

# Vox Borealis

Supplemental Newsletter for the Kingdom of Ealdormere

## Meals, Mouthfuls & Memories

Celebrating Ealdormere's Culinary Excellence



June 2025, Anno Societatis LIV





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QUARTERLY BOARD MEETINGS <https://www.sca.org/board-meetings/>

- Mid Quarter Conference calls: May 27, 2025 & June 23, 2025
- July 12 & 13, 2025 (virtual);
- October 18 & 19, 2025 (hybrid)

[Click here to register to attend the meeting virtually via Zoom.](#)

All meetings start at 10:00 am unless otherwise noted. Attendees are asked to wear modern clothing to Board meetings. Agenda submissions by the first of the month of meeting.

Board Meetings





# From The Kingdom Chronicler

Greetings to the Good Citizens of Ealdormere,

Welcome to the Feasts Issue of Vox Borealis: Meals, Mouthfuls and Memories. Food and fellowship are building blocks of a great event! Trumbrand and I have cooked many a feast. We hope you all enjoyed dining as much as we enjoyed cooking.

Thank you to all our contributors who generously shared their recipes:

Baron Pen & Mistress Lucia de Moranza (Masque by Moonlight),  
Baron Daffyd ap Alan (Kingdom A&S),  
THL Yoshikuri Nagayori (Winter War),  
Lady Dorothea af Holm (Lenten Cyrcuyte),  
Duchess Domhnaill & Baron Corwyn Galbraith (Feast of the Expeditus),  
THL Constance of Caldritig (Spring Coronation 2025),  
Duke Trumbrand the Wanderer (Spring Coronation 2024).

Special thanks to Baron Daffyd for sharing his photography skills.

Bon Appetite!

Cheerfully in Service,  
Duchess Kaylah, Kingdom Chronicler

## Menu

### Exotic Appetizer:

Baron Daffyd's Plausible Aztec Tamales

### First Remove : Seafoods

Duchess Domhnail & Master Corwyn's Oyster Soup

Lady Dorothea's Trout Pie

### Second Remove : Meats

THL Naga's Dill Chicken

Duke Trumbrand's Smoked Brisket

### Third Remove : Sweets

Mistress Lucia & Baron Penn's Filled Twist Dessert

### Revel

Elevation Celebration Table of Generosity

Almond Milk

# Baron Daffyd's Period Plausible Aztec Tamales

## Period Plausible Aztec Tamales

Most people are familiar with modern Mexican cuisine. What we think of as Mexican cuisine has clear roots in what pre-colonization Meso-American cultures ate in the SCA's period. But there are also vast differences.

Many ingredients that have become staples of Mexican foods were introduced by the Spanish and Portuguese. Other ingredients were grown in other parts of the new world but spread as a result of European contact.

As a result, understanding what food would have been like pre-colonization requires us to understand more about what food sources were available at that time, for that particular region.

Ultimately, there are no recipes to tell us what these foods tasted like. Even descriptions of the foods are unreliable, as they are filtered through the bias of a European palate and culture.

With this recipe, I am attempting to explore what pre-colonization tamales might have tasted like, through experimental archaeology. But there's no real way to know how close I've gotten. It tastes good to the modern palate, but would the Aztec have liked it?



### Filling:

Chopped pre-roasted Turkey	Fresh Culantro
Bowl full of dried peppers (choice of peppers depend on the level of heat you want – I used cascabel peppers)	(found at Asian grocery stores as ngo gai)
Water for steeping peppers	Chopped Papaya
	Cup of seared frozen Corn
	Allspice
	Cayenne Pepper
	Salt

### Dough:

Store bought Maseca  
Water as per package instructions  
Corn husks  
Ground Anchiote

### Process:

1. Take your corn husks and place them in a bowl of water, with a weight on them so they stay submerged. Let soak for at least 15 minutes (just leave them in until you are ready to assemble the tamales).
2. Take your dried peppers and cover them with hot water and let them steep to soften. The longer the better.
3. While the peppers steep, cook the corn in a frying pan on medium high heat to brown it nicely
4. Finely chop the turkey, culantro and papaya.
5. Once the peppers have steeped, grind them in a spice grinder, or mash them using a mortar and pestle. Then push the mixture through a strainer to extract the adobo sauce without the fibrous bits of the dried pepper.
6. Combine turkey, culantro, papaya, corn, adobo in a bowl. Add allspice, cayenne and salt to taste.
7. To assemble the tamale dough, I followed the instructions on the maseca package but added the anchiote for colour and flavour. If using fresh masa made from scratch, it would already have the right consistency from the nixtamalization process.
8. To make the tamales, take a palm full of dough and spread it thinly on the corn husk. Then take a spoonful of filling and place it in the center of the dough. Fold the sides in and then the ends.
9. Steam the rolled tamales for about an hour (time will depend on the size of the tamales). You can tell they are cooked when the dough separates from the husk cleanly.

