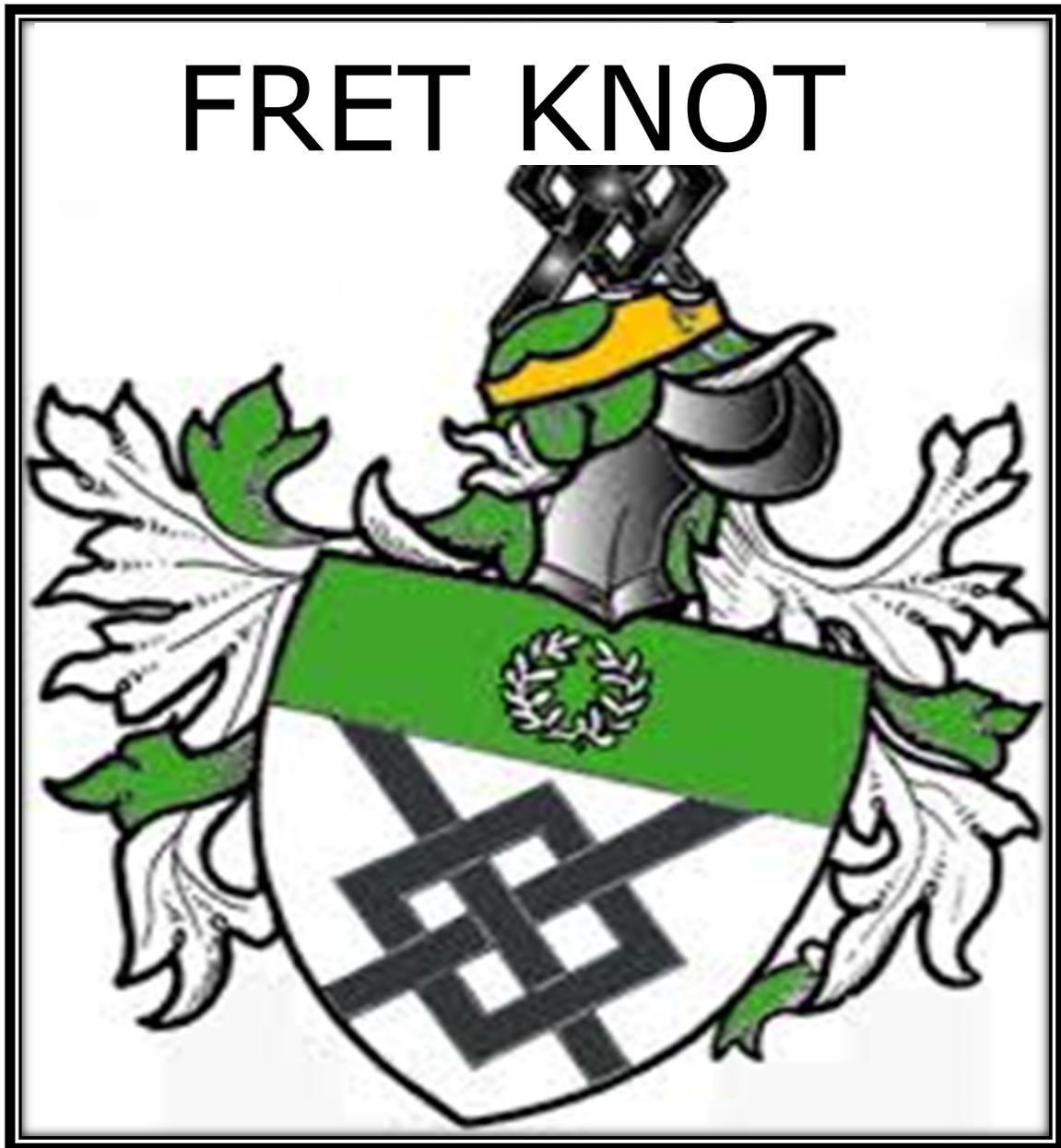


FRET KNOT



First Quarter ♦ January – April A.S. LIV 2020



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Herewith follows the legal stuff:

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From the Chronicler

Contessa Battista De Kie Del Goya Da Lagos

Greetings,

First, a little bit of business. I will be looking for a replacement for April. I would like to step down officially at Altavia Anniversary and would like to have a replacement in place before that. If your interested and if your reading this, you just might be, then please contact me. It's a pretty easy way of giving back to the SCA. It gives you a forum once every couple of months to write something from the heart. I personally do everything in Word but if your more computer savvy than I then you can use whatever program you would like. I've enjoyed coming up with new articles, cartoons and surveys that keep things a bit more interesting and a bit more complex than what you get on the website or facebook page. It's up to your imagination as to what you can make the Knot. So please reach out to me if you would like a chance to take up the "Pen" yourself.

