roman cookbook. You import them vacuum-packed from Croatia where they are farmed.

Several people believed me – the Croatia bit is true BTW. They are of course honey-glazed rissoles, cousins to mince hedgehogs.

