

THE DRAGON'S TONGUE

The newsletter of the Shire of Dragon's Mist in the Kingdom of An Tir

October 2009

AS 44



September Crown Bake Sale, manned by some of our youngest volunteers

IN THIS ISSUE!

Pictures: September Crown
Beaverton Farmer's Market Demo

Cullinary Symposium in November!
Come help out and make it a fantastic
event!

November Events: Fall Crown Council, Culinary Symposium, November
Coronet



UPCOMING EVENTS

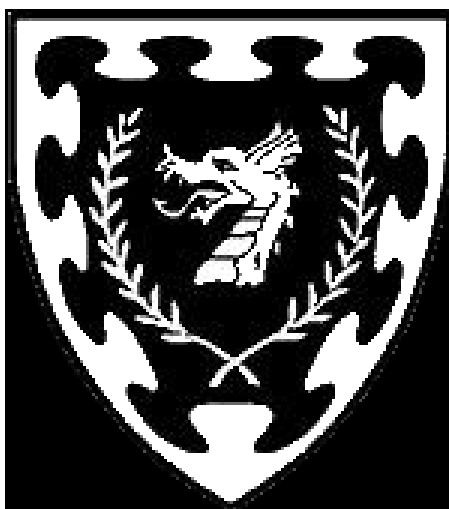
NOVEMBER

1	2	3	4 Archery Practice at Archer's Afield	5	6 Revels 7:00pm-9:30pm Dancing at Revels	7 Fall Crown Council
8 Fighter Practice 2-5pm Greenway park DM Rapier Practice 4pm @ Fiona's*	9 3M Heavy/ Rapier Combat Practice 7pm	10	11 No Archery DM Business Meeting 7-9pm	12	13 Culinary Symposium (DM Event!)	14
15 Culinary Symposium Ends	16 3M Heavy/ Rapier Combat Practice 7pm	17	18 Archery Practice at Archer's Afield	19	19 Revels 7:00pm-9:30pm Dancing at Revels	20
21 DM Fighter Practice 2pm DM Rapier Practice 4pm @ Fiona's	22 3M Heavy/ Rapier Combat Practice 7pm	23	24 Archery Practice at Archer's Afield	25	26 Revels 7:00pm-9:30pm Dancing at Revels	27 November Coronet
28 DM Fighter Practice 2pm DM Rapier Practice 4pm @ Fiona's	29 3M Heavy/ Rapier Combat Practice 7pm November Coronet Ends	30	1 Archery Practice at Archer's Afield	2	3	4

* Subject to be cancelled due to events.

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Our website:

www.dragonsmist.org

SPECIAL THANKS

Cover: Picture by Lisette de la Rose, September Crown Bake Sale

Woodcuts: <http://www.godecookery.com/clipart/clart.htm>

Recipes: Laurel Black

Photos: Talon (Jacob Snow), Lisette de la Rose

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KINGDOM AND SHIRE CURIA



Their Royal Majesties An Tir

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(Jim Manners and Michelle Height)

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FROM THE CHRONICLER

Hello Ladies and Gentlemen,

The last month has been pretty quiet for me. Hopefully the next DT will be posted tomorrow or in the next few days. I have the meeting minutes of last meeting for anyone who wants a copy.

Also I am going to put it out there that I would like to find someone to eventually take over for me. Life has gotten more hectic, not less, and while I enjoy the position I find myself often not getting on top of things until the last minute. I don't like that, and think the newsletter deserves more than that. So if you are interested please let me know. I likely won't be looking to step down till January or so.

Anastasia/Veronica
Dragon's Mist Chronicler

ANNOUNCEMENTS

The Culinary Symposium is coming up in November! If you are willing to volunteer please let Maestri Raf know.

Lady Esme de Blackwater will be stepping down as Minister of Children. Anyone interested in taking on the position should contact her. It is an involved process since it requires a background check. Please do not hesitate to step up to the plate! We have so many young and talented people in our Shire it would be a shame to let their talents flounder without a Minister to lead them onwards and upwards.

Do you have a site you love to go too for articles? Do you have a medieval recipe? What about an article you wrote? Bring me your dusty papers and scribbles! Share them with the Known World and take joy in your own achievements.

