



Fret Knot

Winter-Spring: A.S. XLVIII



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From the Chronicler

Happy Holidays to you all!

Another year passes for the Fret Knot as Fall turns to Winter. Altavia has hosted so many great tournaments this past year, hopefully you all created lasting memories from experiencing them. How about sharing your experiences at these various in an article or piece of artwork for the Fret Knot to publish? Send them over to: chronicler@sca-altavia.org.

Looking for a Deputy that would be able to take over the Fret Knot publication and editing, as well as someone who could take over as Social Media Officer. If interested, please reach out to me and I can give you more details as to what the job(s) involve.

Hope you all have a great Holiday season and a Happy New Year!

Baroness Asakura Mashime

From Their Excellencies

From the Baron and Baroness

Greetings Altavia!

The holidays are approaching and we are very excited for our combined Yule with the Barony of Angels on December 7th! Both Baronies will have new Bardic and Chess/Games Champions by the end of the night and there will be dancing and feasting for all! We will also be announcing our Heirs! Check out the Events section of our website - www.sca-altavia.org for more details and we hope to see you there.

The new year brings 12th Night on January 4th (hosted by the Barony of Calafia), Angels Melee on January 18th, and unbelted Tournament (hosted by the Barony of Gyldenholt) on January 25th.

If you have never attended Winter Weekend, it is a delight! Although we are not attending this year and it is the same weekend as Angels Melee (which we will be attending), you should consider it at some point! As the name implies, it is a weekend event, usually at a lodge with cabins, and everyone gets together for arts and crafts, good food, bardic circles, and chats around the fireplace! It is a garbed event hosted by the Barony of Calafia. The reservation deadline for this year has already passed but there are often cancellations so if you are interested, keep your eye on the Kingdom Calendar at www.sca-caid.org for updated information.

We are entering our last 6 months as Baron and Baroness and we are excited to turn over the reins to our Heirs at Altavia Anniversary in May. We know that the Barony will be in good hands when we step down!

We wish you good health and prosperity for 2014 and we look forward to spending time with you in the next few months!

Yours in service to the Barony,

Baron Secca and Baroness Meliora



Upcoming Events

11/9/2013	Calafia Anniversary	Calafia
11/9/2013	Naevehjem Anniversary	Naevehjem
11/16/2013	Isles Anniversary	Isles
11/23/2013	QC Archery, Thrown Weapons	Altavia
11/30/2013	Medieval Marketplace	Angels
11/30/2013	Wintermist Yule	Wintermist
12/7/2013	Winter FoTR w/ Winter Arts	Calafia
12/7/2013	Angels/Altavia Yule	Angels
12/8/2013	Lyondemere/Gyldenholt Yule	Gyldenholt
12/14/2013	Dreiburgen Yule	Dreiburgen
12/21/2013	Starkhafn Yule	Starkhafn

This the Fall-Winter 2013, issue of the **Fret Knot**, a publication of the Barony of Altavia of the Society for Creative Anachronism, Inc. (SCA, Inc.). The **Fret Knot** is available from Mercy Neumark (Baroness Asakura Mashime) at chronicler@sca-altavia.org. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies.

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The Fret Knot is provided free of charge; and can be downloaded from the *Altavia* Yahoo!® Group website: <http://groups.yahoo.com/group/Altavia/>. Membership in the online *Altavia* group is free and open to the public, though initial posts are moderated.

Submission Guidelines: Just do it! (chronicler@sca-altavia.org.)



The Essentials Or Culinary Texts A Reader Must Know About

By Johnnae Ilyn Lewis

The cookbooks included in this selective list feature modernized adaptations or working recipes that are more or less appropriate for Society occasions. The list concentrates on volumes featuring Medieval and Renaissance cookery but does include a few works on ancient Celtic and Roman cookery. These works for the most part include the original recipes along with the modern versions. Some to save space just cite the original recipe's source along with the working versions. The modern recipes found in these works are suitable for most beginners and moderately advanced cooks. Think of these books and their recipes as starting points. It takes practice before a reader can easily redact, render, or work out their own versions. Readers may use these recipes until they can gain the experience to plunge into the original culinary texts or digital facsimiles on the internet.

This selective list focuses on commercially published cookbooks in English. This helps insure better results in purchase and interlibrary loan attempts. The other books concentrate on food history or aspects thereof. Works of questionable value or problematic texts are not included. (If you have questions regarding a source or text, please feel free to contact me for an opinion.)

These books are either in-print as of 2013 or widely available at good prices on the used or OP market! Many can be found in libraries across the country; do consider asking for them at a public library or interlibrary loaning before making a purchase. Recipe counts are approximate.

Cookbooks -- Medieval

Albala, Ken. *Cooking in Europe 1250-1650*. Westport, Conn.: Greenwood Press, 2006. 42 original English recipes. No adapted recipes but lots of notes and discussions about ingredients and techniques.

Black, Maggie. *Medieval Cookery. Recipes and History*. [London:] English Heritage, 2003. New edition of Black's original 1985 edition with new color photos. 25 recipes.

Brears, Peter. *Cooking and Dining in Medieval England*. Totnes, UK: Prospect Books, 2008. 557 pages. Now in paperback. Winner of the André Simon Food Book of the Year Award 2009. Includes recipes.

Hieatt, Constance and Sharon Butler. *Pleyn Delit. Medieval Cookery for Modern Cooks*. 1976. 1979. Toronto: University of Toronto Press, 1996. The second edition is credited to Hieatt, Brenda Hosington, and Butler. Good basic text with 142 documented recipes of English & French origin.

Klemettilä, Hannele. *The Medieval Kitchen. A Social History with Recipes*. London: Reaktion, 2012. 232pp. Well illustrated volume on the late medieval period.. 60 plus recipes taken from other adaptations.

Redon, Odile, Françoise Sabban, and Silvano Serventi. *The Medieval Kitchen. Recipes from France and Italy*. Chicago: University of Chicago, 1998. A French work published as *Gastronomie au Moyen Age*, 1991; German was *Die Kochkunst des Mittelalters*. The American edition is translated by Edward Schneider. Available in paperback. A favorite of many society cooks with 150 14th and 15th century French and Italian recipes.

Renfrow, Cindy. *Take a Thousand Eggs Or More. A Collection of 15th Century Recipes*. 1991. Revised 2nd edition. 1998. Two volumes. 120 adapted recipes by a Society author based upon recipes found in Thomas Austin's *Two Fifteenth-Century Cookery-Books*. See <http://www.thousandeggs.com/ttem.html> or Poison Pen Press for purchase information.

Santich, Barbara. *The Original Mediterranean Cuisine. Medieval Recipes for Today*. Chicago: Chicago Review Press, 1995. There are also Australian & U.K. editions dated 1995. Balanced collection of 70 Italian & Catalan recipes from the 14th & 15th centuries.

Scully, D. Eleanor, Terence Scully, & J. David Scully. *Early French Cookery: Sources, History, Original Recipes and Modern Adaptations*. Ann Arbor: University of Michigan Press, 1996. Also in paperback 2002. Expensive and academic but worthwhile. 100 plus late medieval French recipes plus menus.

Serra, Daniel & Hanna Tunberg. *An Early Meal. A Viking Age Cookbook & Culinary Odyssey*. Furuland, Sweden: ChronoCopia Publishing, 2013. "A cookbook and culinary factbook based on what we know today about the Viking Age food culture. Both the recipes and the factbook part are based on finds, literary sources, other contemporary sources and experimental archaeology." 192 pages. 42 recipes.

Cookbooks – Renaissance

Beebe, Ruth Anne. *Sallets, Humbles & Shrewsbury Cakes*. Boston: David R. Godine, 1976. Released again in paperback by David R. Godine, 2002. 60 Elizabethan recipes. Original recipes from 4 works are included but not labeled, leaving readers to determine the source.

