



oldentales

Barony of Oldenfeld • Kingdom of Trimarís

March, 2006 [a.s. xl]



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upcoming events:

March 3-5: On the Road to War
(Amurgorod, Ocala)

March 12-19: Gulf Wars 15
(Interkingdom, King's Arrow Ranch, Lumberton, MS)

March 31-2: Spring Coronation
(Kingdom, Camp Ocala)

April 7-9 Battles of Bentonshire
(Bentonshire)

April 7-9 Sea March Event
Sea March

April 14-16 Leather and Lace
(Brineside Moor, Brandon Rotary Camp)



This is the March, 2006 issue of Oldentales, a publication of the Barony of Oldenfeld of the Society for Creative Anachronism, Inc. (SCA, Inc.). Oldentales is available from Karen K. Lee (e-mail ginevra@shipbrook.com). It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies.

oldenfeld anniversary

Join us for the celebration of Oldenfeld's first anniversary as a Barony!



Fun! Food! Fighting!

April 28—30, 2006

YMCA Camp Indian Springs; 2387 Bloxham Cut-Off Road;
Crawfordville, FL 32327

Site opens at 5 PM on Friday and closes at 11 AM on Sunday.

Event Steward: Lady Isabella Julietta Diego y Vega

MKA: Julie Stevenson: ldyisabella@hotmail.com
850-350-2093

Assistant: HL Theadora Perplexa

MKA Tracy Haworth: t.haworth@istal.com/850-385-2614

Head Cook: Lord Earnwulfe Aelfgaressune

MKA: Kyle Wallace: kaw04j@fsu.edu/850-222-6469

Reservation Steward: Flann Belew

MKA: Brevin Brown: 850-386-6356

Prices: Day trip and 1 night: \$11.00 pre-reserved and \$12.00 at the door. 2 nights: \$19.00 pre-reserved and \$20.00 at the door. (Non-members add \$3.) Feast is \$8.00.

Send reservations to:

Oldenfeld Anniversary Event, P. O. Box 11233, Tallahassee, FL
32302-3233

Make checks payable to SCA dba Oldenfeld. No family shall be charged more than 3 adult fares. Children 12 and under are not charged.

Please, no original containers.

No pets allowed; help animals are welcome.

medieval meets mundane at planet gumbo fundraiser

The Oldenfeld Ensemble was honored to be asked to be the opening act at this year's Planet Gumbo fundraiser on February 18. Octavio (who is also a Board Member for Planet Gumbo), Romas, Gabrielle, Isabella and Lorenzo, dressed to the nines and looking every bit as festive as their Mardi Gras infused surroundings, sang a number of songs including La Tricotee, Riu Riu Chiu, Quand Je Bois, We Be Soldiers Three, and We Be Three Poor Mariners. Well deserved applause rang from every corner of the American Legion Hall at each song's conclusion and we were all treated to the site of our very own Mairi Ceilidh (who catered the event) dancing Tourdion with Octavio. Later, during the headliner's performance, members of the ensemble and other member of the Barony who were in attendance took to the floor to dance the night away.

Planet Gumbo is a foundation started by Bill Wharton (also known as the Sauce Boss), a blues man known for cooking Gumbo on-stage during his sets. According it's website, the foundation exists to:

1. Feed the needy--body and soul.
2. Give hope and sustenance through music and the message of the gumbo.
3. Raise community awareness (and therefore the community involvement) of the problems and solutions to the problems.
4. Provide a clearinghouse for information about programs that can benefit homeless.
5. Assist local organizations in their efforts to help those in need.

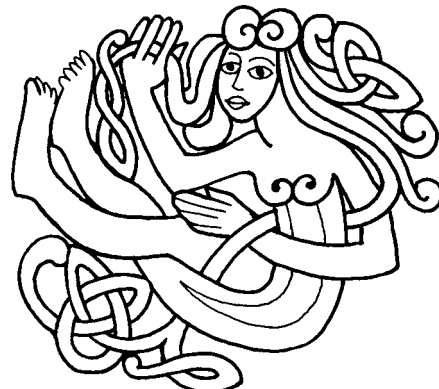
The ensemble meets every second and fourth Tuesday of the month at the home of David and Mary Stevenson, 3644 Barbary Drive, at 7:30 in the evening.

the arts are flourishing in oldenfeld!