Now on to other things! Happy New Year! I hope everyone had a healthy happy holiday season. I know as a lot of us are aging out of the SCA every year we have together is a gift. This is something that we need to remember both in and out of the SCA. Most of us will never have a family like we've had in the SCA. SCA members are a support system, a therapy group, a work force, caregivers, educators, mentors and they help bring out the best in ourselves. Almost everyone who has touched my life and who continues to do so I met in the SCA and although most of us are not involved anymore the friendships have carried on in our mundane worlds. There is really no point to this particular rant other than to say be sure and tell those people in your lives how much they mean to you and how happy you are to see them when you do because eventually we will all be part of the past.



From Their Excellencies

THL Nikolaos Phaistos & THL Briana MacCabe

We started the month of September with a hot time at Crown Tourney. Thank you to all the Altavians who volunteered, guarded, marshaled, heralded, reported and fought. The excitement melted our hearts and like a volcano erupted new heirs: Alexander and Tahira.

Then at Caid rapier open, Altavians we're all over. We were fiber frolicking, heralding, marshaling, fighting and just having a great time. We had three Altavians in the quarter finals and they all fought admirably. The weather was glorious and so was the company.

Finally, Great Western War! What a wonderful week! Every Altavian we talked to said they had an excellent time! Bardic, fighting heavies or rapier, shopping, cooking, eating, archery, throwing weapons and SMORES! Every day and every night was filled with fun and laughter. So many things to do and watch. It was spectacular! On a personal note, thank you all for the support and hugs you have given me, Niko, in these difficult days. I will be back in my feet soon enough.

It's November now and Altavia has a lot to be thankful for! At the end of the last month, we had two wonderful events, Agincourt Archery and Thrown Weapons Tournament and the 2nd iteration of the Agincourt Feast. Both events were amazing and we want to thank everyone that came out and helped run the event, especially our stewards, The Honorable Lady Monique (Tournament) and Dame Lynnette (Feast), and our head cook, The Honorable Lady Courtney and her able-bodied crew of sous chefs! All your hard work really showed and everything was delightful and tasty! Congratulations also to our new Archery champion, Adelais, new Thrown Weapons champion, Toro, and the newest recipient of the Sable Fret service award, Lady Kendra.

This month has already seen Calafia and Naevehjem Anniversary (thank you to those who came out to those events) and this weekend should be a nice laid-back time up in Goleta for Isles Anniversary. After these events, it's time to start getting ready for Yule season! Baron Christoph and Baroness Cecilia are plotting a merry Maritime theme for our party with our Angelic cousins and I am particularly looking forward to seeing all the nautical decorations and garb that show up for this fun event. I'm sure will be hearing more about that in a few minutes. Speaking of Yule, please get your award letter recommendations in! His Excellency and I would love to recognize many Altavians for all they do to enhance the Barony and the Kingdom!

Yours in Service to the Dream,

Baron Nikolaos Phaistos
Baroness Briana MacCabe

(Chroniclers Note: Dated Materials have been removed or adjusted. The above notes are also available on the webpage.)

"To make white bisket bread"

Contributed By

Johnnae Ilyn Lewis, CE

In 1986 Hillary Spurling published **Elinor Fettiplace's Receipt Book: Elizabethan Country House Cooking** which featured a selection of recipes from a seventeenth century English manuscript. Contrary to what web accounts now say, the manuscript was an inherited heirloom and belonged to her husband's family. Spurling edited and reproduced for publication only a small part of the original receipt book. She also arranged her selection of recipes and explanatory text to follow the months of the year. (The English historical publisher Stuart Peachey later published the entire manuscript in three paperbound volumes in the mid 1990s.**) **EFRB** has proven more than slightly problematic since its publication and acceptance in Society circles. I can remember hearing loud acclamations and applause for the book soon after the US publication, because after all, as one lady was proclaiming at the local event's dessert revel, "We can now all make and eat chocolate cream 'cause it's 1604!"