Brears, Peter. *All the King's Cooks. The Tudor Kitchens of King Henry VIII at Hampton Court Palace*. London: Souvenir Press, 1999. Paperback 2011. Text and 82 recipes from 16th century Tudor England. Great photos and drawings of actual the Hampton Court kitchens and kitchen equipment. Photos of Recreated dishes.

Brears, Peter. *Stuart Cookery. Recipes and History*. [London:] English Heritage, 2003. New edition of Brears' 1985 edition. New pretty pictures along with 21 recipes.

Brears, Peter. *Tudor Cookery. Recipes and History*. [London:] English Heritage, 2003. New edition of Brears' 1985 work. New pretty pictures along with 26 recipes.

Cookbooks – Roman and Earlier Periods

Faas, Patrick. *Around the Roman Table. Food and Eating in Ancient Rome*. 1994. Translated from the Dutch by Shaun Whiteside. New York: Palgrave Macmillan, 2003. Amusing look at Roman foods and customs with 150 ancient Roman recipes. Not a straight-forward account, so plan on spending time actually reading the text.

Giacosa, Ilaria Gozzini. *A Taste of Ancient Rome*. Translated by Anna Herklotz. Chicago: The University of Chicago Press, 1992. [1986 original titled: *A Cena da Lucullo*.] 1994 Paperback edition also available. 200 plus recipes covers full range of Roman recipes.

Grainger, Sally. *Cooking Apicius. Roman Recipes for Today*. Totnes, UK: Prospect Books, 2006. 60 plus recipes. Accompanies the new translation by Christopher Grocock and Sally Grainger. *Apicius. A Critical Edition*. Totnes, UK: Prospect Books, 2006.

Grant, Mark. *Roman Cookery. Ancient Recipes for Modern Kitchens*. London: Serif, 1999. Drawn from a number of original sources, the author presents the full spectrum of Roman foods from breakfast to banquet. With footnotes and bibliography. 100 plus recipes.

Renfrew, Jane. *Roman Cookery. Recipes and History*. [London:] English Heritage, 2005. New edition of her 1985 work. New pretty pictures are included.

Wood, Jacqui. *Prehistoric Cooking*. Stroud, Gloucestershire, UK and Charleston, SC: Tempus, 2001. The early Celts left no cookbooks, but a number of European sites still attempt to recreate the daily life of prehistoric Europe. This work describes what they ate and drank in England from non-recipe sources, including archaeological remains. With "recipes" devised by the author from her experiences recreating the foods and drinks that might have been eaten.

Other Cookbooks and Articles

David, Elizabeth. *English Bread and Yeast Cookery*.

Authentic bread recipes are hard to come by, and Elizabeth David is still the place to begin for those that want to explore baking. Numerous British and American editions, including: Allen Lane in 1977; Penguin in 1982 & then again in April 2001. The U.S. hardback as edited by Karen Hess came out in 1980 & in paperback in 1982. Biscuit Books then did a "new

American edition with a foreword by Marion Cunningham and notes by Brinna B. Sands. It is listed as c1994 with publication year given as 1995. Plus there are additional paperback editions.

Brears, Peter. "Rare Conceits and Strange Delights: The Practical Aspects of Culinary Sculpture." 'Banqueting Stuffe'. The Fare and Social Background of the Tudor and Stuart Banquet. [Food and Society 2.] Ed. By C. Anne Wilson. Edinburgh: Edinburgh University Press, 1991. pp.60-114. The article contains 39 recipes for recreating a proper Elizabethan or Jacobean banquet table of sweets.

Seven Centuries of English Cooking: A Collection of Recipes by Maxime de la Falaise has appeared under numerous differing titles with most catalogued under Maxime McKendry as edited by Arabella Boxer since as early as 1973. The 1992 Grove Press Evergreen edition in a pink paperback is widely available. Some odd recipes and renditions are included. Do pay attention.

Reference Sources for Food & Drink

Adamson, Melitta Weiss. Food in Medieval Times. Greenwood Press, 2004. More or less a well done textbook on what was eaten in medieval times. Few if any recipes, but the text is good and the bibliography is well done. See Albala's Food in Early Modern Europe also. It's a companion text to this one.

Albala, Ken. Eating Right in the Renaissance. Berkeley: University of California Press, 2002. Best book on dietary advice in the Renaissance.

Albala, Ken. Food in Early Modern Europe. Greenwood Press, 2003. More or less a textbook but a well done one on food history. Starts at 1500, so it covers the Voyages of Discovery and what was introduced to Europe in the 16th century, like turkey and pumpkins.

Alcock, Joan P. Food in Roman Britain. Stroud, Gloucestershire, UK and Charleston, SC: Tempus, 2001. Presents archaeological evidence for what the Romans ate in Britain. 192 pages with photos.

Banham, Debby. Food in Anglo-Saxon Britain. Stroud, Gloucestershire, UK: Tempus, 2004. There are no surviving Anglo-Saxon cookbooks. This work describes what they ate and drank in England from non-recipe sources.

Davidson, Alan. The Oxford Companion to Food. Oxford: Oxford Univ. Press, 1999. Paperback edition from 2002 is titled: The Penguin Companion to Food. Best one volume food history encyclopedia out on the market. Worth having on the shelf just to read and enjoy.

Hammond, P. W. Food and Feast in Medieval England. 1993. Paperback ed. 1997. Worth reading for acquiring of knowledge of what the English ate. Bibliography.

Martha Washington's Booke of Cookery. Edited by Karen Hess. New York: Columbia University Press, 1981. There's a paperback edition with an awful cover featuring George Washington who had nothing to do with this book. This work is comprised of two Tudor-Jacobean manuscripts that ended up being owned by Martha Washington. No modern recipes, but lots of commentaries and notes on foods of the 16th and 17th centuries, etc. as well as all the original recipes taken from the manuscripts. Worth owning for the excellent commentary.

Mason. Laura Sugar-Plums and Sherbet. The Prehistory of Sweets. Totnes, Devon, U.K.: Prospect Books, 1998. Highly recommended confectionary history now in paperback.

McGee, Harold J. On Food and Cooking: The Science and Lore of the Kitchen. New York: Scribner, 2004. The brand new "completely revised, fully updated" edition of the 1984 kitchen classic. 884 pages of lore and facts about cooking & foods. Highly Recommended.

Regional Cuisines of Medieval Europe. A Book of Essays. Edited by Melitta Weiss Adamson. New York: Routledge, 2002. Expensive, but worth reading. Each chapter offers an essay on the medieval cuisine of a region or country. Hieatt on Britain; Scully on France; Lambert on Southern France; Low Countries by van Winter, etc. Bibliography.

Scully, Terence. *The Art of Cookery in the Middle Ages*. 1995. Reissue. Boydell & Brewer, 1997. An academic exploration of food in the medieval society. Expensive but worth borrowing to read.

Spencer, Colin. *British Food. An Extraordinary Thousand Years of History*. London: Grub Street, 2002. New York: Columbia University Press, 2003. Not as good as Wilson, but readable.

Toussaint-Samat, Maguelonne. *History of Food*. Translated into English by Anthea Bell. London: Blackwell Reference, 1992. Also in paperback. One volume history of food as seen from a distinctly academic French point of view.

Wheaton, Barbara Ketcham. *Savoring the Past: The French Kitchen and Table from 1300 to 1789*. Originally by The University of Pennsylvania Press, 1983. Numerous hardback and paperback editions, Wheaton includes material on medieval & renaissance French cuisine. Selection of original recipes with adaptations. Excellent bibliography and notes. She includes numerous footnotes and sources all her material.

