

December 2024

◆ AS LIX / 59 ◆

Issue

630

The Kingdom of An Tir brings you...

The Crier

Kingdom Law Updates!

Check out the Notices for the latest updates to Kingdom Law!

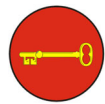
Eat This Book!

V Eduardo reviews *The Sensible Cook: Dutch Foodways in the Old and New World!*

Spotlight Scribe!

Elisabetta Tommaso di Carducci is in the spotlight in our engaging column!

Greater Offices of An Tir



Seneschal
Alessandra Luciana Giancomo, OP, OD
seneschal@antir.org
Warrant expires January 2026



Black Lion Principal Herald
Magistra Pompeia Rufina, OL, OP
blacklion@antir.org
Warrant expires January 2025



Chancellor of the Exchequer
Borkell Palsson
exchequer@antir.org
Warrant expires September 2026



Chatelaine
HL Una of Grimwith
chatelaine@antir.org
Warrant expires January 2025



Chronicler
HL Kendryth filia Gerald
chronicler@antir.org
Warrant expires January 2025



Earl Marshal
Viscount Durin Oldenmoor Tjorkilskin
earlmarshal@antir.org
Warrant expires July 2026



Minister of Arts & Sciences
Þóra in fróða, OL
artnsnci@antir.org
Warrant expires July 2026



Kingdom Webminister
Levi ben Daniel
webminister@antir.org
Warrant expires July 2026

Reporting Calendar of An Tir

		Report Due
Q1	Jan-Mar	May 1st
Q2	Apr-Jun	August 1st
Q3	July-Sep	November 1st
Q4	Oct-Dec	February 1st

The Royal Court



Their Majesties

King Eirik Daegarsson & Queen Brynhildr Ansvarsdottir
crown@antir.org

Their Royal Highnesses

Prince Nicolai Rabenis Von Tachov and Princess Ana de la Sara
heirs@antir.org



Their Alpine Highnesses of the Summits

Prince Amalric Blackhart and Prince Z
summitscoronets@antir.org

Their Alpine Heirs

Viscount Ivan Shield Bane and Viscountess Mina de filia Philipe
SummitsHeirs@antir.org



Their Highnesses of Tir Righ

Prince Kheron Azovskyi and Princess Athelina Grey
prince@tirrigh.org & princess@tirrigh.org

The Heirs

Tanist Bryn Fritz Savaric and Ban Tanist Tatiana Alexievna
Heirs@tirrigh.org

Royal Champions

Champion of An Tir	Drekah Thoreson	July Coronation
Kingdom Protector	Jacomina van Vossenbrouck	September Crown
Queen's Rapier Champion	Godfrey von Ravensburg, MOD	Kingdom A&S
Arts & Sciences Champion	L Matittiyahu von Modin	Kingdom A&S
Bardic Champion	HL Margaret ingen Domnaill	Collegium
Equestrian Champion	D Angharad Banadaspus Drakenhefd	Twelfth Night

Health and Safety



Although the SCA (Society of Creative Anachronism) complies with all applicable laws to ensure the health and safety of our event participants, we cannot eliminate the risk of exposure to infectious diseases during in-person events. By participating in the in-person events of the SCA, you acknowledge and accept the potential risks. You agree to take any additional steps to protect your own health and safety and those under your control as you believe to be necessary.

Notices

From the Kingdom Seneschal

UPDATES TO KINGDOM LAW

An Tir Law Changes 2024

- ▶ update for AS 59
- ▶ update footer to 2024
- ▶ update for table of contents due to following edits

Article I.C **OLD**

Any changes to the Laws of a Principality must first be submitted and signed by the Crown of An Tir.

Article I.C **NEW**

Any changes to the Laws of a Principality must first be submitted and signed by the Crown of An Tir and the Kingdom Seneschal.

Article I.F **OLD**

- 7) Include An Tir Book Youth Armored Combat
- 8) Include An Tir Book of Rapier Youth Combat
- 9) An Tir Bullying and Harassment Policy and Procedure
- 10) An Tir Kingdom Publication Policy, covering all print, social media and electronic Publications.
- 11) An Tir Calendar Policy, covering all matters regarding the official Kingdom calendar.
- 12) An Tir Baronial Polling Handbook, covering all matters relating to Baronial populace opinion polling regarding selection of new Baronial Coronets and confidence polling for landed Baronial Coronets.
- 13) The An Tir Merchant Policy, covering policies and procedures for merchanting at Crown and Kingdom level events.

Article I.F **NEW**

- 7) The An Tir Book of Rapier Youth Combat, addresses armor and equip-

ment standards for youth rapier combat, as well as the authorization and conduct of fighters and marshals on that field.

8) The An Tir Bullying and Harassment Policy and Procedure, covering matters regarding Bullying and Harassment

9) The An Tir Calendar Policy, covering all matters regarding the official Kingdom calendar.

10) The An Tir Baronial Polling Handbook, covering all matters relating to Baronial populace opinion polling regarding selection of new Baronial Coronets and confidence polling for landed Baronial Coronets.

11) The An Tir Merchant Policy, covering policies and procedures for merchanting at Crown and Kingdom level events.

12) The An Tir Social Media Policy, covering the use of social media on approved platforms.

An Tir Kingdom Publication Policy, covering all print, social media and electronic publications is hereby explicitly repealed.

Article III.A b) **OLD**

b) Be at least eighteen (19) years of age in the United States or 19 in British Columbia, Canada

Article III.A b) **NEW**

b) Be at least eighteen (18) years of age in the United States or 19 in British Columbia, Canada

Article III.A 1 **ADDITION**

h) The Kingdom Seneschal, Kingdom Exchequer, Kingdom Earl Marshal, any deputies who have marshal-in-charge responsibilities or deputies of the seneschal or exchequer who may be able to sign any legal documents or handle accounts must be at least 19 years of age.

Article III.B e) **OLD**

e) Kingdom Champions may not be *Kingdom Great Officers*. They may hold other offices and titles not in

conflict with Kingdom Laws or their oaths of fealty. No individual may hold or participate in more than one Kingdom Championship at a time. Nothing in this section shall be construed to preclude a Kingdom Champion from competing in the tournament to select their successor.

Article III.B e) **NEW**

e) Kingdom Champions may not be *Kingdom Greater Officers*. They may hold other offices and titles not in conflict with Kingdom Laws or their oaths of fealty. No individual may hold or participate in more than one Kingdom Championship at a time. Nothing in this section shall be construed to preclude a Kingdom Champion from competing in the tournament to select their successor.

Article III.B 3 a) **ADDITION**

(7) Be at least nineteen (19) years of age.

Article III. B 3.e (1) **OLD**

(1) The tournament to choose the Bardic Champion will be held the weekend of Collegium, and shall end with the installation of the new Bardic Champion.

Article III. B 3.e (1) **NEW**

(1) The tournament to choose the Bardic Champion will be held throughout the year, at events hosting Bardic competitions, that meet the requirements set out by the Crown and Arts and Sciences Minister and shall end with the installation of the new Bardic Champion at 12th Night.

Article III.B f) (1) **OLD**

(1) The tournaments to choose the Equestrian Champion will be held during September Crown, when possible, or as close to that date as feasible, and shall end with the installation of the new Equestrian Champion

Article III.B f) (1) **NEW**

(1) The tournaments to choose the Equestrian Champion will be held throughout the year at Equestrian events that meet the requirements set out by the Crown and Kingdom Equestrian Officer and shall end with the installation of the new Equestrian Champion at 12th Night

Article III. B 3. f (2) **OLD**

(2) The *tournament* shall be conducted in a format acceptable to the Crown and the Kingdom Equestrian Officer.