The truth of the matter was that while the formal copying of Lady Fettiplace's collection was begun in 1604, the infamous chocolate cream was one of those very late and additional recipes which were added decades and decades later. It is best described as 'post-Restoration' and in this case most probably it's safely Georgian.

EFRB was a working household culinary manuscript. It was not written up in 1604 and sealed up in a box and then shelved never to be added to again. From carefully reading the introduction to the Spurling edition, it can be learned that "nearly three quarters of the text has been copied out at a single sitting or session by a scribe." (p.21) This person was one Anthony Bridges. There are also additional recipes added in another formal hand and later on by various hands. Many recipes carry corrections or margin notes, some by Lady Fettiplace in her own hand. What we don't know is if Anthony Bridges created the 1604 manuscript from an earlier manuscript (or manuscripts) or from notes? Was it dictated? Even Spurling noted the chocolate cream was a late addition in her introduction. By the time the actual recipe appears under the month of December, the fact that it was a very late addition was omitted, although her subsequent explanatory text does start with talking about the introduction of chocolate in the 1650s. Still many readers thought it might be appropriately Elizabethan(?), especially by those desiring to eat their chocolate cream and party like it was all done in 1604.

Keeping this in mind draws us into the world of the infamous white bisket bread. The recipe appears in **EFRB** on page 118 under the month of May. It reads:

TO MAKE WHITE BISKET BREAD

Take a pound & a half of sugar, & an handfull of fine white flower, the whites of twelve eggs, beaten verie finelie, and a little annisseed brused, temper all this together, till it bee no thicker than pap, make coffins with paper, and put it into the oven, after the manchet is drawn.

And, so this is the recipe which has rewritten the history of the tasty treat we know now as meringues. Meringues, outside of the meringue icings or toppings for lemon and other pies, are those lightly baked or dried cookies of egg whites whipped with sugar and a flavoring. Prior to **EFRB**, meringues were dated to the late 17th century. One should ignore the rather fanciful stories regarding 18th century Swiss chefs and provincial Swiss origins or an even more fabulous account which traces them to Merovingian court circles of Charlemagne and settle instead on the French author Francois Massialot and his **Le Cuisinier Royal et Bourgeois** of 1691. The work

was translated by J.K. and appeared in English as **The Court and Country Cook** in 1702. Therein, we read the earliest printed account in English:

MERINGUES. *Meringues* properly belong only to the Confectioner's Art ; but forasmuch as Cooks fometimes have occasion to use them, for the garnishing of several Things ; it may not be improper here to shew the manner of making them. [Massialot, 153]

The recipe then calls for egg whites to be whipped with sugar, with “a little green lemmon grated; a litle prepar'd Amber” may also be added. They are placed on white paper after being shaped with a spoon into round or oval figures. The heated cover of a “Campain-oven” is laid over them and they are allowed to dry.

And so this was the accepted history of meringues prior to the publication of **EFRB** in 1986. The English publication **Country Life** summed up the situation rather nicely back in 1989 or only three years after **EFRB**'s publication. In volume 183, the magazine recorded Spurling had managed “to push the date for meringues back until sometime after 1604, when she edited her family's manuscript, published as *Elinor Fettiplace's Receipt Book*. There she found a meringue recipe lurking under the title “white bisket bread”.....” [**Country Life**, p 200]

The Fettiplace recipe and the story of her “white bisket bread” are an accepted part of meringue history now and can be found all over the Internet, in various articles, accounts, and blogs and including **Wikipedia**'s entries on both the Fettiplace manuscript and in the entry on meringue. The account also appears in such authoritative reference volumes as **The Oxford Companion to Sugar and Sweets** (2015).

Recreating the recipe itself is pretty straightforward, and it can be very entertaining. It's easy enough to whip egg whites today since we are probably using either electric mixers or modern whisks. In the early 17th century or late 16th century, eggs were whipped by servants using tied bundles of carefully chosen twigs or straws. It was laborious. We are also using modern regulated stoves or ovens and are not relying on a bake oven's retained heat with which to bake our biskets.