Oldenfeld has been quite busy this winter in the realm of Arts and Sciences. In December, at our Yule Event, a Novice Art/Sci was held with three entries (two garments and one Illumination). Classes were also held at this event, including an Introduction to Art/Sci, Casting Demonstration, Felt Making, and Dance instruction. A meeting of the Cook's Guild was held this month, focusing on German cuisine.

January brought three entries into the Winter Art/Sci, receiving one High Merit for a Commemorative Illumination, one Superior Merit for Italian Blackwork Embroidery, and one Extraordinary Merit for an Embroidered Spanish Altar Cloth. A demonstration was given at a local school this month, featuring members of the barony in period dress as well as a display of weapons. The focus of January's Cook's Guild was celebratory food (in honor of Twelfth Night) and a new guild was formed, an Herb Guild, which held it's inaugural meeting.

Most recently, in February, classes abounded at Oldenfeld's Lion's Tourney. Topics included period recipes, garb classes (both general and 14th century Italian), Renaissance dances, and lucet work. Cook's Guild participants were encouraged to try a culture or cuisine with which they had little to no experience, with delicious results, and the Herb Guild discussed the field trip to a semi-local herb farm to be held in March.



some recipes from the february cook's guild meeting

From: The Sensible Cook: Dutch Foodways in
the Old & New World (1669)
Translation by Pete G Rose (Syracuse 1998)
www.kookhistorie.com/index.htm
Prepared (and redacted) by Etain ingen Cathail

To prepare a Lemon-hart Take minced veal just like for meatballs, add to it nutmeg, pepper and salt as well as peels of a fresh lemon cut into small pieces, for each pond [pond = 430 grams or 15.15 ounces] of meat an egg yolk, a crushed rusk and mix it all together, shape it in the form of a large meatball or in the form of a heart, stew it with a little water. When done take off the fat, add Verjuice, butter, and peels of a salted lemon which has been boiled in water first. Let it come to a boil together, then dish up; a sauce is poured over made from Verjuice beaten with egg yolks.

1.75 pounds ground veal
1 tsp nutmeg
½ tsp pepper
1 tsp salt
2 Tbsp lemon zest
2 egg yolks
Bread crumbs as needed for the mixture to hold together
1 c water
1 Tbsp apple cider vinegar
2.5 Tbsp butter, cut into small bits
Zest of one boiled, salted lemon
2 tsp apple cider vinegar
3 egg yolks

Combine the veal through the breadcrumbs in a large bowl, form into a ball or loaf and place in a roasting pan with a lid. Pour the water around it and bake, covered, at 350 degrees until it reaches an internal temperature of 165 degrees (approximately 45 minutes). Add vinegar, butter, and salted lemon to the water in the pan and place back into the oven, covered, for approximately 15 minutes, or until the liquid boils. Beat the egg yolks with the vinegar and pour over the veal loaf. Will serve 8 conservatively.

A note on verjuice. I have used apple cider vinegar as a substitute in this recipe with fair results, however Mistress Mairi Ceilidh points out that her preferred

substitute is white grape juice with a bit of lemon juice added for tartness.

From: Libre de Totes Maneres de Confits
<http://www.medievalcooking.com/recipes/horseradish.html>
Translated by Vincent Cuenca
Redacted by Daniel Myers
Prepared by Baroness Adsiltia filia Honorii

Chapter Eight - To Candy Horseradish. Take the horseradish and scrape it and make it clean with water. And then chop it all finely, and then put it on the fire with water and add a good handful of salt and boil it enough so that it is very soft. And then take it and put it in cold water for nine days, changing the water each day. And, once all the salt is removed, have your honey made, and, well skimmed as it is said before, add it all to the honey or syrup and boil it rapidly so that the syrup is done when it makes threads. And for one pound of horseradish one pound of honey is enough.