Article III. B 3. f (2) **NEW**

(2) The *tournaments* shall be conducted in a format acceptable to the Crown and the Kingdom Equestrian Officer.

Article III.C 3 c) **OLD**

c) The Kingdom Greater Officers of State in the Kingdom of An Tir shall be: Kingdom Seneschal, Black Lion Principal Herald, Earl Marshal, Minister of Arts and Sciences, Chancellor of the Exchequer, Kingdom Chronicler, Kingdom Chatelaine, and Kingdom Webminister.

Article III.C 3 c) **NEW**

c) The Kingdom Greater Officers of State in the Kingdom of An Tir shall be: Kingdom Seneschal, Black Lion Principal Herald, Earl Marshal, Minister of Arts and Sciences, Chancellor of the Exchequer, Kingdom Chronicler, Kingdom Chatelaine, Kingdom Webminister and Kingdom Diversity, Equity, Inclusion and Belonging Officer.

Article III.C i) Formatting needed to be corrected to follow other Greater office job role listing

Article III.C **ADDITION**

j) The Kingdom Diversity, Equity, Inclusion and Belonging Officer is responsible for recognizing, creating and implementing plans to promote diversity, equity, inclusion and belonging within the Kingdom

(1) Provides direction and support to help Kingdom, Principality and branch officers implement measures that break down barriers to creating a more

inclusive community

(2) Represent the Society accurately and favorably.

Article III.D h) **OLD**

h) A Kingdom Officer can require greater reporting frequency from any officer within their purview if the needs of the office dictate.

Article III.D h) **NEW**

h) A Kingdom Officer can require greater reporting frequency from any officer within their purview if the needs of the office require.

Article III.D **ADDITION**

i) The reporting structure of branch officers is directly to Principality and/or Kingdom Greater Officers.

Article III.D **ADDITION**

3) Kingdom Officers and reporting deputies are to report on the previous quarter to their Society Greater officer by deadlines outlined by Society, copies need be sent to the Crown and Kingdom Seneschal.

Article IV.A 5. **OLD**

- a) Armored Champion of An Tir 7/82
- b) Kingdom Champion of Rapier Combat 9/92
- c) Kingdom Arts & Sciences Champion 3/93
- d) Kingdom Protector (archery) 7/93
- e) Kingdom Bardic Champion 9/03
- f) Kingdom Equestrian Champion 9/05

Article IV.A 5. **NEW**

- a) Armored Champion of An Tir (Created 7/82)
- b) Kingdom Champion of Rapier Combat (Created 9/92)
- c) Kingdom Arts & Sciences Champion (Created 3/93)
- d) Kingdom Protector (archery) (Created 7/93)
- e) Kingdom Bardic Champion (Created 9/03)

f) Kingdom Equestrian Champion (Created 9/05)

Article IV.C 8 (37) **OLD**

(37) Alimentum Vitae: Given by the Crown to those innovating in times of need for the benefit of An Tir.

Article IV 8 (37) **NEW**

(37) Ordo Vitae: Given by the Crown to those innovating in times of need for the benefit of An Tir. Previously called Alimentum Vitae

Article V. A **OLD**

4) All branches shall place at least one event per calendar year on the Kingdom calendar with complete copy appearing in The Crier.

5) Formal actions and announcements with long-term impact on the Kingdom may only occur at events which have had copy published in The Crier. These include:

Article V. A **NEW**

4) All branches shall place at least one event per calendar year on the Kingdom calendar with complete event notice appearing in The Crier.

5) Formal actions and announcements with long-term impact on the Kingdom may only occur at events which have had an event notice published in The Crier. These include:

Number formatting corrected to sequential format for all of Article IV.B

Article V.B 4 **OLD**

- 4) Kingdom events:
 - a) Kingdom Arts & Sciences and Rapier Championship
 - b) An Tir Collegium
 - c) An Tir/West War
 - d) Fall and Spring Crown Councils, at the crown's discretion
 - e) No other event may conflict with a Kingdom event within the Region or Principality where the Kingdom event is being held, without prior Crown approval.
 - f) No Principality level event (Coronet, Investiture) may conflict with a King-

dom event, nor may they conflict with any other Principality level events (Coronet, Investiture) in any of the Principalities of An Tir, without prior Crown approval.

Article V.B 4 NEW

4) Kingdom events:

- a) Kingdom Arts & Sciences and Rapier Championship
- b) An Tir/West War
- c) Fall and Spring Crown Councils, at the Crown's discretion
- d) No other event may conflict with a Kingdom event within the Region or Principality where the Kingdom event is being held, without prior Crown approval.
- e) No Principality level event (Coronet, Investiture) may conflict with a Kingdom event, nor may they conflict with any other Principality level events (Coronet, Investiture) in any of the Principalities of An Tir, without prior Crown approval

Article V.B 1) OLD

- 1) The Crown and Kingdom events will be held on the most practical weekends closest to these dates:
 - a) Twelfth Night Coronation - the second weekend of January
 - b) Kingdom Arts & Sciences and Rapier Championship - the first weekend of March
 - c) Spring Crown Council - as proclaimed by the Crown.
 - d) May Crown Tournament - Canadian Victoria Day weekend (the first Monday before May 25th).
 - e) An Tir / West War - July 4th weekend or as close as possible as mutually agreed

upon with the Kingdom of the West

- f) July Coronation - the third weekend of July
- g) September Crown Tournament - Labor Day weekend (the first Monday of September)
- h) Collegium (with optional) Fall Crown Council - Veteran's Day/ Remembrance Day weekend (The weekend closest to November 11)

Article V.B 5) NEW – *number formatting corrected for V.B 5*

- 5) The Crown and Kingdom events will be held on the most practical weekends closest to these dates:
 - a) Twelfth Night Coronation - the second weekend of January
 - b) Kingdom Arts & Sciences and Rapier Championship - the first weekend of March
 - c) Spring Crown Council – as proclaimed by the Crown
 - d) May Crown Tournament - Canadian Victoria Day weekend (the first Monday before May 25th).
 - e) An Tir/ West War - July 4th weekend or as close as possible as mutually agreed upon with the Kingdom of the West
 - f) July Coronation- the third weekend of July
 - g) September Crown Tournament – Labor Day weekend

Inclusion of An Tir Collegium as a Kingdom event is hereby explicitly repealed.

Article V.B 5 a) OLD

- a) The adult site registration fee (adult being 18 and over in the U.S. and 19 and over in Canada) will be a minimum of \$25.00 unless a variance is granted in advance by the Kingdom Financial Committee. A day trip fee for a Crown or Kingdom

Event may be offered, but must be a minimum of \$15.00 unless a variance is granted in advance by the Kingdom Financial Committee.

Article V.B 9 a) NEW

a) The adult site registration fee (adult being 18 and over in the U.S. and 19 and over in Canada) will be a minimum of \$30.00 unless a variance is granted in advance by the Kingdom Financial Committee. A day trip fee for a Crown or Kingdom Event may be offered but must be a minimum of \$20.00 unless a variance is granted in advance by the Kingdom Financial Committee.

Article V.B 9 c) OLD

c) Non-Member registrations fee of \$5.00 will be applied to all adult's fees from those that cannot show current membership in the Society for Creative Anachronism.

Article V.B 9 c) NEW

c) All Members, who can show current membership in the Society for Creative Anachronism, will receive a discount of \$10.00 from the site registration fee.