The ingredients-

Egg whites—ok you can go round and round about the size of their 16th or 17th century eggs. Use 12 (roughly a cup and a half) or adjust the quantities to the number of eggs and use perhaps 3 or 4 and likewise reduce the sugar and flour.

Sugar-- pound and a half granulated white cane sugar. Again you can go round and around about the grades and purities of their sugar. Modern recipes often call for ultrafine granulated sugar because it incorporates fully.

How much flour? How about a tablespoon or an eighth to a scant quarter cup if you using 12 whites? My handful is much smaller than yours. I think the flour remains as a reminder that the recipe originated as a flour bisket which became over time or through invention a mostly egg white bisket.

Anniseeds ... ½ or 3/4 teaspoon? How much do you like the taste? Crushed in a mortar and pestle.

One starts the whipping of the egg whites and then slowly adds the sugar. This takes some practice and attention. The mixture should be stiff and stable. Incorporating the sugar more fully at the start leads to a denser firmer mixture.

Bake on parchment paper. No shaping with a pastry tube. Drop by a spoon or shape with spoons into ovals or rounded mounds.

I bake my modern meringues at 200 degrees F and that's my chosen temperature here. Check them after an hour. Turn oven off and allow to cool in oven. Store in any case in an airtight container for up to a week.

Modern recipes offer helpful hints or suggestions for the inexperienced. Michel Roux in **Eggs** (2005) offers proportions of 4 medium egg whites to ½ cup plus 2 TBS superfine sugar and 1 ¼ cups powdered sugar. Bake at 225 degrees F for 1 ¼ hours. Switch off oven and let them dry overnight.

Pastry's bad boy Johnny Iuzzini in **Sugar Rush** (2014) calls for 5 large egg whites, 1/8 teaspoon cream of tartar, ¾ cup granulated sugar and 1 ½ cups powdered sugar. Bake at 200 degrees F for an hour. Cookies should feel light, dry, and hollow. Let cool in the oven.

Lastly, as always Harold McGee provides words of wisdom on the science of meringues and the lessons of egg foams in his authoritative **On Food and Cooking. The Science and Lore of the Kitchen**. (Revised edition 2004.) One adds lemon juice as Massialot called for in 1702 or uses a copper bowl or cream of tartar because they all help stabilize the foam.

A Last Word

For those desiring a date which places the recipe to 1600 or suitable for Society purposes, meals, revels, and contests, I can only report that the recipe for White Bisket Bread appears in the sections copied by Anthony Bridges dated to 1604. That section of the manuscript, as found in volume one of the Stuart Peachey edition, contains recipes for medicines and waters interspersed with recipes for almond butter, the white bisket bread, a sugar plate with almonds, and a sugar plate with quinces. It's a jumble of recipes for sweets intermixed with medicinal receipts and household cure-alls. Immediately preceding the white bisket bread are recipes for "A medicine for a taking," and "To make baulme water. "A water to wash sores" follows the white bisket bread. (Peachey, pp. 22-23)

I'll leave it to the reader to make the case for delicious plates of white bisket bread to be suitable for Society occasions. I do know they are a lot of fun to make and eat and to research.

Sources

Davidson, Alan. **The Oxford Companion to Food**. 1999. 2nd ed. Edited by Tom Jaine. OUP, 20.

Day, Ivan. "The Art of Confectionery Ivan Day (Part of this essay was used in the exhibition catalogue The Pleasures of the Table by Peter Brown and Ivan Day (York Civic Trust) © Ivan Day. **Historic Food.Com**. Web. N.D. <https://www.historicfood.com/The%20Art%20of%20Confectionery.pdf>

Fettiplace, Elinor. **Elinor Fettiplace's Receipt Book: Elizabethan Country House Cooking**. Edited by Hilary Spurling. London: The Salamander Press and New York: Viking Salamander, 1986.