### For serving:

The Aztec's would not have had sour cream or cheese, but tamales could have been eaten with a variety of sauces (salsas) made from tomatoes and peppers. They also had guacamole.





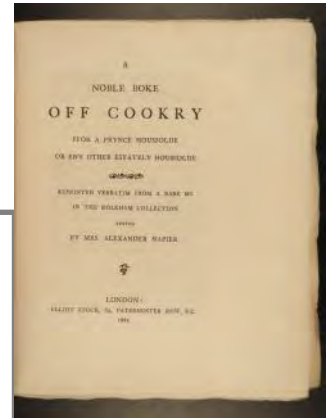
# Duchess Domhnail & Master Corwyn : Oyster Soup

## Oyster Soup

This is an excerpt from **A Noble Boke off Cookry**  
(England, 1468)

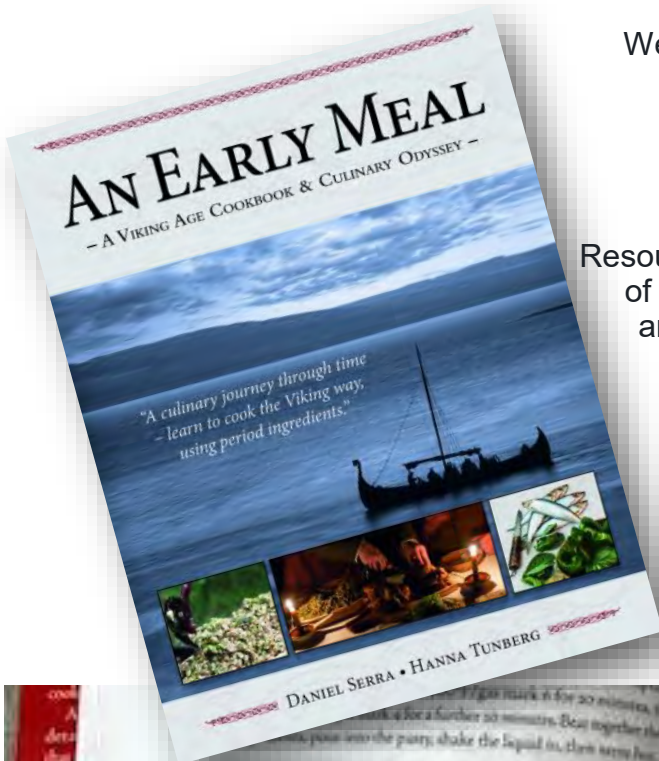
The original source can be found at [MedievalCookery.com](http://MedievalCookery.com)

*To mak potage of oystirs parboile your oystirs and tak them up and kep the brothe then chap them smale upon a bord and bet them in a mortair then put them in ther own brothe agayne put ther to almondmylk alay it up with amydon and mynced onyons worte or in mylk sethe it and do it to good poudure and colour yt with **saffron** and serue it.*

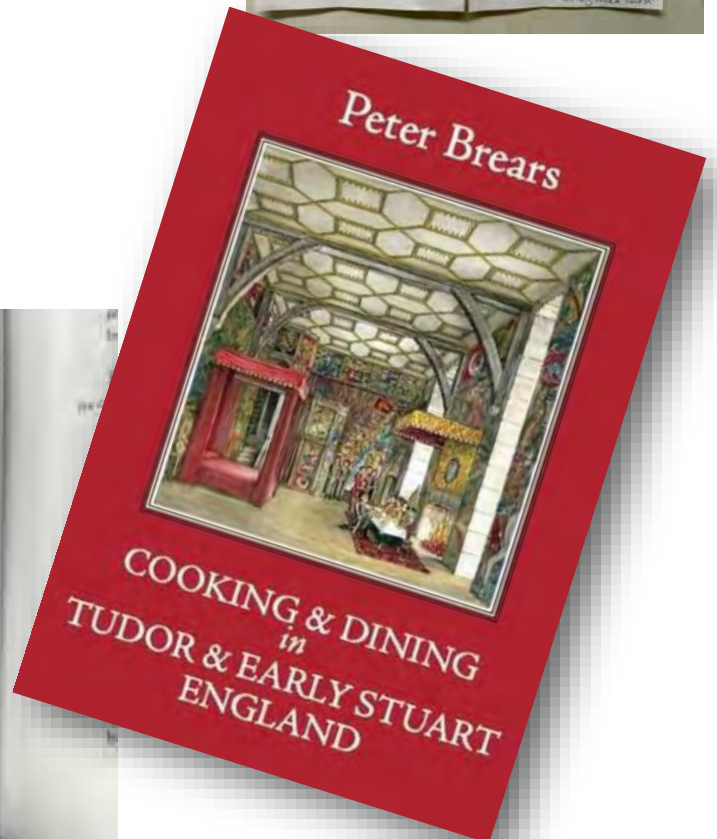


(oyster chopped small, almond milk, minced onion, powdered ginger, veg broth, butter, saffron)

We added an unhealthy amount of butter to taste.  
We used an even split of vegetable broth to almond milk.