Article V.C OLD

Coronet Tournaments and Investitures shall have appropriate copy placed in the Kingdom and Principality newsletters. See appropriate Principality law.

Article V.C NEW

Coronet Tournaments and Investitures shall have appropriate event notice placed in the Kingdom and Principality newsletters. See appropriate Principality law.

Article VI.C e) Allow sufficient time for the approval process when selecting the event at which its status shall become official is hereby explicitly repealed.

Article VI.C 3) OLD

3) Upon approval, the members of the branch shall present a petition in open court to the Crown

Article VI.C 3) NEW

3) Upon approval, the members of the branch shall present a petition in open court to the Crown, at an event approved by the Crown and King-



Photo by Ylva Annarsdottir

dom Seneschal

Article VI.D **ADDITION**

c) Incipient branches wishing to petition for full branch status will need to submit a petition which includes a “minor carta” or branch policies and procedures manual, a branch financial policy, confirmation of support from the Sponsoring branch, and confirmation from the College of Heraldry of approved branch names, and if needed branch device.

Article VIII.A 4) c **OLD**

c) Is not permitted in or near the Eric or court.

Article VIII.A 4) c **NEW**

c) Is not permitted in or near the list fields or court.

Article VIII. B **OLD**

Harassment and bullying includes, but is not limited to the following: offensive or lewd verbal comments directed to an individual; the display of explicit images (drawn or photographic) depicting an individual in an inappropriate manner; photographing or recording individuals inappropriately to abuse or harass the individual; inappropriate physical contact or intimidation; unwelcome sexual attention; or retaliation for reporting harassment and/or bullying. Participants violating these

rules are subject to appropriate sanctions. If an individual feels subjected to or has witnessed harassment, bullying or retaliation, they should refer to the *An Tir Bullying and Harassment Policy and Procedure* as attached and incorporated herein by reference.

Article VIII. B **NEW**

Harassment of any person based on race, gender, sexual orientation, or of people with disabilities, etc. will not be tolerated in the Kingdom of An Tir. Participants violating these rules are subject to appropriate sanctions. If an individual feels subjected to or has witnessed harassment, bullying or retaliation, they should refer to the *An Tir Bullying and Harassment Policy and Procedure*, which outlines the definitions and processes to follow

From the Royal Largesse Coordinator

KINGDOM LARGESSE DIRECTORY

DO YOU DONATE LARGESSE TO THE CROWN/KINGDOM? HAVE YOU DONATED IN THE PAST?

I am requesting information from the populace of our great kingdom in order to create a directory of those who donate to Kingdom Largesse. This directory will be attached to the new Kingdom Largesse email account which will be accessible to each Kingdom/Royal Largesse Coordinator moving forward, and by extension accessible to each Crown. If you are willing to participate, please:

Complete the form here:

<https://forms.office.com/r/utJL2hwS2>

OR

Email kingdom.largesse@antir.org with the subject “DIRECTORY”, and include the following information:

- ◆ SCA Name:
- ◆ Mundane Name:
- ◆ Name on Facebook (if applicable):
- ◆ Website or Fb Page (if applicable):
- ◆ Pronouns:
- ◆ SCA Branch:
- ◆ Nearest Modern City:
- ◆ Email:
- ◆ Requests Accepted: Yes/No

- ◆ Typical Donation Type: Handmade/Store Bought
- ◆ Typical Items: (Please list all of the items you generally donate [examples: veil pins, cups, etc])

BASIC GUIDELINES:

- ◆ Handmade is fantastic but not required, just that it’s as period as possible (exceptions are in place for children’s items – period preferred but NOT required, period adjacent or ‘thematic’ is great [examples: magical creatures, a modern puzzle with jousting scene, etc.]).
- ◆ PLEASE label each of your items with your SCA Name, SCA Branch, and what the item is/can be used for. UPDATED: If you wish to remain anonymous, that’s fine! Just include your branch and the item description.
- ◆ ANYONE can donate largesse, in ANY quantity (Yes, even just one thing)!
- ◆ NO scented items please!
- ◆ NO perishable items please!
- ◆ NO items that can melt please! (If you are unsure, leave it in your car on a 90 degree day and see if it melts)
- ◆ If you are unsure what to donate, please reach out!
- ◆ Items we always need: Caps/Hats/Coifs; Veils; Cups; Toys/Games/Crafts/Stuffies for Children and Teens.

For questions or arrangements of hand-off/delivery, please email kingdom.largesse@antir.org

CURRENT NEEDS:

- ◆ Cups (ceramic/wood/metal)
- ◆ Veils
- ◆ Gender neutral items and items traditionally geared toward masculine presenting folks.

ANNOUNCEMENTS:

The DELIGHTFUL DUO LARGESSE CONTEST is coming to Twelfth Night 2025!

Overview: Each entrant is asked to contribute two nearly identical handmade items which would not normally be donated as largesse due to cost, complexity, or time commitment. One of the two items will be kept by the Crown for gifting to fellow royals or to be used as grand prizes for other kingdom level contests, the second of the two items will each be taken home by one of the other entrants as a prize.

Everyone who enters takes something home! Voting by the populace will take place Saturday and the winner gets first choice. The rest will be awarded through a blind drawing of names.

Entrants:

- ◆ Please email kingdom.largesse@antir.org when you've decided to participate
- ◆ Entries should include 2 CARDS with the following information:
 - Entrant SCA name
 - Home branch
 - Point of contact (email or fb name if different from SCA name)
 - A brief description of the item(s) being entered.
- ◆ Please see the "overview" above for contest details/requirements, and if you have any questions please reach out.

Thank you and we look forward to seeing your entries!

YIS,
Sibylla de Waryn, OL
Kingdom/Royal Largesse Coordinator



From the Black Lion Herald

NOTICE OF JOB OPENING

Black Lion Herald is seeking applications for a successor to Black Lion Herald.

Black Lion is the Principal Herald of the Kingdom of An Tir, responsible for the administration of the An Tir College of Heraldry and the promotion and exercise of heraldic activity throughout the kingdom and its principalities. Black Lion reports to the Laurel Sovereign of Arms, serving at the pleasure of both the Crown of An Tir and the Laurel office.

This is a high-profile leadership position, with direct supervision of over two dozen officers and every local branch pursuant, as well as general guidance of many heralds-at-large.

A full description for the office of Black Lion may be found at:

<https://antirheralds.org/document/view/staff/black-lion-job-desc>

Letters of Intent with SCA resumes and mundane resumes need to be emailed to blacklion@antir.org, crown@antir.org, heirs@antir.org, and seneschal@antir.org.

In Service,
Fina Black Lion



Known World Newcomers Symposium

Saturday, Nov 30, 2024
Sunday, Dec 1, 2024

An online gathering for newcomers to the Society, there will be classes and networking opportunities for all members of the SCA, new and old alike. We are looking for teachers, so if you are interested please fill out the class proposal form on the web site. Deadline for classes is September 1, 2024.

