

What's in the pot?

Magazine of the Lochac Cooks Guild

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Contacts

Website: cooks.lochac.sca.org

Facebook: SCA Lochac Cooks Guild

Administrator: cooks@lochac.sca.org

Articles: Please send to the Chronicler at rhysh@iinet.net.au.

Mushroom pasties from *The Goodman of Paris*,
c1393, as interpreted by Mistress Leoba.

A great vegetarian dish!



From the Guild Administrator

Greetings from your new Cooks Guild Administrator!

First, I would like to thank Mistress Leoba for her many years of service in running the Guild, particularly during the pandemic.

A little about me: I have been an active member of the SCA in the Shire of Bordescros (Albury, NSW) since July 1999. I have always loved cooking and am a qualified chef with many years of experience. I now work as an Integration Aide at a high school, where I also support food technology classes.

As many of you know, the Guild's recognition system has needed renewed attention for some time. I will work closely with Guild members to develop a clearer and more effective process for everyone who wishes to participate. If you have made a submission that has been lost in the system, please send it to me. I'll be putting an improved system in place soon.

Another closely related priority is a major overhaul of the website. If you have relevant skills and would like to help, please let me know.

I would also like to work with our existing chapters and local hubs to explore new ways of engaging people across Lochac, with a view to sharing successful approaches more widely. I look forward to working with you to promote medieval cookery throughout Lochac and to help the Cooks Guild grow as a valuable resource for the Kingdom.

In service, Mistress Thomasina Coke, OP, OL

Email- cooks@lochac.sca.org



Spring Crown 2026

Introduction

"Spring Crown in the Mists" was held in the Shire of Dismal Fogs. The event was stewarded by THL Thalia Brasse, who thanks Mistress Anne de Tournai for stepping in as kitchen day steward to help out their small group.

Dinner menu

Charcuterie boards

Pickles, olives, hummus, lebanese bread, prosciutto, salami, ham, caramelised onion. GF options too.

Beef in pastry

This was 'Veal in pastry' from *The Prince of Transylvania's Court Cookbook*, the Dismal Fogs interpretation of Mistress Gertrud von Ritzebüttel's redaction.



Chicken chewettes

The recipe is from *Forme of Cury*, c1390. Small pies with chicken, with spices and a little cheese. The original recipe included pork, omitted here to balance attendee requests.

Genovese tart

From *Das Kuchbuch der Sabina Welserin*, 1553. A spinach, cheese and herb tart.

Chyches

Forme of Cury, chickpeas with garlic.

Funges

Forme of Cury, mushrooms with leeks.

Cabbage and apple compost

From *Wel Ende Edelike Spijse*, late 15thC Dutch. The original recipe cooks parsley roots and white cabbage before combining them with pears, dates and a highly seasoned sauce. The flavouring includes mustard made with wine vinegar, saffron, cinnamon, ginger, cloves, fennel seed, aniseed, figs, honey and sugar.

The manuscript specifies pears. Tart apples were used in this redaction as a practical substitution.

Fine cakes

From *The Good Housewives Jewell*, 1585. A yeasted sweet cake, served with pear and apples purees.

Stewed rhubarb

Only documented in Middle Eastern sources during SCA times, and provides a useful sour note here.

Snowe

'A dyschefull of Snowe', in *A Proper Newe Booke of Cokerye*, 1545. Whipped eggwhite and cream, with sugar and rosewater.

Tartys in Applis

Forme of Cury, an apple pie with some added dried fruits and spices to make it fancy.



Photo: Helouys le Poer

Holy Roman Empire Pot Luck

By Mestrez Ysabeau Chanteuse - Politarchopolis Warden

After the success of our Byzantine potluck and its eight entries into the Kingdom Arts & Science competition, the Politarchopolis Cooks Guild decided to go again. This time around, we explored food from the Holy Roman Empire.

Lessons learned

There were some important lessons learned from the first time around.

1. We needed better tracking on the number of entries, and thus the number of judges required. Three judges evaluating eight entries in two hours is too much to ask of those volunteers.
2. We needed to make life simpler for the judges. Last time we dropped 8 different dishes in front of them all at once, and left them to it. That meant that things that were supposed to be served hot weren't necessarily still hot by the time the judges got to them, and they had to do lots of cross checking to make sure that they had the right comments on the paperwork for the right dishes.



pea fritters

Registration form

For lesson one, I created a Google Form for people to register their entries. That meant that I could monitor the number of dishes, and then liaise with our Arts & Sciences Minister to ensure that we had an appropriate number of judges on the day.

Interestingly, we only had four entries this time. I'm not sure whether the form itself was a barrier to entry, or whether the fact that this pot luck was held in winter between two local food based events

meant that some of our previous cooks were simply unavailable. Some combination of the two could be true.



apple tart

Kitchen

For lesson two, I took charge of the kitchen and time management.