Resources from the Kitchen  
of Duchess Domhnail  
and Master Corwyn





# The Feast of the Expeditus





# Lady Dorothea's Trout Pie

## Trout Pie

Source: Ein Buch von Guter Spise <https://medievalcookery.com/recipes/display.html?salm1001>

*19. Diz ist ein gut spise von eime lahs. Nim einen lahs. schabe im abe die schupen. spalde in und snit in an stücke. hacke peterlin selbey. Nim gestozzen yngeber pfeffer enys saltz zu mazzen. mache eynen derben teyk noch der groezze der stücke. und wirf daz krut uf die stücke. und bewirke sie mit dem teyge. kanst du sie gestemphen in ein forme daz tu. so mahtu machen hechde. förheln brasmen und backe eigliches besunder in eime teyge. ist ez aber eins fleischtages. so mahtu machen hūenre, rephūenre, tuben und vasande mahtu machen. ab du hast die formen. und backe sie in smaltze oder siut sie in den formen. nim von den brūsten der hūenre oder ander gut fleisch. so wirt die kunst dests bezzer und fersaltzez.*

*Take a salmon. Scrape off the scales. Split it and cut it into pieces. Cut parsley (and) sage. Take ground ginger, pepper, anise. Salt to mass. Make a dough (possibly freshly made as opposed to sourdough) also the size of the piece (of salmon). And throw the herb on the piece. And surround it with the dough. Stamp it in a form if you can. Thus you may make pike (and) trout. And bake individually in a dough. However, if it is a meat day, then you may make hens, partridge, pigeon and pheasant. If you have the forms, and bake them in fat or boil in the forms. Take from the breasts of the hens or other good meat. So will the art be the better and do not oversalt.*

For something different, I chose to go with an alternative fish to salmon, and chose trout.

### Ingredients - Per Pie

1 lb. trout fillet	1/4 tsp. salt
1 tsp. parsley	1/8 tsp. pepper
1/4 tsp. sage	1/8 tsp. anise
1/4 tsp. ginger	

Pie pastry of your choice

### Method

Remove any skin from the trout.

Roll out half of pastry on a floured surface, and place the trout in the middle.

Add the remaining ingredients and cover with the rest of the pastry.

Seal edges with water and cut to a fish shape if desired.

Bake at 350° until golden - about 40 minutes.

The internal temp should be at least 145°F (63°C)





# Lentzen Cyrcuytē





# THL Naga's Dill Chicken

Recipe from website "Pass the Garum : Eating Like the Ancients"

<https://pass-the-garum.blogspot.com/search/label/Recipes>

## Dill Chicken (Serves 2)

### Ingredients

Handful of Fresh Dill  
Handful of Fresh Mint  
1/2 tsp Asafoetida  
1 tbsp Red Wine Vinegar  
2 tbsp [Liquamen](#)

5 Dried Dates  
1 tbsp Wholegrain Mustard  
1 tbsp Olive Oil  
2 tbsp [Caroenum](#) or Balsamic Glaze  
2 Chicken Breasts

### Method

- Add the dates to a mortar, removing the stones if there are any. Add just enough water to cover the dates, then crush with a pestle to form a date paste.
  - Wash the dill and mint leaves. Chop them finely, or tear apart and add to the mortar alongside the asafoetida, red wine vinegar, liquamen, mustard, and caroenum/balsamic glaze. Crush everything until it is well mixed.
  - Dice the chicken into bite-size pieces. You're going to cook the chicken using the hob, so heat the oil in a saucepan/frying pan/casserole/earthenware dish. When it is hot enough, add the chicken pieces and cook for a few minutes.
  - Add the dill sauce to the pot, mix everything together, and cook on a low heat for 15-20 minutes. If you have a lid, use it to keep moisture in. If not, add a bit of water if it starts to look too dry. The sauce should be quite thick, so don't add too much water.
- Once the chicken is cooked, the Dill Chicken is ready to serve.





# Duke Trumbrand's Famous Smoked Brisket

## Ingredients:

beef brisket, salt, pepper, garlic powder to taste



Prepare a smoker with natural charcoal and maple logs.  
Aim for a temperature of 225F.