KWNS.calontir.org

Time: 7:00 AM to 2:00 AM CST

Sponsoring Group: Kingdom of Calontir

Location: Held Virtually on Zoom

Event Registration Fees: FREE

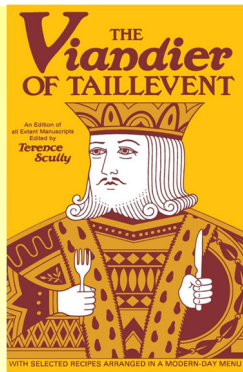
Event Steward:

Lord Ottar Surterson (MKA: Andrew Harness)
chatelaine@calontir.org | 316.871.6657

Co-Steward:

Master Fergus DeBotha (MKA: Curt Booth)
curtbooth@gmail.com | 520.664.4699

Le Liure de Tail- levent grant cuy- sinier du Roy de France



Le Viandier, which is often called Le Viandier of Taillevent, which was the author's pen name, is an early French cookery manuscript attributed to Guillaume Tirel. "Le Viandier"

Eat This Book

directly translates to "The meat maker", but is commonly translated as "The Cookery", or as James Prescott, see below, translates it "The Food Provider". The earliest version of the manuscript was written sometime right around 1300. This date is about 10 years before Tirel's birth, but that didn't stop him from claiming it as his own, expanding it and publishing under his own name once he was an acclaimed chef! Guillaume Tirel was born in 1310 in Pont-Audemer, France, which is North-West of Paris, not quite on the coast. Guillaume was an ambitious young man. As a boy he worked in the kitchens of Queen Jeanne d'Évreux, the third wife of Charles IV. In 1326 he went on to work as head chef of Philip VI. He continued to serve other royals, the Dauphin de Viennois, the Duke of Normandy, who would become Charles the V and Charles VI, as their cook, squire and serjeant-at-arms. Tirel is considered, by most food scholars, as the first professional chef, or at least the first that can be identified with any

certainty, apologies to Apicius or the three unknown cooks who make up the composite chef Apicius.

There are four remaining copies of the Viandier manuscript a fifth that was burned in the bombings of June 1944 and a sixth, mentioned by Pichon and Vicaire, in a manuscript that contains other works. This sixth copy has also disappeared, but it is unclear if it was destroyed, mis-catalogued or mis-identified. The first manuscript, according to Terence Scully,

is an actual "parchment roll from the second half of the thirteenth century". It is housed in the archives of Sion, Switzerland. The second manuscript is "in-

folio", on paper and is housed at the Bibliothéque Mazarine in Paris, it is dated to the 15th century. The

third manuscript, also in Paris, but at the Bibliothéque Nationale, is "vellum, bound in parchment". And the final manuscript is in the Biblioteca Vaticana, in Vatican City. This fourth manuscript has been dated to the first half of the fifteenth century and has 85 paper folios. The Vatican edition of the manuscript contains 206 recipes. This number excludes variations appended to the recipes such as those which say things such as, "you can also make this with . . ." or "in fast days use almond milk instead of broth". The first section of the book, which consists of 8 recipes, starts with instructions on how to "de-salt" your pottage, continues with instructions on how "to remove the burnt taste of scorched pottage" and then speaks to boiling, larding and roasting, mutton, deer, boar and capon. The other 16 sections of the book have recipes for pottages, both with and without meat, roast meats of all kinds, fresh water, "round" saltwater, and "flat saltwater fish, both boiled and un-boiled sauces, and desserts. There are so many wonderful recipes to make and explore. Try recipe

#193 Norse Pies which contain chopped meat, pine nut paste, currants, harvest cheese, sugar and salt. Or recipe #141 for Sole served with a simple green sauce, recipe #155, or with verjuice. For the more ambitious recipe #67 is a take on the ubiquitous Peacock redressed in its feathers only this recipe is for a swan!

So where is the book recommendation? Well in this month's "Eat This Book" I would like to recommend two books based on "Le Viandier". The first is an excellent translation of the Vatican edition of the manuscript with 17 additional recipes not in the Vatican edition, but from the Bibliothéque Nationale manuscript. "Le Viandier de Taillevent" is translated, edited and commented on by James Prescott, known in the SCA as Master Thorvald Grimson, originally published in 1987 with a second edition in 1989 by Alfarhaugr Publishing Society, Eugene, Oregon. The Prescott translation, in my opinion, is the best translation of "Le Viandier de Taillevent" available. It is hard to find, but so worth the search. Prescott tells us in his Introduction this "is not intended to be a cookbook, but rather a source document about cooking in France in the years 1375-1390". Besides the translation it also contains an excellent and approachable bibliography, both an English and French glossary and a very well put together index. This edition does not include the medieval French for comparative purposes, but we will forgive Prescott, and his editors, this fault since the translation, when compared to the original French is so well done. Perhaps we can convince Alfarhaugr Publishing Society or Mr. Prescott, to do another reprint!

The second recommendation "Le Viandier of Taillevent" by Terence Scully, University of Ottawa Press, 1988 is a comparative analysis with detailed commentary of all four manuscripts. The first part of the book, the side by side comparison of the texts, is not an easy read, but it is worth the effort. The footnotes are packed full of fascinating information and Scully has done a truly amazing, almost Herculean, job of truly uncovering the similarities and differences in the texts. The introduction to the book outlines the manuscripts in detail and then goes on to discuss editorial considerations, the traditional cooking of the time period, culinary theory and practice that is critically important to the understanding of the recipes, and much more. Besides the analysis Scully also includes his own, very workable, translation a section on how to modernize the recipes included in "Le Viandier", an extensive bibliography and a glossary and index.

Guillaume Tirel died in 1395 at the ripe old age of 85. You can visit his tombstone at the church of Église Saint-Léger de Saint-Germain-en-Laye, just outside of Paris. On the tombstone he is dressed in armor and carrying three cooking pots.

The below recipes were redacted by James Prescott and he holds the exclusive copyright on this material. We are grateful he has shared them with us here in "Eat This Book".

Fried Perch in Yellow Sauce

Original recipe is number 85 in James Prescott's translation of Taillevent

Ingredients

- ◆ 1 US cup (235 ml) verjuice (see Note 1)
- ◆ 1/2 US cup (120 ml) white wine
- ◆ 3/4 US teaspoon (4 ml) (2 g) ginger
- ◆ 1/4 US teaspoon (1 ml) (0.5 g) cloves
- ◆ 1/4 US teaspoon (1 ml) (0.5 g) cinnamon (see Note 2)
- ◆ 1/4 US teaspoon (1 ml) (0.5 g) grains of paradise
- ◆ 1/8 US teaspoon (1 ml) (0.125 g) Spanish saffron
- ◆ 1/2 US cup (120 ml) (90 g) ground almonds
- ◆ 1/4 US cup (60 ml) olive oil
- ◆ 1 pound (455 g) perch fillets, not too thin (see Note 3)
- ◆ 1/8 US cup (30 ml) (10 g) pine nuts
- ◆ 1/3 US cup (80 ml) fresh parsley leaves
- ◆ 2 US tablespoons (30 ml) (30 g) sugar (see Note 4)

Instructions

Mix the verjuice and white wine.

Finely grind the ginger, cloves, cinnamon, grains of paradise, and saffron. Mix the ground spices with 1/4 cup of the verjuice and white wine mixture, and leave them to steep in the refrigerator for at least an hour, preferably overnight.

Finely grind the almonds. Mix the almonds with the remainder of the verjuice and white wine mixture, and leave them too steep in the refrigerator for at least an hour, preferably overnight.

Remove any scales or bones from the perch fillets. Fry the perch in a frying pan with most of the olive oil over a low-medium heat about

four minutes per side, drain, and refrigerate.

Fry the pine nuts in a frying pan with the remainder of the olive oil over a very low heat until golden brown, drain, and set aside. Be very careful, as they can go from golden to burnt in seconds.

Parboil the parsley for a few seconds in a saucepan of boiling water, drain, and set aside.

To make the sauce, take the almond liquid, sieve (to remove large lumps or almond skin), and put into a saucepan. Bring to a boil over gentle heat, stirring occasionally, then remove from the heat.