Because I had access to the Google Form, I knew what the dishes were, and could set an order of service. On this occasion, we had soup, pea fritters, an apple tart and some sweet fritters.

I negotiated with the cooks of the various dishes, and ensured that they had the time to heat and serve their dishes appropriately. Going forward, it would be more appropriate for someone who wasn't submitting a dish in the competition to be in charge of the kitchen.

Results

The judges tell me that the more structured approach this time around made their job much easier, so we will repeat this process in the lead up to Autumn Crown.

This potluck produced one new member for the Cooks' Guild, and three recipes to be submitted for ranking.

I look forward to seeing what the Politarchopolan cooks produce for 14th Century Italy, and what this means for our members and their rankings.

A Diet of Worms

By Master Cristoval

Introduction

When I went to school, admittedly a very long time ago, we still learned stuff. I recalled that in 1521, Martin Luther was tried for heresy at the Diet of Worms. The Diet (assembly) at Worms ("Vorms") was an important meeting for the Holy Roman Empire.

Lochac had a kingdom competition on the subject of the Holy Roman Empire, and I couldn't resist the schoolboy joke.

The incipient Politarchopolis chapter of the Cooks Guild organised a pot luck competition, to encourage entries, and this was mine.

A mashup of fritters

I've been cooking fritters forever, and wrote them up in [Issue 5](#) of this magazine.

I utilised two fritter recipes from around (very broadly) 1521, within the Holy Roman Empire.

The competition was in the scout hall where the weekly A&S meeting is held, with a very limited kitchen. For practical reasons, it was best for the fritters to be made beforehand and reheated for service. That helped narrow down the choice of recipes.

#1: Piped fritters

'Spruetzen Kuechlein', from *Kuenstlichs und Fuertrefflichs Kochbuch* (1559), translated by Volker Bach.

Item take half a seidlein of blue (plae) milk into a pan and let it boil. When it is boiling, add flour so that it turns thick. Then cook (roeste) this well in the pan so it does not become stinking. It should be thick.

Then, beat it well in a bowl. Set eggs atop the oven so they become warm, beat them nicely in a pot, salt them, leave out the birds (i.e. strain them) and always pour in a little egg and then beat it (the dough) thoroughly again.

You must prepare it so no lumps (puetzlen) remain in it ... Put the dough in a syringe and press it out into the fat. Move it about in small circles (fare fein gerings).

Moisten the syringe with water beforehand or the dough will not come out. It is thick. You must press them out quickly. Lay them in the fat hot, like pruede kuechlein, and move about with the syringe. If you have a broad pan, you can make them all the better, as wide as the pan. If you want to make them smaller, take a smaller pan. Turn them about carefully and do not break any of them.

#2: Infidel fritters

'Zu haidnischen kuchen', from *Inntalkochbuch* (c. 1500), translated by Volker Bach.

Make a dough with plenty of eggs, as hard as you can make it, colour it, roll it out to make a flat cake like a pancake and fry it in fat. Take good wine and half the amount of honey, boil it together and draw the cakes through it when you wish to serve them.

My recipe

This is basically a piped choux pastry, like a churro. The Wikipedia article on those says that piped fritters were around "forever" in the Mediterranean area, and mentions an Apicius version.

A seidlín of milk seems to be somewhere in the zone of 300-500 mL. To get enough material for this exercise, I did 500 mL and stirred in flour until it was pretty thick (turned out to be 1 cup), then cooked this until it was even thicker.

Then I stirred in enough beaten warmed eggs (4 in fact) and some salt to get to a mixture I could pipe.

I didn't have a food syringe, so I used a piping bag. As the recipe gave no hint of a star-shaped nozzle like a churro, I used a large round nozzle.

The piped fritters are apparently intended to be rings. I did these as worms instead, per the article title.

I fried these in vegetable oil (readily available, and we have plenty of vegetarians) until they were golden brown. All that, I did at home, and let them drain and cool.

Based on some other German fritters of the time, I experimented with adding saffron soaked in a little water, and secondly with parsley juice. In both cases, even a tiny bit of extra liquid made them much less pipeable. The saffron ones were pleasingly more golden, and the parsley ones were greenish, but neither worth pursuing.

Because there was no sugar in the recipe, I made the syrup for the infidel fritters (which apparently were really popular for a long time) at the hall to freshen up the fritters for serving. I dropped the fritters briefly into the boiling syrup, drained them and served them.



Reception

They were easy to make, and my judgements about quantities seem to have been pretty right.

I'm sorry I didn't get the coloured variants to work, but even a little extra liquid meant the dough didn't behave as well.