Willan, Anne. *Great Cooks and Their Recipes. From Taillevent to Escoffier*. First published in 1977. Pavilion Books in the U.K. released a "new, expanded edition, redesigned and enriched" with the photography of Michael Bay in 1990. A U.S. expanded edition followed in 1992 with a paperback being released in 2000. Covers the work of Taillevent, Martino, Scappi, La Varenne, and Robert May among others. With recipes and great pictures. Too few recipes to recommend whole-heartedly in a basic list. Still worth owning.

Wilson, C. Anne. *Food & Drink in Britain : From the Stone Age to the 19th Century*. 1973. Numerous UK and US editions. Revised in 1991. Highly recommended Reference!!! Wilson is great for reading and reference as regards the English and their diet. Recipes are embedded in the text. The book really concentrates on the earlier centuries from Pre-Roman through Roman, Anglo-Saxon, Medieval, Tudor, and only touches the Modern 18th century.

Two academic works: *Medieval Arab Cookery* by Rodinson, Arberry, & Perry and *A Soup for the Qan* by Buell and Anderson may be of interest to readers. The former is the text to look at for Arab recipes. The latter text is the source for things Mongolian and Chinese. These are scholarly academic texts. They were not written for general audiences. Both are expensive and may be limited as to availability. Neither contains modern or redacted versions of recipes.

Another worthwhile work is:

Hieatt, Constance B., J. Terry Nutter, with Johnna H. Holloway. *Concordance of English Recipes. Thirteenth Through Fifteenth Centuries*. Tempe, Arizona: ACMRS (Arizona Center for Medieval and Renaissance Studies), 2006. *Medieval and Renaissance Texts and Studies, Volume 312*. No recipes! This guide provides a Concordance (a type of cross index) to a number of published medieval English recipe collections so one can trace recipes over time. With Glossary with Appendices.

Additional thoughts:

In terms of basic hints and suggestions gathered from forty plus years experience, I would suggest that notebooks and files prove invaluable. If you are working on an aspect of cookery, create a special file for that topic or subject. Save the materials on Italian Renaissance meals in a different file from the material on Middle Eastern desserts. Clip and save interesting articles on pottery, cake decorating, stores that sell materials or ingredients. Keep catalogues that feature holiday decorations. You'll never know when you might need ideas or inspiration for a dessert table or head table layout. Think decorating hints. Save class notes and handouts. Save other people's feast's booklets. If you don't want to create files, then dedicate a box or two to saving the material in one place.

Note sources carefully if you copy or Xerox a section of recipes. There's nothing worse than a recipe with no source attached. Likewise, if you copy something off the internet, get the www. address copied. Please be aware quality varies in terms of Society websites and recipes. Some are great; some are awful; some are just plainly inauthentic! Lastly, be honest. If a recipe came from a modern website or off the Food Network, say so. Lastly, never claim another's recipe or handout as your own. Chances are, you will get caught!

I strongly believe as a librarian that a home collection should contain at least one reliable modern cookbook that addresses food safety, weights and measures, methods, temperatures, etc. Anyone doing quantity cookery for a feast

should check out a professional cookbook like an edition of *Food for Fifty* by Mary K. Molt for quantity tips & amounts needed. It's often an added feature on versions of culinary software programs like Mastercook. Professional books can provide invaluable insights as to how much roasts shrink or how many gallons of soup are needed to feed 200 or 50.

I am sorry but I cannot offer a complete up to date bibliography or catalog available of all the titles that I own or recommend in the culinary arts and sciences. My personal collection numbers in the thousands. I also don't do a web page devoted to titles. For those that desire an SCA oriented printed list of recommended texts in medieval and Renaissance cookery, I highly recommend *The Feudal Gourmet. A Culinary Reference Manual*. The revised 2000 edition is available from the Madrone Culinary Guild. They also produce an inexpensive series of other culinary titles. See <<<http://mcg.antir.sca.org/pamphlts.htm>>> for more information. Meanwhile, I am happy to match a reader with books. If you need help, feel free to ask me for advice.

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Event Reports

Agincourt 2013

October 27, 2013

Altavia's Agincourt Archery Tournament was Great! The weather was Great! The shooting was Great! The Chivalry was Great! IT WAS A GREAT DAY!!!

Over 40 Archers participated throughout the day. We had a great yeoman demo of armor piercing arrows. The clout shoot, three ends of six arrows shot at 100 yards. Esmeralda came in second with 50 And Winfred of Heatherwine, shooting for Lyondemere, won with a 55. The novelty shoot was won by Robert McFarland of Calafia with a score of 135. Esmeralda came in second with 103 points. The Forester rounds were exceptionally exciting.

Altavia's youth champion is Tara of Cathess age 10. Nicholi Staghorn came in Second age 8. The Crossbow champion is Winfred of Heatherwine, shooting for Lyondemere. Countess Jane, recently of Isles, came in a very close second. The Countess came in the finals undefeated and Winfred had to defeat her twice. Very impressive shooting from them both! Finally, Altavia's new Agincourt Champion is Bridgid ni Murine of Calafia! Bruce the Archer, at his first tournament. Came in second! That's the news from Agincourt.

Thanks to all the people that made the day flow. All in all the day was... pretty special.

THL Nikolaos Phaistos
Altavia captain of archers

Thrown Weapons results for Agincourt 2013

Altavia TW Champion is Cormac Mor
Youth winner for TW is Nicolai Stagghorn

Queen's Champion Archery & Thrown Weapons

November 23, 2013

I had the honor of serving as listmaster at this weekend's competition, held in Altavia, and wished to share news of the results. Please share with any lists you are on. Queen's Champion Archery and Thrown Weapons results from Saturday are as follows:

Queen's Archery Champion: Jon Thomme de Claydon
Queen's Thrown Weapons Champion: Master Donn, son of Fergus
Queen's Youth Target Arts Champion: Nicholai Stagghorn

The top placers for Queen's Archery Champion were:
1st place Jon Thomme de Claydon
2nd place Rayne Archer of Annan
3rd place Hugh ap-Rhys
Tied for 4th Patricius Arcuarius and Lodovico of the Isles
5th place Winfred of Heatherwyne

The top placers for Queen's Thrown Weapons Champion were:
1st place Donn, son of Fergus
Tied for 2nd Nikolaos Phaistos and Cormac Mor
Tied for 4th Jon Thomme de Claydon and Ciothradh Dubh

There was a Crossbow competition; the top placers were:

1st place Winfred of Heatherwyne

2nd place Maud of the Welle

There were 30 archers in the target archery list, 20 throwers in the thrown weapons list, and one youth competitor, who had to both shoot and throw to compete.

It was a great day, and all who participated comported themselves well. A special demonstration of longbow particular to the period of the Battle of Agincourt was greatly enjoyed by many, including Their Majesties, and the gentleman who presented the demonstration was awarded arms at closing court, which touched him deeply.

In service to Caid,

Paganus Grimlove



Upcoming Baronial Events

Angels and Altavia Yule 2013

“Silver and gold... Silver and gold...Everyone wishes for silver and gold...”

Come join the Baronies of Angels and Altavia as we celebrate the Holidays together! It will be an evening 'Per pale Argent and Or,' that is to say -- an evening of Silver and Gold, side by side. There will be much to do, much to eat, and much fun to be had, so please come feast and frolic with us! Please bring your banners and shields to display and add pageantry to the hall.

The theme for the evening, and all contests and competitions, is “Silver and Gold.” Entries matching the theme are preferred (but not required). So, here are the night’s events:

There will be a revel after the feast with period dancing and games. In addition, the Angels' Cultural Endowment Foundation will present an encore performance of Sock Puppet Theater – The Director’s Cut of Henry V (with added special features.) If you missed this treat at GWW, here's another chance to enjoy the fun!