Take the spice liquid, sieve (to remove any large lumps), and add it to the sauce. Add the sugar. Simmer over gentle heat for fifteen minutes. Remove from the heat. If it begins to solidify and form a very soft custard as it cools, it has been heated enough. If it isn't doing so, simmer for another five minutes. Check the taste, and add more sugar if it is far too sour for you (but it should be sour).

Pour a thin layer of sauce into the serving dish, arrange the fried fish fillets on top, and pour the remaining sauce on top of the fish.

Arrange the pine nuts and parsley leaves as a garnish to the dish. It may be served at once, or covered and refrigerated overnight.

Note 1: If you can't obtain verjuice, fresh lemon juice diluted 50/50 with water is a suitable alternative.

Note 2: North American cinnamon is actually cassia. Use true cinnamon if available. Cinnamon is not mentioned in the particular original recipe, but is mentioned in other related recipes from similar dates, so I added it.

Note 3: Fishes mentioned in *Le Viandier de Taillevent* as suitable for frying include pickerel, loach and tench (both related to the carp), perch, and sole.

Note 4: I use unrefined turbinado cane sugar.

Chicken in Cold Sage Sauce

Original recipe is number 68 in James Prescott's translation of Taillevent

Ingredients

- ◆ 1 chicken (about 4 pounds (1.8 kg))
- ◆ 2 US teaspoons (10 ml) (10 g) fresh ginger root
- ◆ 2 US teaspoons (10 ml) (7 g) grains of paradise
- ◆ 2 US teaspoons (10 ml) (7 g) whole cloves

- ◆ 1/4 US teaspoon (2 ml) (0.25 g) Spanish saffron
- ◆ 1/3 US cup (80 ml) cassia flowers in brine (see Note 1)
- ◆ 1/3 US cup (80 ml) fresh sage leaves
- ◆ 1 US cup (235 ml) fresh parsley leaves
- ◆ 3 US cups (705 ml) best quality white bread, crusts removed (about 4 thick slices)
- ◆ 3/4 US cup (175 ml) white vinegar (see Note 2)
- ◆ 2 egg yolks, hard boiled

Instructions

Place the chicken in sufficient simmering water, cover, and simmer very slowly for 2 1/2 hours. Skim during the first 15 minutes. Cool the chicken, dismember, and arrange the pieces on the serving dish.

Finely chop the ginger. Grind the ginger, grains of paradise, cloves, and saffron in a mortar. Set aside.

Soak the cassia flowers in several changes of cold water to remove the excess salt taste.

To make the sauce, finely chop the cassia flowers, sage, parsley, and bread. Crush in a large mortar (see Note 5), adding the vinegar as you go.

Add the ground ginger, grains of paradise, cloves, and saffron to the sauce. Crush and mix thoroughly, and strain through cheesecloth (see Note 6).

Pour the sauce over the chicken on the serving dish. Garnish with thin slices of hard-boiled egg yolk (see Note 7).

Note 5: The original recipe presumably referred to dried cassia flowers (buds). I found the cassia flowers in brine in a Chinese supermarket. The tin contained mostly cassia leaves, so I carefully picked out all of the cassia flowers, and then added smaller cassia leaves until I had the full measurement.

Note 6: Modern tastes may not enjoy this recipe if full strength vinegar is used. If so, take 1/2 US cup (115 ml) of white vinegar and cut it with 1/4 US cup (60 ml) of water or chicken stock.

Note 7: If you don't have a large mortar then use a blender or food processor.

Note 8: If you happen as I do to like sauce with texture, do not strain it, but do inspect it carefully to remove large lumps.

continued page 14



Spotlight Scribe— Elisabetta Tommaso di Carduci

What is your SCA name?

Elisabetta Tommaso di Carduci

How long have you been a scribe?

I have been doing bits here and there for almost fifteen years.

How did you become a scribe?

It was heraldry-adjacent! I was looking for different ways that I could help out during a reign if my voice wasn't needed for court or organizing the court business. As it turns out, charter design and calligraphy is super helpful

- and then it became very addicting very fast! It also was an art that was "easy access" to me at first, because I was playing with a Barony that had regular charter-painting activities. I also have really neat handwriting normally, so going into some calligraphy hands weren't all that different from my usual printing.

What do you enjoy most about being a scribe?

Making a piece of art that is personalized for its recipient. I enjoy learning about the people I am making scrolls for, and then adding personal touches onto the work. Hearing "oh my gosh I *love* this scroll!" is very validating and has kept me moving forward and improving this art. Also, I really love wordsmithing; hearing my words read aloud in court never, ever gets old.

Have you ever held an office/position as a Scribe?

I've held two scribal offices/positions. The first was Baronial Scribe for Adiantum, and it was a blast. I learned how to make seals, which is a super cool process, and got to work with friends who were very patient in teaching me calligraphy. I really enjoyed this office. The second was southern Royal Scribe for Vik and Astid's reign, which I found challenging. But then my champion won Summits Coronet, and I had to give the position up halfway through learning it. I definitely

would try that role again now sometime, since I have a much better idea now of how to do it. Scribal offices are incredibly fun to do! You have an opportunity to try out lots of different aspects of being a scribe, and figure out which ones sing to your heart the most. You also get to interact with people all over the Kingdom and hopefully build new relationships and friendships that will follow you out of the office when you are done with it. Also, I really enjoy enabling folks to give away awards, because that is one of the very best things about being a sitting Royal or Baronial Coronet.

What is your scribal pet peeve?

Running out of calligraphy ink mid-scroll!

Was there anyone what helped you along your scribal journey that you would like to acknowledge?

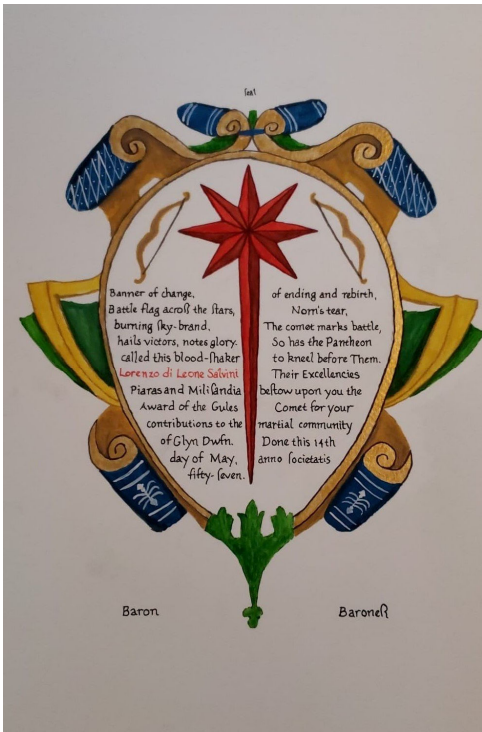
I have several people whose work has influenced my own or who have been real inspirations to me - Mistress Raven, Duchess Hlutwige, Duchess Helene, Duchess Inga, Fortune, Adrienne. These fine people have given me opportunities to contribute, taught me how to keep going even when I mess up, taught me new techniques and showed me how to find joy in the art as an art rather than a service.

Do you have any special tips, tricks, or techniques that you use or have learned through your scribal journey?

I use the computer and then trace on paper! I do not have great drawing skills when I draw freehand. Don't be afraid to make modifications to the process to make it more accessible for you. I don't have very good spatial awareness, so the computer helps me a lot with sizing of elements and balancing a design. The most important thing we do as artists is have fun with what we create; if part of the process isn't fun, don't hesitate in finding a method that works better for you. Even if it's modern. The point isn't always to be completely authentic, the point is to create something that looks right and that the recipient is going to love. If you need to make modifications to make scribal art accessible, then do it, and keep creating.