Mistress Kiriel had also made an entry based on a fritter from a similar source, so mine didn't stand out. Actually these are typical of German cookery at the time, so fair enough.

They were pleasant enough to eat, and I believe they'd have been an acceptable dessert in a real feast of the time. They are cheap to make, so that's something. Compared to some of the fancy tarts and biscuits I do, they seem a little tame.

They would have been better being served immediately after frying. Given the limitations of the Polit A&S kitchen, that just wasn't an option on the day.

Overall, a fun project without a lot of effort required.

Cordials for Feasts

Crowdsourced from Lochac Facebook

I did my best on SCA names, groups and dates, but the Facebook format doesn't facilitate that. This is just a bit of fun, and no correspondence will be entered into!

See the discussion [here](#), if you're on Facebook.

Introduction

Often, people serve cordials at events. Sometimes this is just hospitality, and sometimes it's recognising that some of our events are in very sunny or windy places and hydration is safety.

Some groups just buy commercial cordials, and in some places people make their own.

One nice thing about cordials is that you can make them well beforehand, and what you don't use this time will usually keep for the next event.

This article resolved down to that *lots of people* like having cordials at events, and there are definitely some favourites.



The simplest

Mistress Angele, from Darton, has the easiest cordial recipe. It's based on the well-known sekanjabin recipe in *Cariadoc's Miscellany*, but she replaces wine vinegar with cider vinegar and she prefers to leave out the mint he uses.

Dissolve 4 cups sugar in 2 1/2 cups water, add 1 cup cider vinegar when it reaches a boil, and simmer until reduced (about 1/2 an hour).

Mistress Adrienne's lemon syrup

Baroness Ute's cordial was well recommended, which she says came to her from Mistress Adrienne Fildyng de Faux. Ute thinks it is based on one in the *Anonymous Andalusian Cookbook*.

**4 cups of sugar (raw)
1/2 cup of water
2 cups of lemon juice
2 cups white wine vinegar
1 cup of grated / zested lemon peel**

This should make about a litre, depending on how long and hard you boil it. Use it in a ratio of 1:10.

Grate the lemons first, then squeeze unless you have lots, to make sure of your quantities; four medium to large lemons will make about half the above amount.

Once you have 2 cups of juice worth (use measuring jug) strain the juice to get rid of most of the pulp. (This will help it last longer.) Usually you will need to squeeze more juice as you lose some in the straining.

Dissolve the sugar in the water over low heat, make sure to stir to not allow the sugar to caramelise.

Once it is nearly all dissolved, add the vinegar, continue stirring and bring to a rolling boil, then lower temperature to a low heat, skim when necessary, and leave for about 10-15 minutes.

Switch off the heat, add the lemon peel, stir well, then add the lemon juice (I usually strain while adding the juice) and stir again. Cover and leave to cool for several hours (overnight works well).

Strain to take out the zest and bottle, it should keep without refrigeration.

Tip: You can keep the lemon peel and use it to put onto of ice cream or in biscuits.

With rhubarb and ginger

Baroness Anna Felice Tavestoché from Ynys Fawr has a version with extra tang:

1 kg rhubarb - cleaned and cut into chunks
1 thumb size piece of ginger - peeled and finely grated
2 lemons - zest & juice
500 g caster sugar
800 ml water

Place all ingredients into saucepan, bring to boil. Reduce to a simmer for 15-20 minutes until rhubarb is soft. Strain through fine muslin into bowl/jug, and funnel from bowl/jug into sterilised glass jars. Use ~50mL cordial and 250mL water to make up drinks.

With berries

Baroness Kathelyne Berghart of St Florians has made another cordial from the Andalusian Cookbook, a syrup of mulberries. She says that blueberries make an acceptable substitute.

She used a friend's mulberries, and followed the original recipe and proportions as closely as she could. It worked out as the following:

2.6kg mulberries (what she was given)
0.9 litres water
900g honey
A spice bag filled with 7 teaspoons each of:
- ground cinnamon
- ground cloves
- ground ginger
- ground cubebs
- ground long peppers
- grated galingale

Take out the mulberry cores, and the seeds if you can. This left about 1.2kg after cleaning. Add the water and boil until the substance comes out (about 20 minutes).

Sieve the mixture as finely as you can, ideally through a cheesecloth, which will become permanently purple.

Add the honey, and cook for an hour to make a syrup. Early in this time, add the spice bag.

The result can be used with hot or cold water, and is a delicious spiced drink that is not too sweet.



Pomegranates

Mistress Thomasina Coke has [made](#) a pomegranate cordial recipe, originally from the same Andalusian cookbook.

For one batch, she used the seeds of two pomegranates. She blended them in a food processor, and strained off the juice.