I don't need just articles. Do you have pictures of something you have made which you are proud of? Garb? Furniture? Tent? Banner? Send them in with a little description! I would love to showcase our Shire's skills and beauty in our Newsletter.



BEAVERTON FARMER'S MARKET RECIPES

Oatcakes, early (Iron Age onward) Scottish or Irish, by Eulalia de Ravenfeld

There are several different types of oatcake, some that are made from a thin batter cooked on a griddle (like pancakes) and some baked, like these. All have a long history in both Scotland and Ireland; this recipe is an attempt to recreate how oatcakes might have been made historically.

1 cup “Scottish” oatmeal (available from Bob’s Red Mill)

1 cup buttermilk

2-4 tablespoons melted butter, depending on how rich you want the cakes

Pinch salt

Barley or oat flour

Mix the oatmeal and buttermilk together and let stand one hour. Preheat the oven to 325. Stir in the salt and butter, and knead in enough barley or oat flour to make a stiff dough. Divide into 8 equal pieces, and pat each piece out into a ½” thick round flat “biscuit” with your hands. Place on well-floured cookie sheets and prick each cake several times with a fork or chopstick. Bake 10 minutes, flip, bake another 10 minutes. Serve hot with honey.



Hedgehogs, 15th century English, by Eulalia de Ravenfeld

Original recipe, translated by Kay the Innocent of Bel Anjou: “Take pigs stomachs and parboil them well; take ground pork and knead it with spicery [spices], with powdered ginger, and salt and sugar; put it in the stomach, but fill it not to full, then sew them with a fair thread and put them in a spit as men do pigs. Take blanched almonds and cut them long, small and sharp [sliver them], and fry them in grease and sugar. Take a little skewer and pierce the hedgehogs. And put in the hole the almonds, every hole half, & slice from other [every other hole??]. Lay them then to the fire, when they are roasted, glaze them, some with wheat flour and almond milk, some green, some black with blood, and let them not brown too much; & serve them forth.”

Medieval people loved decorative food such as the above recipe for a stuffed sausage that looks like a hedgehog. This is a modification of the original recipe that does not require a pig’s stomach.

1 pound ground meat (we have used a mix of pork and beef, you could also use lamb)

Spices: ¼ tsp each ground mace, ground ginger, ground pepper

½ tsp each salt and sugar

Blanched slivered almonds

Currants

Mix together meat and spices and form into approximately 2-inch-long “teardrop” shapes. Add almond spines and currant eyes. Bake at 350 degrees until brown, about 20 minutes. Best served hot.

Apple Muse, 15th century English, by Eulalia de Ravenfeld

Original recipe: “Take Appelys an sethe hem, an Serge hem (th)orwe a Sefe in-to a potte; (th)anne take Almaunde Mylke & Hony, an caste (th)er-to, an gratid Brede, Safroun, Saunderys, & Salt a lytil, & caste all in (th)e potte & lete hem sethe; & loke (th)at (th)ou stere it wyl, & serue it forth.” (Austin, Thomas. *Two Fifteenth-Century Cookery-Books*)

Translation: Take apples and boil them, and strain them through a sieve into a pot; then take almond milk and honey, and add grated bread, saffron, saunders [red sandalwood], and salt a little, and put them all in the pot and let them boil; and look that you stir it well, and serve it forth.

3 medium apples

1 cup unsweetened almond milk (see note)

1/4 to 1/2 cup honey

Few drops yellow and red food coloring (optional; see note)

Pinch salt

Peel, core, and chop apples, put them in a pot with the almond milk and simmer until soft. Pass through a sieve or use a stick blender to mash cooked apples. Add remaining ingredients and cook until thickened slightly. For a thicker sauce, add 2-3 tablespoons bread crumbs.

Notes: You can either purchase almond milk at the health food store or make it by steeping ½ cup ground blanched almonds in 1 cup boiling water, then straining out the almonds. The saffron and sandalwood in the original recipe are for color, not necessarily flavor, and can either be omitted or replaced with modern food colors.



Onion Salad, 14th century Italian, by Eulalia de Ravenfeld

Original recipe: “Of onion salad. Take onions; cook them in the embers, then peel them and cut them across in longish, thin slices; add a little vinegar, salt, oil, and spices, and serve. (Redon et al, *The Medieval Kitchen*)

8 medium to large onions

2 Tbsp olive oil

2 Tbsp red wine vinegar

1 tsp salt

4 tsp mixed ground spices, such as: pepper, cinnamon, ginger, nutmeg, clove, etc.