1/4 cup fresh horseradish (approx.)
1/2 cup sugar
1/4 cup water

Wash and scrape horseradish until it's clean and white. Cut into two inch strips about half the thickness of a pencil. Place in lightly salted, boiling water and cook until tender - about 15 minutes. Drain and set aside. Put water and sugar in a saucepan over medium heat and bring to a boil. Add ginger and reduce heat to keep it at a low simmer, stirring regularly. If you use chopsticks to stir the pieces around then you can easily test the syrup to see if it forms soft threads. When it does, remove the pan from heat and take out the horseradish pieces one at a time and lay on a wire rack to dry briefly. Coat each piece with sugar and store in an airtight container.

Adsiltia's version was prepared with honey instead of sugar syrup, and cooked until the honey was 'thready' or just about soft ball stage. It was commented that future versions would then be rolled in sugar to prevent the sticking that did occur (most likely due to ambient humidity).

recipes, continued from previous page

Sukkariyya (a Sugar Dish from the Dictation of Abu
'Ali al-Bagdadi)

Andalusian

From Cariadoc's Miscellany

[http://www.pbm.com/~lindahl/cariadoc/
desserts.html#43](http://www.pbm.com/~lindahl/cariadoc/desserts.html#43)

Prepared by Lady Ana de Belew

Take a ratl of sugar and put in two ûqiyas of rosewater and boil it in a ceramic pot until it is on the point of thickening and sticks between the fingers. Then take a third of a ratl of split almonds, fried, not burnt, and pound well and throw the sugar on them and stir it on the fire until thickened. Then spread it out on a dish and sprinkle it with ground sugar.

2 c sugar

5 T rosewater

5 oz almonds

more sugar

(Note: 1 ratl = about 1 lb = 12 uqiyas)

Take slivered or sliced almonds, stir them in a hot frying pan without oil for about 3-5 minutes. Use a spatula, and stir continuously to avoid browning or burning. Crush in a mortar and pestle, producing something between ground and chopped. Cook sugar and rosewater mixture on medium heat, stirring constantly, until it gets sticky but does not form a ball (~6 minutes?). Dump in nuts, stir, turn out on a pan and sprinkle sugar on top.

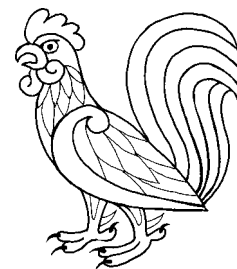
BARONIAL meeting notices

Herb Guild

Our next meeting will be Thursday, March 23 at 7:00 pm. This meeting will be to further discuss which herbs each of us want to grow in preparation for our trip to O'Toole's Herb Farm in Madison, Florida, on Saturday, March 25. This trip will be combined with a picnic Cooks Guild meeting.

Cook's Guild

The next meeting will be held simultaneously with the Herb Guild field trip on Saturday, March 25. The theme will be traveling foods, or those that can be stored and served cold or at room temperature.



oldenfeld activities

The Barony of Oldenfeld holds business meetings on the first and third Thursdays of each month. These meetings are held at 7 PM at the Jack L. McLean, Jr. Community Center & Pool, 700 Paul Russell Road (near the intersection of South Monroe and Paul Russell). We have fighter practices (rattan, rapier and combat archery) on Sundays at 11 AM on the FSU campus Bellamy Green, between the Bellamy Building, Thagard Health Center and the old swimming pool. (Note that there is construction going on in that area of campus, so you might have to look around, but fighter practice will be in that area.) We have dance practice on Monday and Wednesday starting at 6:30 at Meyers Park near Apalachee Parkway, along with an unofficial rapier practice. On the first and third Tuesdays from 6:30 - 9:30 PM are shop nights at Ed & Michelle Costello's home; their phone number is 878-7565. Shop night is a chance for everyone to work on projects like armor and sewing together. When there is no shop night, we have music practice (vocal and instrumental) on Tuesdays, at the home of David & Mary Stevenson (850-893-2462).