Have you ever done an original award? If so, what did you learn though the process? Do you have any advice you would pass on to someone new to original work?

I prefer doing original awards, if I'm honest. Almost my entire portfolio is original works. My advice to anyone doing these is to not be afraid of the process. Tracing is period! Pulling elements from different places to create a new work is period! Bad art and derpily lions are period! Everyone starts doing originals somewhere. If you've done a piece to the best of your ability, that's all anyone has the right to



calligraphed, or designed? Why is that your favorite?

I love, love, LOVE doing Court Barony scrolls. By far and away, my favorite type of scribal work involves painting heraldry, and official scrolls in period often feature a family's coat of arms. Getting to incorporate someone's registered armory into a piece of art satisfies the herald and the scribe at the same time. :)

What is the best or most impactful piece of advice you have ever received through your scribal journey?

"Trust your design eye". I don't remember who said that to me, but it was probably the best thing anyone could have said to me as a beginner. My early pieces are pretty rough, but getting encouragement that the *ideas* were good meant I could always improve the execution. I didn't have to go back to the drawing board on that part.

scribal self just starting out on this path?

Don't give up doing it. It's okay that you can't draw to save your life - just keep making art.

Is there anything else that you would like to say or add as an An Tir Spotlight Scribe?

To be honest, I am blown away by being a Spotlight Scribe! It's been a journey to becoming an artist from "a servant who does art sometimes". I would encourage anyone who has ever thought about doing this work to ask a local group about painting. Every barony gives awards! Sometimes, it is less intimidating to do original pieces or start painting at a very local level before dipping your toe into a "bigger pond" like Kingdom. The first step is always the most difficult, but the An Tir Scribes are a fantastic and supportive group of folks. Come and create with us!!

If you have a candidate you would like to nominate for the Spotlight Scribe series, please feel free to reach out to the Chronicler's office at criereditor@antir.org. Include "Spotlight Scribe Nominee" in your subject line.

ask. We're all our own worst critic, and it is never as bad as you think it is.

What is your favorite Kingdom Award that you have painted,

Is there anything that you would say to your younger

Kingdom Calendar

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Upcoming Events

Twelfth Night Coronation	January 10-12	Barony of Three Mountains
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Watch this space for more Kingdom Events!

December

Barony of Aquaterra Good Yule

December 7, 10am — 9pm
Barony of Aquaterra

Event Steward(s): Samira al-Waddi (samiraantir@gmail.com), Halawa al-Wadi (bdukellis@hotmail.com)
Event Fee: Adult non-members \$15. Youth 17 and under are free. Adult feast fee \$30, Youth 17 and under feast fee \$10. Members will receive a \$10 discount. Make checks payable to SCA, Inc., Barony of Aquaterra.

Site Address: Hillcrest Losge 1717 South 13th Street, Mount Vernon, WA 98274
Their Excellencies of Aquaterra invite you to the culinary cabaret of their Good Yule feast. Our theme this year is the Near and Middle East. Treat your palate to a cacophony of exotic tastes, and your eyes to a multitude of color! Jasmine and mint tea will be available throughout the day to keep you refreshed and



Summits 11th Night

December 13, 3pm — December 15, 11am

Barony of Adiantum, Principality of the Summits

Event Steward(s): Enid of Hauksgarth (rowenj95@gmail.com), Wulfric Marinus (t.mole95@gmail.com)

Event Fee: Adult non-members \$40 (Digital payment fee \$1). Youth 17 and under are free. Members will receive a \$10 discount. Merchant fee \$30. Make checks payable to SCA, Inc., Barony of Adiantum.

Site Address: Holiday Inn Express Eugene/Springfield. 919 Kruse Way Springfield, OR 97477

Come all to join their Alpine Highnesses, Amalric and Z as they celebrate the step-up of their heirs at Summit's Winter Investiture December 13th-15th, 2024. A glorious tournament is to be held to vie for the honor of Captain of Cats, Rapier Champion of the Summits. The hotel is conveniently located less than a mile from I-5 and is surrounded by a variety of conveniently-located restaurants, within walking distance.

hydrated. Our Arts & Sciences and Bardic Champions will be hosting contests to determine their successors. Come show off your cool project and enchant us with your performance!

Yule—Barony of Glymm Mere

December 7, 10am — 8pm

Barony of Glymm Mere

Event Steward(s): Zanetta Zavatta (mike@zavatta-macdonald.us), Laeriel Fayrehale, and Morgan Staghald (Feast Steward)
Event Fee: Adult non-members \$25. Youth 17 and under are free. Adult feast fee \$20, Youth 12 and under feast fee \$10. Members will receive a \$10 discount. Make checks payable to SCA, Inc., Barony of Glymm Mere.

Site Address: Heritage Hall: Thurston County Fairgrounds 3054 Carpenter Rd. SE Lacey, WA 98503

Join Glymm Mere for a lovely feast (Menu TBD) and a day of merriment and cheer. There will be rattan and rapier tourneys prior to the feast as well as a baronial court.

Good Yule

December 7, 12pm — 8pm

Canton of Porte de l'Eau

Event Steward(s): Rowena Jade of the Lion Isles (rowenajadeotli@gmail.com)
Event Fee: Free. Make donation checks payable to SCA, Inc., Canton of Porte de l'Eau.

Site Address: St. Andrews Lutheran Church, 2650 148th Ave SE, Bellevue, WA 98007
The Canton of Porte de l'Eau and the Barony of Madrone welcome our friends to enjoy a day of games, music and dance in celebration of the Yuletide season, with a potluck feast in the evening.

Join us for a day of merriment in the fellowship hall of St. Andrew's Lutheran Church in Bellevue. Artisans vying for A&S Champion of Madrone will show off their finest creations. We will have tables for games, scribal arts and socializing. Dance instruction and a bardic performance will take place in an adjoining space.

The hall opens at noon and there will be a hospitality table for all to partake of, with coordinated Potluck for dinner.

A Barony of Three Mountains

Event: Dual Yule Deaux

December 7, 9am — 9pm

Barony of Three Mountains

Event Steward(s): Judith of Three Mountains (3M.Yule.Feast@gmail.com)
Event Fee: Free. Make donation checks payable to SCA, Inc., Barony of Three Mountains.
Site Address: Eastgate Masonic Lodge, 4812 NE 102nd Portland, OR 97220

Join the Barony of Three Mountains and the Barony of Stromgard as we chase away the darkness by celebrating Solstice Around the World.

Participate in our Largesse Derby! Pick up wonderful goodies at our

Silent Auction or our Dessert Auction! Sing! Tell stories! Dance! Play games! Visit with Father Yule and enjoy a few craft activities!

And more!

Food: We will provide an assortment of traditional solstice delicacies from many lands throughout the day, complemented by a dessert potluck.

We will not have a formal sitdown feast nor provide full meals.

Seagirt Yule and Bardic Championship

December 14, 3pm — 9pm

Barony of Seagirt

Event Steward(s): HE Aniko Melyes, OP (paperscape@gmail.com)
Event Fee: Adult non-members \$30. Youth 17 and under are free. Members will receive a \$10 discount. Make checks payable to SCA, Inc., Barony of Seagirt.

Site Address: Metchosin Community Hall, 401 William Head Road, Victoria, Vancouver Island, British Columbia

Directions: Take exit 11 from Trans-Canada Hwy/BC-1 S (Island Hwy/Cooke Road). Drive Island Hwy/Sooke Rd and turn left on Metchosin Rd (approx. 13 km). Venue on the left.