We will be having our annual Toys for Tots drive, so please bring a new, unwrapped toy for donation. Contests include

- Table-Decorating: Tables are round and seat 8.
- Best Costume
- Altavia Chess Champion
- Angels Games Champion
- Culinary contests sponsored by Baron Peter Cadarn: Best Side Dish, Best Main Dish, Best Dessert and People's Choice. (All dishes will be entered into the contest.)

Calling all bards!

This year, the Bard of Angels and Bard of Altavia competitions will be held concurrently, so that all entrants will be eligible for either position. Entrants should prepare one piece to be performed during the feast at Angels/Altavia Yule, after which the respective baronial champions will be announced. Guidelines are as follows:

All styles welcome (music, storytelling, poetry, etc.)

Documentation is not required - however . . .

SCA-period pieces/pieces in a period style encouraged

Pieces relating to the day's theme of Silver and Gold likewise encouraged

If you are interested in entering, please contact Bonesig Angharat Goch verch Gwenhover, Seraph Bard at seraphbard@sca-angels.org

Potluck

The Yule Feast is potluck, so each person should bring a dish to serve at least 8. Please include an ingredients list for those with food allergies. Please contact THL Nikolaos at Yule@sca-altavia.org for information about use of the kitchen and/or outlets for crockpots, etc.

Potluck dish suggestions by SCA first name:

A-H -- Side dish
I-O -- Dessert
P-Z -- Main Dish

Schedule

3:00 pm -- Site opens to the populace. For those interested in table decorating, come early and get started. we will also have games available at this time as well.

4:00-6:00 pm -- Court, followed by the Yule Feast. Both the Angels and Altavia Bardic Champion competitions will be held during the feast.

6:00-6:30 pm -- Sock Puppet Theater presents "The Director's Cut of Henry V"

6:30-10:00 pm -- Dessert Judging and Revel (dancing, games and music)

10:00-10:45 pm -- Clean-up

11:00 pm -- Hall closes and everyone must be off the site

Set list for dancing

Caid Measure A line of as many couples as will holding hands

Rufty Tufty A square dance for 2 couples.

Heart's Ease A square dance for 2 couples.

Maltise Bransle A circle of as many as will

Petite Virens For sets of three.

Known World Pavane For as many couples as will

Upon a Summer's Day Three couples, in a line

Black Nag Three couples, in a line.

Jenny Plucked Pears A round for as many as will, in sets of three couples.

Queen's Allemande A line of as many couples as will

Amoroso For pairs.

Goddesses Four couples, in a line

Quen Quer Que As Many as will in a circle.

Dance steps and Info

Location

St. Mary's Proto-Cathedral, Feast Hall, 5329 Sepulveda Blvd., Sherman Oaks, CA. 91411 (The hall is a separate building behind the Church. Pull into either driveway. The parking lot is behind the Church and the hall is at the back of the parking lot.

This is a wet site.

Enclosed candles are allowed.

NO SMOKING inside the hall or on the Church property.

Pets are NOT allowed except for service animals.

Directions

From the 405 North – exit on Burbank Blvd and take an immediate right at the end of the exit ramp, which is Burbank Blvd, and take an immediate right at the next light, onto Sepulveda Blvd. The Church will be on the right hand side.

From the 405 South – exit on Burbank Blvd and take a left at the end of the exit ramp. (Turning left from the right-most left turn lane is helpful). Take an immediate right at the next light, onto Sepulveda Blvd. The Church will be on the right hand side.

From the 101 North - take the 405 North exit and follow the directions above.

From the 101 South - take the 405 North exit and follow the directions above.

Site Fees

\$10 Adult Member for Potluck Feast and Revel

\$5 Adult Member for Revel only

There will be an additional \$5 non-member surcharge.

\$6 Youth Member (6-12) for Potluck Feast and Revel

\$3 Youth Member (6-12) for Revel only

Children under 5 are guests of the Baronies

Please make checks payable to SCA, Inc/Barony of Altavia

For more information, see Angels-Altavia Yule 2013 or "Angels/Altavia Yule" on Facebook.

Upcoming Inter-kingdom Events

Welcome to the 2014 West Coast Culinary Symposium

The Kingdom of Caid is proud to host The Society for Creative Anachronism's West Coast Culinary Symposium in 2014. This multi-Kingdom, 3-day event will be a chance for like-minded and enthusiastic people to get together and share their love and knowledge of pre-1600 period cooking and practices and share the tasty results. It is also a time to gather as friends, make new ones, share ideas, and teach our skills to others hoping to learn.

We have confirmed that Charles Perry, Food Historian and Co-Founder, Culinary Historians of Southern California, will be our key-note speaker at the 2014 West Coast Culinary Symposium!

This action-packed event will be held March 7-9, 2014 at Camp Scherman near Idyllwild, CA. Participants will be comfortably lodged in heated cabins with access to several onsite kitchens and outdoor cooking areas.

To register for this event, please check out: <http://www.westcoastculinarysymposium.com/register.html>

For more information on the event: <http://www.westcoastculinarysymposium.com/>

Altavia Current Champions

- ❖ Archery **Brigid Ni Muirean** 10/27/13
- ❖ Armored Combat **Sir Edward Senestre** 5/11/13
- ❖ Arts & Sciences **Lady Arianna di Zanchi** 5/11/13
- ❖ Bardic **Charles Ivansen of Borreby** and **Aurora of Finchingfield** 12/8/12
- ❖ Chess **Dimitri** 12/8/12
- ❖ Equestrian **THL Courtney of the White Meadow** riding Blaze 6/29/13
- ❖ Rapier Combat **Nathaniel Longbow** 5/11/13
- ❖ Thrown Weapons **Cormac Mor** 10/27/13
- ❖ Unarmored Combat **Kolbrandr Kollson** 5/11/13
- ❖ Youth Archery **Tara of Caitness** 10/27/13
- ❖ Youth Combat **Dante, Dmitri, & Natalya** 5/11/13
- ❖ Youth Thrown Weapons **Nicolai Stagghorn** 10/27/13



Recreating the Elizabethan Era Feast

By THL Johnnae Ilyn Lewis, CE

This selective list concentrates on commercially published works that might inspire or provide information for recreating an Elizabethan or Shakespearean era feast. The cookbooks included in this list feature modernized adaptations or working recipes that are more or less appropriate for Society occasions; many are already mentioned in SCA articles and websites or found in many Society collections. The best of these works either include the original recipes along with the modern versions or list the original recipe source along with the working versions. The modernized recipes are suitable for most beginners and moderately advanced cooks, but they may not be 100 per cent authentic as to ingredients and therefore may be unsuitable for authentic item or A&S entries. Read the original and working recipes carefully before beginning any Elizabethan cookery project. These published adapted recipes in many instances can readily serve as starting points for readers or cooks until they gain the experience necessary to plunge into the actual original culinary texts and redact their 100% own authentic working versions. If constructing a feast menu or sweets sideboard, one should try to examine a selection of the works for more variety and to compare versions of recipes. The other books concentrate on aspects of Elizabethan life, foods, and feasts. These books vary as to availability and price. Consider asking for them at a local library or loaning them in before purchasing. For a listing of original 16th century Elizabethan printed editions, please see my other guides and bibliographies. Recipe counts are approximate.

Works with Substantial Numbers of Adapted Elizabethan Recipes:

Beebe, Ruth Anne. *Sallets, Humbles & Shrewsbury Cakes*. Boston: David R. Godine, 1976. Released again in paperback by David R. Godine, 2002. 60 recipes. Original recipes from 4 works are included but not labeled, leaving readers to determine the source.

Brears, Peter. *All the King's Cooks. The Tudor Kitchens of King Henry VIII at Hampton Court Palace*. London: Souvenir Press, 1999. Paperback ed. 2011. Excellent text with 82 recipes from 16th century England. Highly recommended. Excellent photos and drawings.