The full manuscript has been published as:

The Complete Receipt Book of Ladie Elynor Fetiplace. Bristol, England: Stuart Press. 3 volumes. Volume I: 1994. Volume 2 [titled: **The Complete Elinor Fettiplace's Receipt Book**]: 1999. Volume 3 [titled as volume 1]: 1999. The three volume set reproducing the entire Fetiplace or Fettiplace manuscript. http://www.stuarthmaltd.com/living_history_medicine.php lists the set.

Massialot, F. **The Court and Country Cook**. English Translation by J.K. 1702. Web. Google Books. <https://tinyurl.com/qq128sv>

Massialot, Francois. **Le Cuisinier Royal et Bourgeois**. 2nd ed. 1692, 1693. <https://tinyurl.com/tcz9svf>

PP. 302-304 is the section on meringues.

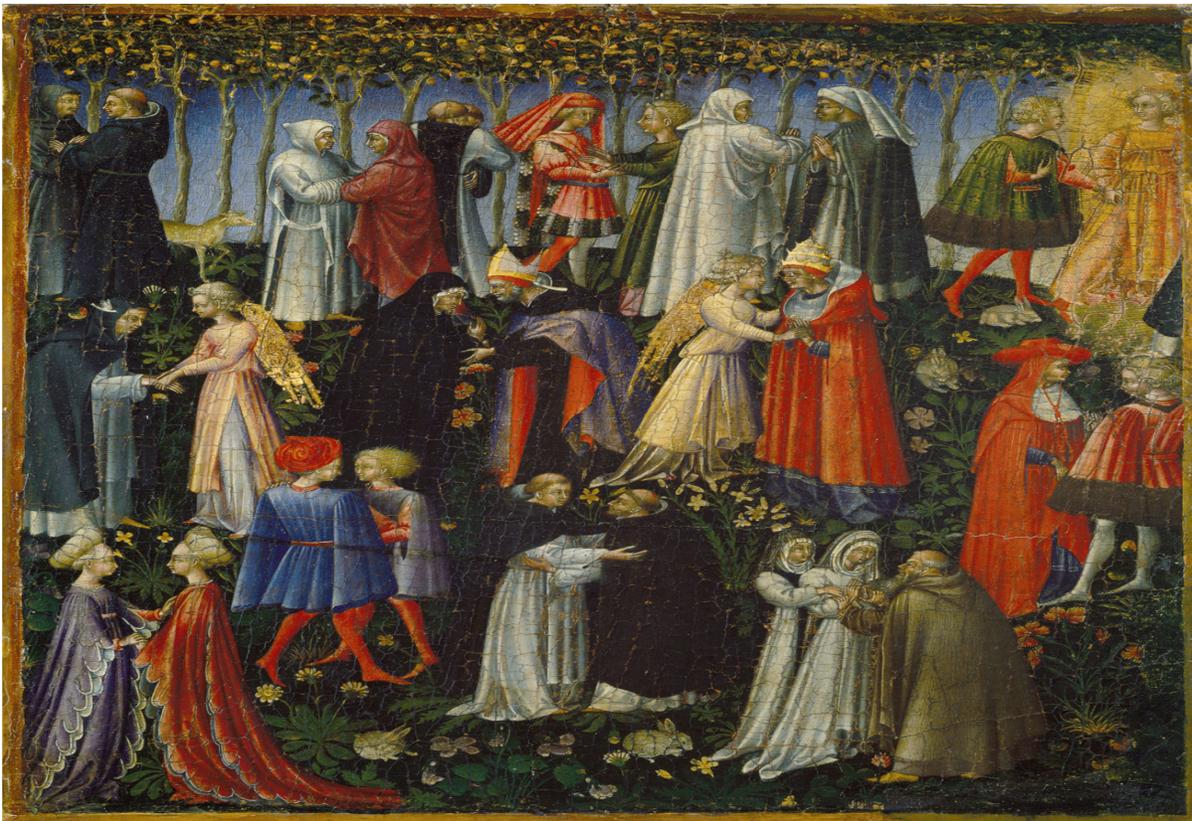


Altavia Baronial Officers



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- ❖ Baroness: THL Briana MacCabe
 - Baroness@sca-altavia.org
- ❖ Chief Lady in Waiting: Lady Juanica Montanez
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- ❖ Captain of the Guard: Cassandra de Lorrain
 - guard@sca-altavia.org
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- ❖ Deputy Children's Officer: currently vacant
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- ❖ Deputy Marshal: VACANT
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- ❖ Deputy Marshal of Rapier: Don Nathaniel Longbow
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- ❖ Deputy Marshal Thrown Weapons: Cristobal Santiago Barba de Alcazar
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- ❖ Deputy Marshal Unarmored Combat: Cecil Sawyer Smiter
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- ❖ Deputy Marshal Youth Combat: Baroness Tezar of Aeolis
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- ❖ Deputy Webwright: Vasilisa
 - webwright@sca-altavia.org