You are all cordially invited to join Seagirt's brand new Excellencies at their first Yule and Bardic Championship. There will be roasted meats provided complimented by a potluck feast (everybody brings a potluck dish to share for approximately 8-10 people). Please bring a small card with an ingredient list. There is a kitchen on site but likely limited outlets / area so plan accordingly! BYO dishware and libations. There will be craft stations instead of Icasses and this event is intended to be a social

gathering and a gentle respite during the busiest days of the season.

The Feast of the Immaculate Confection is Seagirt's legendary dessert competition where we 1. judge desserts brought by competitors, and 2. consume desserts brought by competitors. The Bardic Championship will be held this night, too.

A Tree of Giving will be available. Bring a gift / get a gift. There will be games and fun, and dance if that sparks some joy.

Dragon's Mist Yule

December 15, 10am — 7pm

Barony of Dragon's Mist

Event Steward(s): Blue of Three Mountains (bluespiderfairy.threemounatians@gmail.com), Claire le Deeyare (rangertam@gmail.com)
Event Fee: Free. Make donation checks payable to SCA, Inc., Barony of Dragon's Mist.

Site Address: Kinton Grange, 19015 SW Scholls Ferry Rd, Beaverton Oregon 97007

Join The Barony of Dragon's Mist for our Yule Celebration!

This will be a potluck / gift exchange. We will have a baking contest with two categories of bread and or dessert.

There will be games to play, a garb exchange and so much more! The Kingdom calendar will have the most updated info.

We look forward to celebrating with you!

Thornvold Yule

December 15, 10am — 8pm

Shire of Thornvold

Event Steward(s): Yzabels de la Costa (yzabelsdelacosta@yahoo.com)

Event Fee: Free. Make donation checks payable to SCA, Inc., Shire of Thornvold.

Site Address: Squaticum Yacht Club 2633 South Harbor Loop, Bellingham, WA 98225
The winds of winter have begun to blow, but there is warmth in the Mead Hall. Round the fire, talented bards vie for the Shire Championship!

A Norse/Germanic inspired feast will be provided. Contributions will be gladly accepted for a dessert auction. A silent auction will also be available. If you wish to participate in the gift exchange, please bring a wrapped gift, \$25 spending limit.

Come join us to celebrate the year past, and look forward to the year to come!

Field of Dreams

December 28, 9am — 8pm

The Incipient Shire of Four Rivers,
Barony of Wastekeep

Event Steward(s): Raven Morganstern (ravenbecker@gmail.com)

Event Fee: Adult non-members \$25 . Youth 17 and under are free. Members will receive a \$10 discount. Gate fees include feast and soup lunch. Make checks payable to SCA, Inc., Barony of Wastekeep .

Site Address: Boulevard Grange, 3890 OR-201, Ontario, OR 97914

The incipient The Shire of Four Rivers Sponsored by the Barony of Wastekeep welcomes you to our first event.

As the year comes to a close and we start into the new let us start out the gate strong with our Champions Tournaments (Rapier, Heavy and Bardic). Site is dry.

January

An Tir Twelfth Night Coronation and Bardic Championship

January 10, 3pm — January 12, 1pm

Barony of Three Mountains

Event Steward(s): Selene Trioros (Selene_Trioros@comcast.net)

Event Fee: Adult non-members \$40. Youth 17 and under are free. Members will receive a \$10 discount. Make checks payable to SCA, Inc., Barony of Three Mountains. Credit and Debit cards will also be accepted via Zelle at Gate.

Site Address: DoubleTree by Hilton—Portland, 1000 NE Multnomah Street, Portland, OR 97232

Directions from I-5: Take Exit 302A to Weidler Street. Turn eastbound onto Weidler Street. Turn right (south) onto NE 9th Avenue. Hotel entrance will be on the left 1 half block south of Multnomah Street.

From I-84 Westbound: Take Exit 1 to Lloyd Center. Turn right onto NE 9th Avenue. Hotel entrance will be 1 block north on the right.
The Barony of Three Mountains is proud to host An Tir's Twelfth Night Coronation on the weekend of January 10-12, 2025. There will be much rejoicing and merriment as we celebrate the wintery changing of the monarchs of An Tir, the Kingdom Bardic Championship, Black Lion Masked Ball, Peer's Auction, Heraldic Consultation, a full merchant hall, several elevation vigils and many other activities for all to enjoy!

Detailed and current information including schedule, activities and merchant information can be found on the event website: <https://robinwright0.wixsite.com/antir12thnight2025>

Ursulmas

January 24, 3pm — January 26, 3pm

Barony of Aquaterra

Event Steward(s): Sabina di Zorzi (SabinadiZorzi@yahoo.com), Conchobhar Ciúin and Ileana Escocru

Event Fee: Adult non-members weekend \$45 / day \$35. Youth 13-17 weekend \$15 / day \$10. Children 12 and under are free. Members will receive a \$10 discount. Make checks payable to SCA, Inc., Barony of Aquaterra.

Site Address: Evergreen State Fairgrounds, 14405 - 179th Ave SE Monroe, WA 98272
The Barony of Aquaterra invites you to Ursulmas, a demo event open to the public on the 25th and 26th of January, 2025! Prepare to be awestruck by many exhilarating prize tournaments, immerse yourself in various Arts and Sciences in Ursulwyck Medieval Village, and embark on a quest through the bustling Marketplace. Youth are invited to partake in our Youth Armored Combat program, where they will learn the noble arts of chivalry and experience the thrill of friendly competition. From the spirited competitions of armored warriors, agile fencers, skilled archers, and thrown weapons specialists to the enthusiastic performances by entertainers and musicians, there is no shortage of adventure.

Notes for Ursulmas 2025: There will not be a sleeping hall due to increased event expenses. Please see the Kingdom Calendar for all event information and e-mail the Event Steward with any questions. Ursulmas.com and the Facebook event page are geared towards our modern guests.

Photo by Ylva Annarsdottir



Eat This Book

continued from page 9

Note 9: The original recipe is confused about what is to be done with the egg yolks. I interpret them as a garnish. If after garnishing you feel that the dish needs one final touch, sprinkle it with some paprika (though this was unknown in Europe in 1390).

This next dish was selected because it could be prepared in advance and served cold, as it would have been in period. All ingredients were refrigerated immediately after cooking, and transported 3.5 hours to the event in a cooler with ice. The sauce was put in a jar and covered with a thin layer of olive oil (a period ingredient) to slow oxidation. The olive oil was poured off prior to serving.

Veal Ragout

Original recipe is number 28 in James Prescott's translation of Taillevent

Ingredients

- ◆ 3/4 US teaspoon (4 ml) (3 g) ginger
- ◆ 3/4 US teaspoon (4 ml) (3 g) cinnamon (see Note 1)
- ◆ 3/4 US teaspoon (4 ml) (3 g) cloves
- ◆ 1 1/2 US teaspoon (8 ml) (5 g) grains of paradise
- ◆ 1/4 US teaspoon (2 ml) (0.25 g) Spanish saffron
- ◆ 1/3 US cup (80 ml) verjuice (see Note 2)
- ◆ 1/3 US cup (80 ml) red wine vinegar
- ◆ 2 pounds (900 g) veal shoulder blade roast
- ◆ 8 large onions
- ◆ 1/4 US cup (60 ml) (60 g) butter
- ◆ 6 thick slices of the best quality white bread

Instructions

Finely grind the spices, and combine with the verjuice and vinegar in a container. Leave them too steep in the refrigerator for at least an hour, preferably overnight.