Brears, Peter. *Stuart Cookery. Recipes and History*. [London:] English Heritage, 2004.
New edition of Brears' 1985 English Heritage work *Food and Cooking in 17th Century Britain: History and Recipes*. Attractive new photos along with 21 recipes. Invaluable for those interested in early Jacobean or Shakespearean fare.

Brears, Peter. *Tudor Cookery. Recipes and History*. [London:] English Heritage, 2003.
New edition of Brears' 1985 English Heritage work *Food and Cooking in 16th Century Britain: History and Recipes*. Attractive new photos along with 26 recipes.

Dalby, Andrew and Maureen Dalby. *The Shakespeare Cookbook*. London: British Museum, 2012. A very good, well illustrated new cookbook with approximately 40 practical recipes. Recommended. By the food historian Andrew Dalby and his wife Maureen, this can be ordered from a number of British booksellers.

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. A selection of Elizabethan and Jacobean recipes from a household manuscript (begun in 1604) with adaptations and commentary. Also includes several post-Restoration recipes, such as a "chocolate cream." The full manuscript has been published as in the next entry.

[Fettiplace, Elynor.] *The Complete Receipt Book of Ladie Elynor Fettiplace*. Bristol, England: Stuart Press. 3 volumes. Title varies. Volume 1: 1994. Volume 2 [titled: *The Complete Elinor Fettiplace's Receipt Book*]: 1999. Volume 3 [titled as volume 1]: 1999. This paperbound three volume set reproduces the entire Fettiplace or Fettiplace household manuscript. Spurling published only a tiny selection. http://www.stuart-hmaltd.com/living_history_medicine.php lists the volumes as being available in March 2012.

Lorwin, Madge. *Dining with William Shakespeare*. New York: Atheneum, 1976. A classic volume with 434 pages featuring 13 menus. Including 186 original and working recipes and suggestions for drinks, which have been widely used and

adapted for numerous Society feasts over the decades. Used prices are running around \$15. Well worth reading. Consider purchase or loaning a copy in.

Making a Meal of It. Two Thousand Years of English Cookery. Swindon, UK: English Heritage, 2005. Another reworking of the 1985 English Heritage series of cookery booklets, which included Food and Cooking in 16th Century Britain: History and Recipes.

Morton, Mark and Andrew Coppelino. Cooking with Shakespeare. [Feasting with Fiction.] Westport, Ct: Greenwood, 2008. Given the wealth of material, one would have expected better of this problematic work that features a complicated layout. More than a few of the 189 featured recipe adaptations come across as just plain wrong or unreliable. Interesting bibliography. Very expensive, so consider loaning in a copy.

Sass, Lorna J. To the Queen's Taste. New York: The Metropolitan Museum of Art, 1976. This was Sass's follow-up to the volume To the King's Taste. It features Queen Elizabeth I. 40 recipes with the same faults found in her previous volume. A bit antiquated by this point.

A Taste of History. Edited by Peter Brears, Maggie Black, et al. London: English Heritage; British Museum Press, 1993, 1994. Paperback edition, 1997. Combined edition of all the English Heritage pamphlets originally published in 1985. Including [Food and Cooking in 16th Century Britain: History and Recipes.] This volume includes sections with recipes on medieval, Tudor, Stuart etc. Recipes from this book also appear in the 2005 work Making a Meal of It.

Zyvatkauskas, Betty & Sonia. Eating Shakespeare. Recipes and More from the Bard's Kitchen. Toronto: Prentice Hall Canada, 2000. The paperback [ISBN 0130894524] was released in 2002 by Prentice Hall Canada. Little known Canadian publication, but well worth the bother of seeking out. 96 recipes.

Also Consider:

Albala, Ken. Cooking in Europe 1250-1650. Westport, Conn.: Greenwood Press, 2006. 42 original English recipes. No adapted recipes but lots of notes and discussions about ingredients and techniques.

Brears, Peter. Cooking and Dining In Medieval England. Totnes, Devon, UK: Prospect Books, 2008. Paperback ed. 2012. This is Peter Brears' award winning volume on English medieval cookery.

Brears, Peter. "Rare Conceits and Strange Delights: The Practical Aspects of Culinary Sculpture." 'Banqueting Stuffe'. The Fare and Social Background of the Tudor and Stuart Banquet. [Food and Society 2.] Ed. By C. Anne Wilson. Edinburgh: Edinburgh University Press, 1991. pp.60-114. In this widely cited article, Peter Brears offers 39 working recipes for recreating a proper Elizabethan or Jacobean banquet table of sweets.

Castelvetto, Giacomo. The Fruit, Herbs & Vegetables of Italy. Translated by Gillian Riley. London: Viking, 1989. Revised edition. 2012. Castelvetto escaped the Inquisition to settle in England where he wrote his manuscript about the English diet & lamenting the fruits and vegetables of his Italian upbringing. Talks extensively about the foods of the late 16th and early 17th centuries.

David, Elizabeth. English Bread and Yeast Cookery. 1977 UK; 1980 USA.

Authentic bread recipes are hard to come by, and David is still the place to begin for those that want to explore English baking, the flours, the mills, the bread ovens, and the recipes. Numerous British and American editions. The UK original edition was newly reissued 2001 and again in hardcover in 2010. The original US edition was edited by food historian Karen Hess who added her own foreword.

Fletcher, Nichola. Charlemagne's Tablecloth. London: Weidenfeld & Nicolson, 2004.

Inspiration for an Elizabethan feast comes from odd places. Robert May's The Accomplishd Cook of 1660 includes a descriptive section entitled "Triumphs and Trophies in Cookery" wherein a Stag, made of coarse paste, bleeds red claret wine when an arrow is pulled from its side. Fletcher recreated this stag for a dinner in 1999 and talks about how to do it. Photos are included. Robert May was by the way born in 1588, so he actually spent his early years working and learning the art of cookery in Elizabethan and Jacobean kitchens.

Martha Washington's *Booke of Cookery*. Edited by Karen Hess. New York: Columbia University Press, 1981. Also in paperback edition with a misleading cover featuring George Washington eating a cherry. MWBC is comprised of two Tudor-Jacobean manuscripts (dated 1580-1625) which ended up being owned by Martha Washington. No modernized recipes, but lots of commentaries and notes on foods of the day, etc. as well as all the original recipes taken from the actual manuscripts. Worth owning for the commentary and details.

Seven Centuries of English Cooking: A Collection of Recipes by Maxime de la Falaise has appeared under numerous titles with most catalogued under Maxime McKendry as edited by Arabella Boxer since as early as 1973. The 1992 Grove Press Evergreen edition in paperback is widely available. There are some Elizabethan adapted recipes but also some odd recipes and renditions are included. Do pay attention.

Willan, Anne. *Great Cooks and Their Recipes. From Taillevent to Escoffier*. First published in 1977. Pavilion Books in the U.K. released a "new, expanded edition, redesigned and enriched" with the photography of Michael Bay in 1990. U.S. expanded edition 1992; paperback released in 2000. Covers the 16th century work of Scappi, and the 17th century work of Robert May among others. With recipes and great pictures of recreated dishes. Good for inspiration.

Numerous other works include material or sections on Elizabethan or Shakespearean dining. Sara Paston-Williams' *The Art of Dining: A History of Cooking & Eating*. New York: Harry N Abrams, 1994 is one. The recipes were then published as *A Book of Historical Recipes* in 1995. The revised edition will appear in the fall of 2012. Those traveling to the UK may chance upon such items as: *The Tudor Kitchens*, *The Tudor Kitchens Cookery Book*, and *The Taste of Fire* all from Hampton Court Palace. Michelle Berriedale-Johnson has included Elizabethan recipes in the British Museum's *Festive Feasts Cookbook*. Michele Brown also included them in *Royal Recipes*. Those coming across a title *The Little Book of Shakespeare and Food* by Domenica de Rosa, 2001, should be aware that the work contains Shakespearean quotations but only modern recipes.