Rub the brisket with salt, pepper and garlic powder.  
Get to know your brisket, meet the meat.



When the smoker is producing clean white smoke,  
place the brisket fat side up, straight onto the grill.



### *"Let it Ride"*

Smoke for 4-6 hours until an internal temperature of 160F. It could take 8 hours. It's the temperature that matters. Use an instant read thermometer.

At 160F, the meat can no longer absorb smoke.  
Transfer brisket to disposable large aluminum pan and cover with foil to wrap.

Wrapping and resting assures a moist brisket!



When internal temperature reaches 190F, remove large, foil wrapped brisket pans from smoker.

Wrap large foil pans in towels and allow to rest in an empty cooler, for at least an hour. (using the cooler to *keep heat in*)  
Slice.

Store each table's portion of slices in medium pans with jus.

For serving:

Reheat in pans until heated through and juices bubble.



# Mistress Lucia & Baron Penn's Filled Twist Dessert



Filled Twist (Book V, recipe 122)

Inspired by The Opera of Bartolomeo Scappi (1570)

## Ingredients:

8 ounces raisins  
8 ounces dates, chopped  
8 ounces currants  
1 bottle red wine

1 teaspoon yeast  
1 pound flour +  
extra for rolling  
1 ounce rosewater +  
extra for sprinkling  
3 egg yolks  
2 ounces butter +  
lots extra for glazing

Salt  
6 ounces sugar +  
extra for sprinkling  
1 ounce cinnamon  
1 teaspoon nutmeg  
½ teaspoon ground clove

First, combine the raisins, dates and currants in a saucepan, cover them with wine, and bring to a boil stirring occasionally. Turn off the heat and set aside, making sure not to burn. Once it cools enough, drain it.

Combine the yeast with a cup of warm water and set aside to rehydrate.

Mix into a dough: 1 pound flour, 1 ounce rosewater, 3 egg yolks, the yeasty water, butter, and salt to taste. Knead extensively, adding more water if necessary.

Leave to sit for a little while (what, you think I have precise times?)

Preheat your oven to 350 F.

Combine 6 ounces sugar with the cinnamon, nutmeg and clove.

Roll out the dough on a large surface, making a rough square at least 18" on a side and more if possible.

Trim off the edges to make them straight and set aside the trimmings.

Brush with melted butter and then sprinkle the sugar mixture evenly onto the surface, using around half.

Mix the rest of the sugar mixture with the drained fruit.

Spread the fruit mixture evenly onto the pastry, leaving a half inch or so at the edges.

Starting at a longer side if you have a rectangle, carefully roll the pastry and fruit as one would a cinnamon roll. Coil the roll into a flat spiral. Set aside.

Take the pastry trimmings and combine into a ball, roll out to a circle about the same size as your coil. Baste it with melted butter and put it on a rimmed cookie pan. Place the coil on top of it.

Baste the whole thing with melted butter and place into the oven for 45 minutes or until or looks browned, basting occasionally with butter.

Shortly before you take it out sprinkle with rosewater and then sugar.  
Serve hot or cold.



# Vigils of Lassarfhina inghean Uilleag and Henry Foster





# THL Constance : Spring 2025 Coronation



Feast Steward Constance and her kitchen assistants peeling almonds to create almond milk. Yes, almond milk from scratch. Because Scadians are way too energetic.

From Kaylah's research: <https://historydollop.com/2016/11/09/almond-milk-the-medieval-way/>

In the middle ages, the Catholic fasting doctrines were commonly followed by many of the European population. There are meat days, and fish days, and fasting days. Interestingly, meat days include dairy and eggs, anything sourced from warm blooded animals. Almond milk was used on Fish days: Wednesdays, Fridays, Saturdays and the 40 days of Lent.

Original recipes can be found at "A Dollop of History" website including excerpts from the cookbooks of: Le Viandier de Taillevent (c. 1300), Du Fait de Cuisine (1420), and Two Fifteenth-Century Cookery Books (1430-1450).

*"Take peeled almonds, crush very well in a mortar, steep in water boiled and cooled to lukewarm, strain through cheesecloth and boil your almond milk on a few coals for an instant or two."*

– Le Viandier de Taillevent



Manuscript image from:

<https://www.secondshistory.com/home/almond-milk-medieval-obsession>



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## The Vox Borealis Supplemental Newsletter for the Kingdom of Ealdormere



*Boilerplate: A few things we're required to say...*

This is the June 2025 AS 60 issue of The Vox Borealis, supplementing The Tidings, the official newsletter of the Kingdom of Ealdormere. Ealdormere is a branch of the Society for Creative Anachronism, Inc., . The Vox Borealis is published as a service to their membership. This newsletter is available online at <http://enewsletter.sca.org/>

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