Preheat the oven to 450° F (230° C), then roast the veal for 60 minutes (30 minutes per pound) at 325° F (165° C). Remove from the oven and leave to cool. When the roast is cool enough to handle comfortably, cut the meat into cubes about 3/4 of an inch on a side. Refrigerate the cubes until needed.

Put the veal bones, gristle and fat into a sauce-

pan. Scrape all of the drippings from the roasting pan into the saucepan as well. Add water, cover and simmer over very, very low heat. I simmered mine overnight. Remove and discard the bones, gristle, and fat. Save the veal stock.

Cut the onions into slices and separate all the rings. Melt the butter in a large saucepan, add the onions, cover and cook over a very, very low heat for an hour until the onions are well cooked. Drain, and save the onions on one side and all the onion cooking juices on the other.

Combine the veal stock and the onion cooking juices to get about 6 cups of stock. Add water or other stock if necessary. Refrigerate until needed.

Remove and discard the crusts from the bread slices. Turn the slices into medium crumbs (a blender does this in a jiffy). You will need about 4 cups of crumbs. Set the oven to 350° F (175° C). Spread a layer of bread crumbs on a tray and put it in the oven to turn golden brown. This may take 15 minutes. Peek frequently towards the end, since the crumbs can go from almost golden to smoking charcoal in an amazingly short time. Repeat, or use several trays at once, until all the bread crumbs have been browned. Set the crumbs aside until needed.

Heat a quantity of lard in a deep-fryer to 375° F (190° C). Deep-fry the veal cubes about ten at a time. Any more, and the lard will bubble all over the stove. Each cube should be nicely crisped and browned on the outside, which doesn't take long. They should not be fried long enough to become crunchy or burnt. Drain them. Put the veal gobbets and the fried onions into a container and refrigerate until needed.

When ready to assemble the ragout, start heating the stock. When near boiling, add the veal and onions, and then the bread crumbs, and simmer for 30 minutes. Add the spice, verjuice, and vinegar mixture, stir well, and bring the pot back to the boil. Serve at once (see Note 3).

Note 10: North American cinnamon is actually cassia. Use true cinnamon if available.

Note 11: If you can't obtain verjuice, fresh lemon juice diluted 50/50 with water is a suitable alternative.

Note 12: Garnish if you wish with some sprigs of fresh parsley and with some golden bread crumbs.

"Eat this book" is a column produced for An-Tir's Kingdom newsletter, The Crier. I hope

help you build your food history library. If you have a book, a country, or a time period you would like explored please write to me at: info@vastrepast.com



Photo by Thorvald Grimsson

Thorvald Grimsson is a 10th Century Icelandic persona. His initial SCA involvement was combat archery. He later developed interests in many areas. Bardic, cooking, translating cookbooks, tent-making, dancing and so on. In addition to the translation of one version of "Viandier" by Taillevent, he has translated but not yet published "Ouverture" by Lancelot de Casteau. Triggered by a mention of potatoes in "Ouverture" he dove down a rabbit hole to collect information about the introduction of the potato to Europe. He worked for decades to get peerage recognition for archery and other martial skills. Pelican, Laurel, and other awards.

James Prescott is retired after a career as a software and data base specialist. He did a lot of backpacking in the Canadian Rockies and elsewhere, and took a year off to travel round the world.



Photo by Tessina

Visconti Eduardo Lucrezia is a mid-15th Century Italian Renaissance Court and Kitchen Punk. He is obsessed with the food from the Iberian Peninsula, specifically the recipes of Martino and Platina. He is a member of the Order of the Laurel, the order of the Pelican, and a Lion of AnTir.

David Huffman-Walddon owns a technology consulting company, Renaissance Strategic Consulting, Inc., and an Arbonne health and wellness business. He has written on food history for The Journal of Italian Food and Wine and Petits Propos Culinaires. He has given papers on the food of the Italian Renaissance at the Oxford Symposium on Food and Cookery and the Renaissance Society of America. His weekly food history and tradition column, The Vast Repast, was syndicated in Washington, Oregon, California and British Columbia.

An Tir Seneschals – Your Local Leaders

BRANCHES OF AN TIR

Akornebir, Canton of Wastekeep
(Walla Walla, WA)

Seneschal: porkell Palsson
akornebir.seneschal@antir.org

Aquaterra, Barony (Snohomish Co., WA)

Seneschal: HL Sabina di Zorzi
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Blatha an Oir, Barony
(Tacoma-Pierce Co., WA)

Seneschal: Sir Warin of Essex
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Caladphort, Canton of Glymm Mere
(Gray's Harbor Coun-ty, WA)

Seneschal: Theodora Pleustissa
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Cranehaven, College
(Chelan and Douglas Co., WA)

Seneschal: Runfridr Kennar
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Dragon's Laire, Barony (Kitsap & N
Mason Co., WA)

Seneschal: Marqueza Laurellen de
Brandevine
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Dragon's Mist, Barony (Washington
Co., OR)

Seneschal: Mistress Ana de la Sara
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Fire Mountain Keep, Shire (Lewis Co.,
WA)

Seneschal: Sybil Strangeways
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Glymm Mere, Barony
(Thurston Co., Grays Harbor County
and south Mason Co., WA)

Seneschal: Seumas mac Brehon
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Hauksgardr, Shire (Hood River and
Wasco Co., OR)

Seneschal: Rebecca Fletcher
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Kaldor Ness, Canton of Three Moun-
tains

(Columbia Co., OR)
Seneschal: Alexandria Delassene
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Lyonsmarche, College (Pullman, WA &
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Seneschal: Eldrick von Muth
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Madrone, Barony (King Co., WA)

Seneschal: Ynesen Ongge Xong Kerij-
e, OP, OL, Visc.

Madrone.Seneschal@antir.org

Porte de l'Eau, Canton of Madrone
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IN ABEYANCE

Dregate, Shire (Okanogan County, WA)

Druim Doineann, Shire (Port Angeles-
Clallam & Jefferson Co., WA)

Pendale, Shire (Sandpoint, Bonner &
Boundary Co., ID)

Silverhart, Canton of Wealdsmere
(Kootenai Co., ID)

DORMANT BRANCHES

Bearwood, Canton of Aquaterra (E
Snohomish Co., WA) IN SUSPENSION

Cáe Mór, Shire (Kitimat and Terrace,
BC) INACTIVE

Crickstow-On-Sea, Port (CFB Esqui-
malt, BC) DORMANT

Earnrokke, Shire (Whidbey Island,
WA) DORMANT

False Isle, Shire (Powell River, BC) DIS-
BANDED, see SHIRE OF HARTWOOD

Fjordland, Shire (Sunshine Coast, BC)
IN SUSPENSION

Rath an Oir, stronghold of Blatha an Oir
(Ft Lewis, WA) DORMANT

Saint Bunstable, College (University of
Washington, WA) INACTIVE

St. Giles, College (University of Victo-
ria, BC) DORMANT

Windwic, Shire (Klickitat Co., WA)
DORMANT

Wittanhaven, College (The Evergreen
State College, Olympia, WA)
DORMANT

Midhaven, Shire (Skagit, San Juan & N
Island Co., WA) DISSOLVED



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Quarterly Board Meetings

The Board of Directors is considering the possibility of a return to live meetings in late 2023. Groups interested in hosting a meeting should contact the Executive Assistant (ea@sca.org) for information on meeting requirements and how to submit a bid.

Meeting Schedule:

Meetings will be held online until further notice.
Second Quarter 2023—April 23, 2023
Third Quarter 2023—July 23, 2023
Fourth Quarter 2023—October 22, 2023