NOT RECOMMENDED: The following book is not recommended.

Segan, Francine. *Shakespeare's Kitchen. Renaissance Recipes for the Contemporary Cook*. New York: Random House, 2003. There are many and various reasons why this work is not recommended. See the 2004 *Tournaments Illuminated* review for why!

Works with Information on the Elizabethan Table, Foods, and Customs:

Albala, Ken. *Eating Right in the Renaissance*. Berkeley: University of California Press, 2002. All the numerous dietaries on what to eat are explained in this volume, making this the best book on dietary advice in the Renaissance.

Albala, Ken. *Food in Early Modern Europe*. Westport, CT: Greenwood Press, 2003. More or less a textbook but a well done one on food history. Starts at 1500, so it covers the Voyages of Discovery and what was introduced to Europe in the 16th century, like the turkey and pumpkins.

Brears, Peter. "Decoration of the Tudor and Stuart Table." *The Appetite and the Eye*. [Food and Society 2.] Ed. By C. Anne Wilson. Edinburgh: Edinburgh University Press, 1991. pp. 56-97.

Brown, Peter B. and Ivan Day. *Pleasures of the Table. Ritual and Display in the European Dining Room 1600-1900*. York, U.K.: York Civic Trust, 1997.

Caton, Mary Anne, ed. *Fooles and Fricassees: Food in Shakespeare's England*. Washington, D.C.: The Folger Shakespeare Library, 1997. Exhibit catalog with pictures. Includes the original publication of a 'literal transcription of a c1610 (culinary) manuscript' in Appendix I. pp. 99-119.

Christmas in Shakespeare's England. Compiled by Maria Hubert. Stroud, Gloucestershire, UK: Sutton Publishing, 1998. ISBN: 0-7509-1719-9. Great book for planning a Yule event centered on Shakespearean times. Out of Print.

Dawson, Mark. *Plenti and Grase: Food and Drink in a Sixteenth-Century Household*. Totnes, Devon, U.K.: Prospect Books, 1998. A discussion of the food and drink consumed by the Willoughby family who owned Wollaton Hall in Nottingham & Middleton Hall in Warwickshire. Based on household accounts.

- Day, Ivan. *Royal Sugar Sculpture. 600 Years of Splendour*. Barnard Castle, Durham, U.K.: The Bowes Museum, 2002. Contains material on historic sugar molds, recipes, and sotelties. <http://www.historicfood.com/portal.htm> is Ivan Day's wonderful website.
- Eat, Drink, and Be Merry. *The British at Table 1600-2000*. Edited by Ivan Day. London: Philip Wilson Publishers, 2000. 96 color and b/w illustrations and photographs. Features a Jacobean banquet table.
- The English Cookery Book. *Historical Essays*. Edited by Eileen White. Totnes, Devon, U.K.: Prospect Books, 2004.
- The English Kitchen. *Historical Essays*. Edited by Eileen White. Totnes, Devon, U.K.: Prospect Books, 2007.
- Food in Shakespeare. *Early Modern Dietaries and the Plays*. Ed. by Joan Fitzpatrick. Farnham, UK: Ashgate, 2007.
- Glanville, Philippa and Hilary Young, Eds. *Elegant Eating. Four Hundred Years of Dining in Style*. London: V&A Publishers, 2002. Distributed by: Harry N. Abrams, Inc. 200 plus color and b/w illustrations and photographs.
- Harrison, William. *The Description of England. The Classic Contemporary Account of Tudor Social Life*. Edited by Georges Edelen. New York: Dover, 1994, 2011. Reprint of the 1968 Folger Shakespeare Library edition. Harrison's accounts were first published in 1587 as part of Holinshed's *Chronicles*. Extensive material on foods, agriculture, gardens, etc.
- Jones, Jeanne. *Family Life in Shakespeare's England. Stratford-Upon-Avon 1570-1630*. Thrupp, Stroud, U.K.: Alan Sutton in association with the Shakespeare Birthplace Trust, 1996.
- Lee, Christopher. *1603. A Turning Point in British History*. London: Review, 2003.
- Mason, Laura. *Sugar-Plums and Sherbet. The Prehistory of Sweets*. Totnes, Devon, U.K.: Prospect Books, 1998. Paperback 2003. Highly recommended confectionary history now in paperback.
- Mason, Laura and Catherine Brown. *Traditional Foods of Britain. An Inventory*. Totnes, Devon, U.K.: Prospect Books, 1999.
- Notaker, Henry. *Printed Cookbooks in Europe, 1470-1700*. New Castle, Delaware: Oak Knoll Press, 2010.
- Picard, Liza. *Elizabeth's London. Everyday Life in Elizabethan London*. London, 2003.
- Renaissance Food from Rabelais to Shakespeare. Culinary Readings and Culinary Histories*. Ed. by Joan Fitzpatrick. Farnham, UK: Ashgate, 2010.
- Shakespeare's England. Life in Elizabethan & Jacobean England*. Edited by R. E. Pritchard. Stroud, U.K.: Sutton, 1999.
- Sim, Alison. *Food and Feast in Tudor England*. New York: St. Martin's Press, 1997, 2005. Useful but not nearly as good as Hammond's *Food and Feast in Medieval England*, which was an earlier volume in this series.
- Sim, Alison. *The Tudor Housewife*. Montreal: McGill-Queen's University, 1996.
- Spencer, Colin. *British Food. An Extraordinary Thousand Years of History*. London: Grub Street, 2002. New York: Columbia University Press, 2003. Revised and updated in 2011. Not as good as Wilson, but readable.
- Stead, Jennifer. "Necessities and Luxuries: Food preservation from the Elizabethan to the Georgian Era." *'Waste Not, Want Not'*. *Food Preservation from Early Times to the Present Day*. [Food and Society 4.] Ed. By C. Anne Wilson. Edinburgh: Edinburgh University Press, 1991. pp. 66-103.
- Strong, Roy. *Feast. A History of Grand Eating*. London: Jonathan Cape, 2002.

Thick, Malcolm. Sir Hugh Plat. The Search for Useful Knowledge in Early Modern London. Totnes, Devon, U.K.: Prospect Books, 2010. Discusses the recipe books written by Plat and others late in the Elizabethan period.

Thirsk, Joan. Food in Early Modern England. Phases, Fads, Fashions 1500-1760. London: Hambledon Continuum, 2007.

Wilson, C. Anne. "Ideal Meals and Their Menus from the Middle Ages to the Georgian Era." *The Appetite and the Eye*. [Food and Society 2.] Edinburgh: Edinburgh University Press, 1991. pp. 98-122.

Wilson, C. Anne. *Food & Drink in Britain: From the Stone Age to the 19th Century*. 1973. Numerous UK and US editions. Revised in 1991. Best single volume history on English foods and cookery! Good on Tudor and Stuart foods. Chapters focus on type of food.

Histories and General Works:

Historians that have written on Elizabeth include: Christopher Hibbert; Jasper Ridley (Elizabeth I. The Shrewdness of Virtue); A. L. Rowse; Anne Somerset; Roy Strong; David Starkey; Carolly Erickson; Alison Plowden; Susan Watkins; etc.

Reference Works:

The London Encyclopaedia. Edited by Ben Weinreb and Christopher Hibbert. 1983. London: Papermac, 1987, 1988. Everything about historical London.

Wagner, John A. *Historical Dictionary of the Elizabethan World*. Britain, Ireland, Europe, and America. Phoenix, Arizona: Oryx Press, 1999. Good reference volume.

Worth mentioning:

Arnold, Janet. *Queen Elizabeth's Wardrobe Unlock'd*. Leeds, UK: Maney, c1988. Best volume on her clothing.