Meetings & Practices in the Barony

Meetings:

- *Council Meeting*
 - 2nd Tuesday of the month 7:00pm
 - Location: Proto-Cathedral of St. Mary Byzantine Catholic Church, 5329 Sepulveda Blvd., Sherman Oaks, Ca. 91411
 - This meeting involves officer reports, Baronial discussions, event reports, and announcements, everyone is welcome (and encouraged) to come.
 - <http://www.sca-altavia.org/meetings/>
- *Newcomers Meeting*
 - As needed 7:00pm
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park at the stone tables near the tennis courts.
 - Everyone is welcome and given an overview of the SCA.
 - Contact the Chatelaine for details.

Combat Practices:

- *Archery* - archery@sca-altavia.org
 - 1st & 3rd Sunday of the month 11:30am-3:00pm
 - Location: Woodley park archery range (woodleyparkarchers.org/direction)
 - Additional times most Tuesday and Friday nights. Contact the Captain of Archers to verify dates and times. Contact ahead for loaner gear.
- *Equestrian* - equestrian@sca-altavia.org
 - Various days of every month 6:30pm-8:30pm
 - Location: Conejo Creek Equestrian Park, 1350 Avenida de las Flores, Thousand Oaks, Ca 91360
 - Open to all regardless of Baronial affiliation
 - Riders must bring own mounts. Authorizations available, jousting, mounted combat, crest combat, mounted games, marshalette and general riding.
 - Minors must have a parent or guardian present at all times.
 - www.sca-altavia.org/meetings/equestrian/index.html
- *Armored & Rapier Combat* - rapier@sca-altavia.org / heavy@sca-altavia.org
 - Every Monday 7:30pm-9:30pm
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.

- *Unarmored Combat*
 - 2nd & 4th Monday 7:30pm–9:30pm
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.
- *Youth Combat*
 - 2nd & 4th Monday 7:30pm–9:30pm
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.
- *Thrown Weapons* - tw@sca-altavia.org
 - 1st & 3rd Sunday 11:00am-2:30pm
 - Location: Woodley park archery range (woodleyparkarchers.org/direction)

Arts & Sciences: - arts@sca-altavia.org

- *Arts & Science Workshops (aka Craft Nights)*
 - 4th Tuesday of the Month 7:00pm-9:00pm
 - Location: Proto-Cathedral of St. Mary Byzantine Catholic Church, 5329 Sepulveda Blvd., Sherman Oaks, Ca. 91411
 - Take part in the advertised class or bring sewing or craft projects.
 - Meeting themes are published on facebook and the Altavia Website
- *Bardic Circle* - bardic@sca-altavia.org
 - Host Baron Sir Charles of Dublin at the home of Baron Sir Robear du Bois.
 - Contact A&S Officer for directions & dates all can perform or watch
- *Children's Activities* - children@sca-altavia.org
 - Children's events are held at every event that Altavia sponsors
- *Culinary Guild*
 - Special interest group for all things delicious to eat and drink.
 - All are welcome in discussions, recipes & historical research.
 - Meetings once a month www.facebook.com/groups/242868192471271
- *Dance Practice*
 - Every Monday 7:30 (**CURRENTLY ON HIATUS**)
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.