She weighed the result, added an equal amount of white sugar (about 1 cup) and put these in a heavy saucepan, with half a cup of water to avoid scorching. She simmered the mix for approximately 25 minutes.

She strained the liquid and bottled it, which was "very pleasant" with water or soda water.



Cristoval's citrus cordial

I've served my grandmother's cordial at events, with very good results. It's a modern (well 1940s) recipe but very suited to hot Lochac events. You could just buy commercial citrus cordial, and many do, but I find this much nicer. Great if you have a lemon tree!

I can't find her's right now, but here's the Women's Weekly metric version of it. Citric acid is an old-fashioned thing, but still available in supermarkets in 2026, in cylindrical cardboard containers.

1.5 kg caster sugar

7 lemons and/or oranges, zested and juiced

1 litre boiling water

¼ cup (60g) citric acid

Mix the ingredients in a large stainless steel saucepan, until the sugar is dissolved. Stand covered for 3 hours or overnight to let the citrus flavours come out. Strain into bottles, serve with water or soda.



For cold weather

Not all parts of the kingdom are always hot, and sometimes it's great to have a warming option.

Lady Maes de Cuyper of Politarchopolis has been experimenting with hot mulled apple juice. She prefers to make it with honey, but sometimes uses brown sugar instead to accommodate allergies.

2L apple juice

2 cinnamon sticks

2 star anise

5-7 cloves

2-3 tbsp honey or brown sugar

Put apple juice and spices in a pot. Add 2 tbsp of honey/sugar - put on a low heat on the stove for 20-30 min, stirring occasionally. Do not let boil.

After about 20 min, taste test and add more honey/sugar to taste if necessary - ready to serve!!

You can store cooled mulled apple juice in the original apple juice container for a few days in the fridge and reheat when needed. This makes it easy to make mulled apple juice in advance for an event, you can just heat it up on the day!!

Misrule 2010

By Master Cristoval

This was a soteltie feast I ran and cooked for at Okewaite (Goulburn NSW), where every dish looked like something it wasn't.

There was a bean king too, where we served little **custard tarts**, one of which contained a hard bean. The finder became The Bright Prince of Burning Love (a period title for a bean king) with hilarious results. He ran the High Table, and we had a bean queen (self-named the Duchess of Dismal Dumplings) on a Low Table.



We had acrobats (local members) and jugglers from the local theatre group; we used to do a lot with them. It was all quite spectacular.



The feast

We started off with a **blue soup**. Years ago, in the shire of Dark Skies we'd dyed a pot of donated potato soup blue, then made fish-shaped croutons cut from regular toast (the toaster being half the cooking facilities in that hall). This time I used tinned white beans with some blueberries for colour – modern blueberries are a new world fruit, but the word used to mean a different European berry not available here. The croutons, again fish-shaped, were cut from bread, sprayed in oil, seasoned and baked in the oven.



We had a **dragon pie**, which was a lamb pevorat (pepper) stew in casserole dishes, with a top made of overlapping pastry scales, brushed with egg yolk mixed with red food colouring. There was a vegetarian version too, with green scales.

There were **golden apples**, which are pork meatballs endored gold. Classically this was egg yolk and flour and saffron, but I used turmeric here as an economy measure. We used mint sprigs as the leaves. There was some red mix left over from the dragon pies, so my kitchen crew made a few red apples too.



Then we had **mermaids**, which were smoked trouts conjoined to bread heads, as created by my kitchen crew:



Each table was served a **cockatrice** which was made up of a conjoined chicken and rabbit, with a bread sculpture head.

Then we sent out endored **green snakes** made of spiced beef mince, with a salad and some **beetroot-pickled eggs**.



Then there were **haslets**, where you thread fruit onto cotton, dip the whole lot in beer batter and deep fry. These were served with a **blood sauce** (frozen mixed berries bashed with a potato masher!). These are great.

We served **apple and almond pies** dressed as fish, made by (the late) Lady Jocelyn de Holyer.



Finally, there was a **dish of snow**, which is sweet whipped eggwhites and cream that you eat with branches of rosemary.

Overall

A pretty special event.



Stirring the Pot

Thoughts from the Chronicler

In this issue, we welcome Mistress Thomasina as the new Guild Administrator, and the start of a new chapter for our group. In this issue she sets out her vision for the Guild.

Thanks again to Leoba for steering the group for a long period, including over COVID.

Master Cristoval
Guild Chronicler

This one's a bit cooking-adjacent, but hey I want a photo for the page. A nef is a medieval salt cellar shaped like a ship, used to mark the place of the premier lord of the event ("Banquet of the Three Kings", c1410). Here's one I made for the Lochac A&S competition at the Dismal Fogs investiture, and some waypoints.

There's a detailed paper if anyone wants more info.