Bates, Jonathan & Dora Thornton. *Shakespeare. Staging the World*. Oxford: OUP and London: The British Museum Press, 2012. New heavily illustrated volume examining the plays and life in London during Shakespeare's lifetime and especially the year 1612.

Elizabeth. *The Exhibition at the National Maritime Museum*. London: Chatto & Windus, 2003.

Elizabeth I Then and Now. Compiled and edited by Georgianna Ziegler. Washington, DC: The Folger Shakespeare Library, 2003.

Hulse, Clark. *Elizabeth Ruler and Legend*. Urbana: University of Illinois Press, 2003.

Wells-Cole, Anthony. *Art and Decoration in Elizabethan and Jacobean England*. New Haven, CT.: Yale University Press, 1997.

Wood, Michael. *In Search of Shakespeare*. London: BBC, 2003.

General Notes:

There are thousands of books, articles, and dissertations on Elizabeth I and her Court. Several thousand more tackle the life and works of Shakespeare. There are dozens of bibliographies devoted to the topic as well. Visit any university or college departmental English Library and just browse the shelves for a taste of the literature that's available.

The online web sites also number in the thousands. Some are good; some are bad. <http://www.luminarium.org/renlit/eliza.htm> provides links to other sites. <http://www.h-net.org/> is also worth looking at.

It's produced by an international interdisciplinary organization of scholars and teachers dedicated to developing the enormous educational potential of the Internet.

Another source is the Folger Shakespeare Library. <http://www.folger.edu/> Folger is embarking on a massive project to digitize its collection. Joel Henning of The Wall Street Journal on March 21, 2012 reported on the project.

All of Shakespeare's works are online so finding passages related to food or drink or themes related to foods is not as difficult as it once was. Those with academic access may want to check out the online Riverside Shakespeare database. Otherwise, check out <http://shakespeare.palomar.edu/> as a good site. Or check out Robert D Bernoskie's *Butter in the Bard: Reading Between the Viands of Wm. Shakespeare* from 1992. Another work on the topic is *Shakespeare on Food and Drink* published in 2005. This is, however, a miniature book and doesn't contain the selection of quotations found in *Butter in the Bard*.

The Stuart Peachey works including *The Early 17th Century English Food Series* and a number of inexpensive reprints are worth a look. <http://www.stuart-hmaltd.com/>

The Tudor Cooks as they are known informally are the gentlemen who cook at Hampton Court Palace. They also blog about their exploits. Join the Forum in order to get in on the discussions. Also on Google+ <http://tudorcook.blogspot.com/>

Need original Elizabethan cookbooks? [Medievalcookery.com](http://www.medievalcookery.com) provides an easy gateway to numerous historical and original English works, including a number of 16th century and early 17th century cookbooks. The Midrealm's Master Edouard Halidai (Daniel Myers) created the site. One volume included there is John Partridge's 1573 *The Tresurie of Commodious Conceits, & Hidden Secrets*, which I contributed. It's also indexed so it can be searched as part of the recipe database. Likewise, my annotated and edited version of the 1608 *A Closet for Ladies and Gentlewomen* may also be found there. <http://www.medievalcookery.com/etexts.html>

For a guide to 16th century English printed cookbooks, see:

Holloway, Johnna. Checklist of English Editions. 2012. West Coast Culinary Symposium. West Kingdom. February 2012. To be published in the forthcoming proceedings.

Also see:

[Holloway, Johnna] "Manuscripts and Printed Cookery Books From England. By THL Johnnae Ilyn Lewis, CE." *The Gauntlet*. April 2012. 17 pages.

Holloway, Johnna. "Recreating the Elizabethan Era Feast." *Tournaments Illuminated*. #184; 4th quarter, 2012. COPYRIGHT © JK Holloway 2012; 2013.





Baronial Officers



Baron is THL Secca of Kent	(Baron@sca-altavia.org)
Baroness is THL Meliora Deverel	(Baroness@sca-altavia.org)
Chief Lady-in-Waiting is Lady Fara MacGregor	(court@sca-altavia.org)
Captain of the Guard is Lord Uilliam mór MacGregor	(guard@sca-altavia.org)
Seneschal is Baroness Yssbell inghean Bhaltair	(seneschal@sca-altavia.org)
Deputy Seneschal Lord Francisco Rojas de Gomez Y Sandoval	
Captain of Archers is Lord Nikolaos Phaistos	(archery@sca-altavia.org)
Deputy Captain of Archers is THL Cristof Castellani	
Arts & Sciences Officer is Lady Aethelwyn of Ashgrove	(arts@sca-altavia.org)
Deputy A&S is THL Madelena Hidalgo de Valencia	
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Deputy Children's Officer is THL Tezar of Aeolis	
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Chronicler is Baroness Asakura Mashime	(chronicler@sca-altavia.org)
Deputy Chronicler is Lady Catriona inghean Diarmada	
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Deputy Exchequer is Lady Leonor de Sevilla	
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Deputy Marshal is Sir Eronric of Devon	
Deputy Marshal for Equestrian is Dona Lady Virginia Read	(equestrian@sca-altavia.org)
Deputy Marshal for Armored Combat is Sir Thorin O'Seaghda	(marshal@sca-altavia.org)
Deputy Marshal for Rapier is Don Colwyn Stagghorn	(rapier@sca-altavia.org)
Deputy Marshal for Thrown Weapons is Lord Philip de Greylongue	(tw@sca-altavia.org)
Thrown Weapons Deputy is THL Cecilia di Medici	
Deputy Marshall For Youth Combat is Lord Uilliam of Altavia	(youthcombat@sca-altavia.org)
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Altavia's College of Saint Firmin

College of Saint Firmin website: www.collegeofstfirmin.org

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The College's Exchequer / Treasurer is Lina of St. Firmin

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The College's Arts & Sciences Officer / Secretary is Temperance Raynscofte

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Ways to Stay Connected

Altavia has numerous ways of keeping in contact with you, keeping you informed and active. We welcome you to participate however way you feel most comfortable with. Here are several links in order to always keep up with what's going on with the Barony and the SCA.

Altavia's Website: www.sca-altavia.com

Altavia's Yahoo Groups Page: <http://groups.yahoo.com/group/Altavia/join>

Altavia's Facebook Page: <http://www.facebook.com/groups/297336603655499/>

CAID's Website: <http://sca-caid.org/>

CAID's Facebook Page: <http://www.facebook.com/groups/3533625108/>



Meetings & Practices in the Barony

Business Meetings

- **Council Meeting**

2nd Tuesday of the month, 7:00pm at CSUN: Meeting room, parking info and maps are available on the [CSUN Meeting Site Info page](http://www.sca-altavia.org/Meetings/CSUN.html): <http://www.sca-altavia.org/Meetings/CSUN.html>

This is the monthly business meeting for the group. There are officer reports, event reports, discussion of Baronial involvement at the Kingdom Level, choosing new officers, when necessary, and announcements. Baronial decisions are made here, and you do have a voice. **Everyone is welcome (and encouraged) to attend the meeting!**

Pre-Meeting work session and officers arrive by 7:00pm. Meeting starts at 7:30pm.

Contact the [Seneschal](#) for details

- **Newcomers' Meeting**

Once a month, usually on the 4th Monday of the month, 7:00pm at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: Off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts. This is the same location as our weekly Fighter Practice.

We meet at the stone tables next to the restrooms; look for Bridget's Red Lantern!

These classes cover a general overview of the SCA and the types of events we hold in Caid. Please bring your questions and wonderful smiles. We look forward to seeing everyone there!

Contact the [Chateline](#) (chatelaine@sca-altavia.org) for directions and dates.