Scheduled Arts and Science Classes

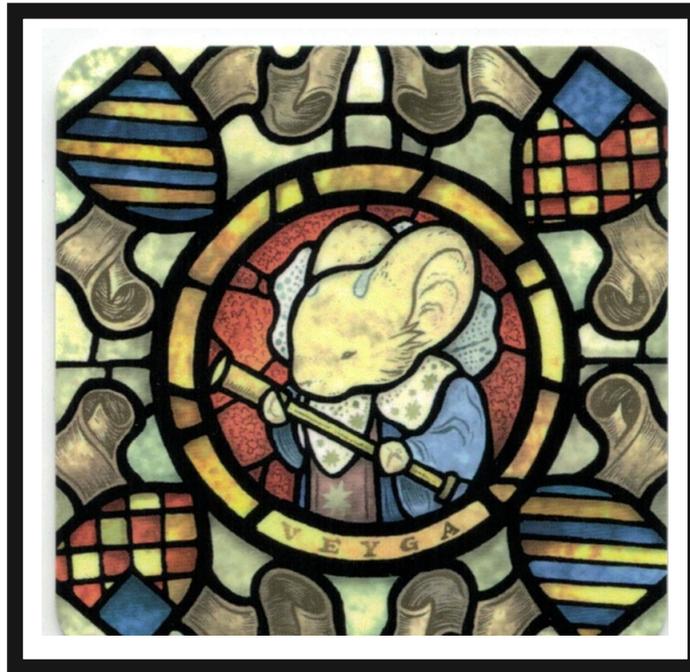
- See Arts@sca-altavia.org for a current Schedule of Classes



Altavia Current Champions

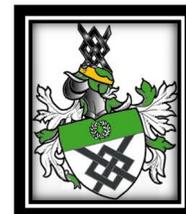


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- ❖ **Archery:** Baron Bjorn Zenthffeer as of 10/29/18
 - ❖ **Armored Combat:** Duke Sven Orfhendur as of 5/11/19
 - ❖ **Arts & Sciences:** Rycharde the Bowemon as of 5/11/19
 - ❖ **Special Baroness Bardic Prize:** Dame Gorandookht Mamigionian as of 5/11/19
 - ❖ **Bardic:** Mistress Cecilia Medicias of 12/14/19
 - ❖ **Chess:** Baroness Illuminada Eugenia de Guadalupe y Godoy as of 12/16/18
 - ❖ **Equestrian:** Milady Inara of Darach as of 05/20/18
 - ❖ **Fretted Fork Non Period:** Mistress Cecilia Medici as of 10/29/18
 - ❖ **Fretted Fork Period:** Lucrezia of Isles as of 10/29/18
 - ❖ **Games Champion:** Baroness Tezar of Aeolis 12/14/19
 - ❖ **Rapier Combat:** Master Eógan Ua Confraích as of 5/11/19
 - ❖ **Thrown Weapons:** Paganus Grimlove as of 10/29/18
 - ❖ **Unarmored Combat:** THL Tierrynna Caer Narvon as of 5/12/18
 - ❖ **Youth Archery:** Loki of the Dell as of 10/23/16
 - ❖ **Youth Arts and Sciences:** Natallya of Altavia as of 5/13/17
 - ❖ **Youth Combat:** Zakarja Von Bremen as of 5/11/19





Get to Know Your Baronial Officers



How did you pick your SCA name?

Juanica Montanez: I wanted Esperanza but it didn't fit Juanica Did

Meliora Deverel: I knew I wanted a 14th century Cornish name but I contacted the academy of St. Gabriel and they helped me find it.

Niko Phaistos: My first D&D character's name

Lynette: I liked my middle name "Lynn" and found "Lynette" they add Spanish surname because my garb of choice is Spanish sort of.

Damien of Baden: Variation of my mundane name

What time period does your persona cover?

Juanica Montanez: 1450-1550 Traveling time witchery

Meliora Deverel: 14th century late

Niko Phaistos: 1500

Lynette: 1557 to 1618 and forward

Damien of Baden: 1168-1229AD

Whats the one movie you could watch over and over again?

Juanica Montanez: Pixar Movies

Meliora Deverel: Lord of the Rings, Sense & Sensibility, Marvel and Star Wars Movies

Niko Phaistos: Blazing Saddles

Lynette: Court Jester

Damien Of Baden: The Longest Day

Lastly whats the one thing you always wished you could do in the SCA?

Juanica Montanez: Bring less than 4 bags of crap to an event

Meliora Deverel: Fight

Niko Phaistos: Fight in a castle

Lynette: Spend as much money as I wanted at the merchants and have a space to store it all

Damien Of Baden: Unanswered