Peel and cut tops and roots from 8 onions, and roast in a 300-degree oven for about an hour. Let cool and slice into wedges (lengthwise). Dress with remaining ingredients. Can be served warm or cold. Note: this is even better if you roast the onions on a coal fire.



Une Tourte (Greens Tart), 14th century French, by Eulalia de Ravenfeld

Original recipe (translated by Janet Hinson): “To Make A Tart: take four handfuls of beet-leaves, two handfuls of parsley, one handful of chervil, a bit of turnip-top [note: I looked at the original and I think the word is fennel, not turnip] and two handfuls of spinach, and clean them and wash them in cold water, then chop very small: then grate two kinds of cheese, that is one mild and one medium, and then put eggs with it, yolk and white, and grate them in with the cheese; then put the herbs in the mortar and grind them up together, and also add to that some powdered spices. Or in place of this have first ground up in the mortar two pieces of ginger, and over this grate your cheeses, eggs and herbs, and then throw in some grated old pressed cheese or some other such on to the herbs, and carry to the oven, and then make it into a tart and eat it hot.”

Crust for one 10” quiche pan

1 bunch beet greens or chard

1 bunch spinach

½ cup fresh parsley

¼ cup fresh chervil (if you can find it)

¼ cup fresh fennel leaves

5 eggs, well beaten

8 oz ricotta cheese

4 oz medium cheese (such as Comté), grated

2 tsp mixed powdered spices, I recommend a mix of pepper, ginger, and cinnamon

1 tsp salt

¼ cup grated Parmesan cheese (or other aged hard cheese)

Preheat oven to 350 degrees. Wash the greens and herbs, dry well, remove all stems, and chop very finely. Mix with eggs, first two cheeses, spices, and salt, and pour into your crust. Sprinkle Parmesan cheese on top. Bake approximately 45 minutes. Serve warm.

Spiced Apple Cider, by Eulalia de Ravenfeld

Deposits of apple seeds suggest that cider production was common in England from the Anglo Saxon period onward. Although there is no direct evidence for spiced cider, spiced wine (hippocras) was a popular beverage for which this is a nice non-alcoholic alternative.

1 gallon apple cider

2 cinnamon sticks

8 whole cloves

2 tsp dried ginger (chips rather than ground if you can find them)

6 whole peppercorns

Simmer everything together for 15-30 minutes (longer simmering means spicier flavor). Best served hot.

Shrewsbury Cakes, 17th century English, by Elisabeth de Rossignol

Original recipe: "Take a quart of very fine flower, eight ounces of fine sugar beten and cersed, twelve ounces of sweete butter, a Nutmegge grated, two or three spoonefuls of damaske rose water, work all these together with your hands as hard as you can or the space of halfe an houre, then roule it in little round Cakes, about the thicnesse of three shillings one upon another, then take a silver Cup or glasse some four or three inches over, and cut the cakes in them, then stow some flower upon white papers & lay them upon them, and bake them in an Oven as hotte as for Manchet, set up your lid till you may tell a hundreth, then you shall see the white, if any of them rise up clap them downe with some cleane thing, and if your Oven be not too hot set up your lid againe, and in a quarter of an houre they will be baked enough, but in any case take heede your Oven be not too hot, for they must not looke browne but white, and so draw them foorth & lay them one upon another till they bee could, and you may keep them halfe a yeare the new baked are best." (*A Delightfull Daily Exercise for Ladies and Gentlewomen* by John Murrell, 1623)

This makes about two dozen small (2") round cookies. You may prefer to add a little salt. They are crispy and not very sweet.

2 cups flour

1/4 pound salted butter

4 ounces sugar

1 tsp rosewater

1 1/2 tsp nutmeg

Preheat the oven to 350. Using mixer, cream together the butter and sugar. Add the flour slowly with the mixer on low speed. Add the rose water and nutmeg. Add water by drops if the mixture seems too dry. Line baking sheets with baking parchment. Roll out the dough about 1/4" thick and cut into shapes. Place on lined baking sheets and bake for about 15 minutes. Watch them carefully the last few minutes to make sure they do not brown.



PICTURES! SEPTEMBER CROWN





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