Combat Practices

- **Archery Practice**

The first and third Sunday of the month, 11:00am to 3:00pm At Woodley Park Archery Range, directions are <http://woodleyparkarchers.org/direction>

Additional practice times are available most **Tuesday and Friday nights**. Contact the [Captain of Archers](#) to verify dates and times.

Contact ahead for loaner gear. Lord Everglad is there on most Wednesday nights and Saturday mornings for authorization tests and help in shooting.

Contact the [Captain of Archers](#) (archery@sca-altavia.org) for more information.

- **Equestrian Practice**

Practices are held on various Fridays of every month, 6:30-8:30PM at Conejo Creek Equestrian Park, 1350 Avenida de las Flores, Thousand Oaks, CA 91360.

Open to any participants regardless of territory of residence. Rider must bring their own mounts. Unmounted ground crew training available. Authorizations available. Jousting, mounted combat, crest combat, mounted games, marshalette/marshalette-in-training, and general riding authorizations available on site. General driving and driving games authorizations available subject to prior coordination. Mounted archery authorizations available offsite. Riders are advised to bring their normal tack and equipment. No rental horses are available. Minors must have a parent or guardian present at all times.

Please contact the [Marshal in Charge: Lady Lysette](mailto:equestrian@sca-altavia.org) (equestrian@sca-altavia.org). For more information, visit the [CAID equestrian site](http://equestrian.sca-caid.org/) (http://equestrian.sca-caid.org/) or the [Altavia Equestrian webpage](http://www.sca-altavia.org/Meetings/Equestrian/index.html). (http://www.sca-altavia.org/Meetings/Equestrian/index.html). Join the [Altavian Equestrian Email group](http://groups.yahoo.com/group/AltavianEquestrian/) (http://groups.yahoo.com/group/AltavianEquestrian/)

- **Fighter Practice -- Armored Combat**

Every Monday, 7:00pm to 9:30pm at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Heavy Weapons Marshal](mailto:heavy@sca-altavia.org) (heavy@sca-altavia.org) for more information or to request to join the [practice information E-mail list](http://groups.yahoo.com/group/fretfights/) (http://groups.yahoo.com/group/fretfights/).

Every Thursday, 7:00pm to 9:00pm at [Northridge Park](#), 18300 Lemarsh St. Northridge, CA 91324. Find us on the Reseda Blvd. side of the park. Hosted by St. Firmin. Contact the [THL Owain ap Gwyllim Pengryth](#) for more information.

[Guardians of the High Road webpage](http://wiki.caid-commons.org/index.php/Guardians_of_the_High_Road) (http://wiki.caid-commons.org/index.php/Guardians_of_the_High_Road)

- **Fighter Practice -- Rapier**

Every Monday, 7:30pm to 9:30pm at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Rapier Marshal](#) for more information

Every Thursday, 7:00pm to 9:00pm at [Northridge Park](#), 18300 Lemarsh St. Northridge, CA 91324. Find us on the Reseda Blvd. side of the park. Hosted by St. Firmin. Contact the [THL Owain ap Gwyllim Pengryth](#) for more information.

[Guardians of the High Road webpage](http://wiki.caid-commons.org/index.php/Guardians_of_the_High_Road) (http://wiki.caid-commons.org/index.php/Guardians_of_the_High_Road)

- **Fighter Practice -- Youth Combat**

Twice a month - 2nd and 4th Mondays, 7:30pm to 8:00pm at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Youth Combat Marshal](#) for more information

[Guardians of the High Road webpage](http://wiki.caid-commons.org/index.php/Guardians_of_the_High_Road) (http://wiki.caid-commons.org/index.php/Guardians_of_the_High_Road)

- **Thrown Weapons Practice**

The first and third Sunday of the month, 11:00am to 2:30pm at Woodley Park Archery Range, directions are <http://woodleyparkarchers.com/directions.html>

Contact ahead for loaner gear. Lord Everglad is there on most Wednesday nights and Saturday mornings for authorization tests and help in shooting.

Contact the [Thrown Weapons Marshal](mailto:tw@sca-altavia.org) (tw@sca-altavia.org) for more information and to verify dates and times.

Arts & Sciences

- **Arts & Science Workshops (aka Craft Nights)**

The 4th Tuesday of the month, 7:00pm to 9:00pm at CSUN, [Meeting site info](http://www.sca-altavia.org/Meetings/CSUN.html) (<http://www.sca-altavia.org/Meetings/CSUN.html>). Bring your sewing or craft project to work on or help us make Baronial Presentations. The meetings sometimes have a project theme, which is usually published on the [Altavia E-mail list](http://groups.yahoo.com/group/altavia/) (<http://groups.yahoo.com/group/altavia/>).

Contact [A&S Officer](mailto:arts@sca-altavia.org) (arts@sca-altavia.org) for details.

- **Bardic Circle**

Hosted by Baron Sir Charles of Dublin at the home of Baron Sir Robear du Bois. Contact [the A&S officer](mailto:bardic@sca-altavia.org) (bardic@sca-altavia.org) for directions. The Bardic Circle will be pick, pass or play. For those who are new, this means that, as we go around the circle, you have the choice of:

1. Picking someone to perform something you like or something they want to do
2. Passing your turn to the next person
3. Performing yourself

This way you can relax & listen, perform, hear your favorites, or mix it up.

Contact [The A&S officer](mailto:bardic@sca-altavia.org) (bardic@sca-altavia.org) for dates, directions, and further information.

- **Children's Activities**

Children's activities are held at every event that Altavia sponsors.

Contact the [Children's Officer](mailto:children@sca-altavia.org) (children@sca-altavia.org) for information or offers to help.

- **Culinary Guild**

Special interest group for All Things Delicious to eat and drink, by the Barony of Altavia, the north-west Los Angeles County group of the Society for Creative Anachronism. Everyone is welcome in our discussions of recipes, historical research and events based around the food and beverages of the Middle Ages and Renaissance.

Meetings happen once a month. Contact the Guild through their Facebook page here: <http://www.facebook.com/groups/242868192471271/> or contact Baroness Asakura Mashime for information (chronicler@sca-altavia.org)

- **Dance Practice**

Belly Dance every Monday, 7:30pm at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block).

Tribal style belly dance practice. We have a mixture of absolute beginners, beginners and old pros. It's outside so dress warmly. Its lots of fun!

We are near the tennis courts and, as we practice next to the Heavies Fighters, just look for the fierce men and women in armor!

English Country Dance, the 3rd Tuesday of the month, 7:00pm to 9:00pm at CSUN, [Meeting site info](#).

No previous dance knowledge, equipment, or expertise is needed – but bring water - dancing takes more energy than you think. Garb is encouraged, but not required. The main focus will be English Country dancing, but we may introduce a few sets of some more international dances as well – depending on who is teaching that month. Special instructors and sets may be announced when/if they are known. If you are already skilled at dancing, and are willing to teach a dance or three to others; don't hesitate to contact [Meala Caimbeul](#) and we can make that happen! Likewise, if you want to learn a specific dance – ask and I'll do my very best to make that happen too.

Contact [Baroness Meliora Deverel](#) (bellydance@sca-altavia.org) for more information or to request to join their practice and event information E-mail group. For English Country Dance, contact Meala Caimbeul (dance@sca-altavia.org) for more details.

- **Potters Guild of Caid**

Meets once a month, contact [Baroness Asakura no Mashi](#) (chronicler@sca-altavia.org) for meeting times and location. To provide a supportive organization for ceramic artists of all skill levels. To provide an opportunity to network and share knowledge and techniques through workshops, special events, and at Arts and Sciences displays. To provide populace awareness and appreciation for ceramic artists and their work. To promote period creation, education and high quality work among our members.

[Potters guild of CAID Yahoo group](http://groups.yahoo.com/group/Potters_guild_of_CAID/) (http://groups.yahoo.com/group/Potters_guild_of_CAID/)



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