

Tales of the Tor

JUNE 2014

ANNO SOCIETATIS
XLVIII XXXVI



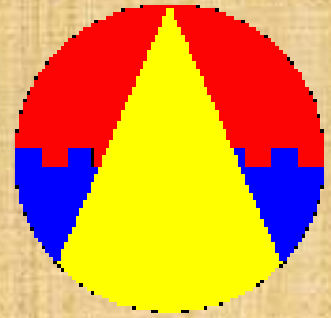
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JUNE 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Emerald Tourney Emerald Keep
8	9 <u>Rapier Practice</u> 6:30	10	11 <u>Elfsea Chivalric</u> <u>and Rapier</u> Practice 7:30	12	13	14
15 <u>Populace 5:30</u> <u>pm</u>	16 <u>Rapier Practice</u> 6:30	17	18 <u>Elfsea Chivalric</u> <u>and Rapier</u> Practice 7:30	19	20	21 silk banner paint- ing and forge day
22	23 <u>Rapier Practice</u> 6:30	24	25 <u>Elfsea Chivalric</u> <u>and Rapier</u> Practice 7:30	26	27	28
29	30 <u>Rapier Practice</u> 6:30					

[Ansteorra Event Planning Calendar](#)





Canton Officers



Lord and Lady of Dragonsfire Tor:

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Baron Gerhart Wolfgang der Rote

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Baroness Elspeth de Stervlen

Seneschal:

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Guyon Dupre (Keith Jefferson)

Exchequer:

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Aaliz du Lac (Alicia Kays)

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Lauretta d'Avenporte (Ann Davenport)

Rapier Marshal:

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Ulf Nachdem Tor (De Clark)

Chronicler:

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Diana the Just (Diana Warner)

Minister of Arts and Science:

arts_sciences@dragonsfire-tor.ansteorra.org

Eibhlean Inghean Sheafraid (Kristen Kiser)

Offices Open for bids:

Knight Marshal, Herald, Web Minister, Archery Marshal



Words from the Baron & Baroness

Greetings Elfsea and Dragonsfire Tor,

This has been a great two months. We have new Guardians of the Tor:

Sir Alejandro Ramirez Mendoza - Chivalric Guardian

Herr Andreas von Meiben - Rapier Guardian

Lord Gavin the Younger - Archery Guardian

M'Lord Forest - Bardic Guardian

We enjoyed every minute of Guardian of the Tor, from the tournaments to the stocks to the potluck. The Tor put on a great event, thank you to everyone!!!

Baronial College has an event steward: Lord Vittorio Dona, please check in with him, or his coordinators, to see where you can volunteer. This is shaping up to be a fun event!

The Sunday Rapier practice is expanding. We had a few Chivalric fighters there Sunday, and some A & S. Please come out and join us for a fun afternoon in the park. We are thinking about holding mini tournaments, and a Populace in the Park on the 29th of this month. Look for more details!!

We have Round table here in Elfsea, this is for everyone, not just officers. Come out and learn more about the various offices, and the state of the Kingdom.

We are still looking for artistic renderings for the new coronets. They were at practice Sunday, and we will be bringing them to most practices, and all Populace meetings through July Populace, that is the deadline for the competition.

Hydrate, have fun, come out to practices and archery, we look forward to seeing more of you as we attend as many as we can.

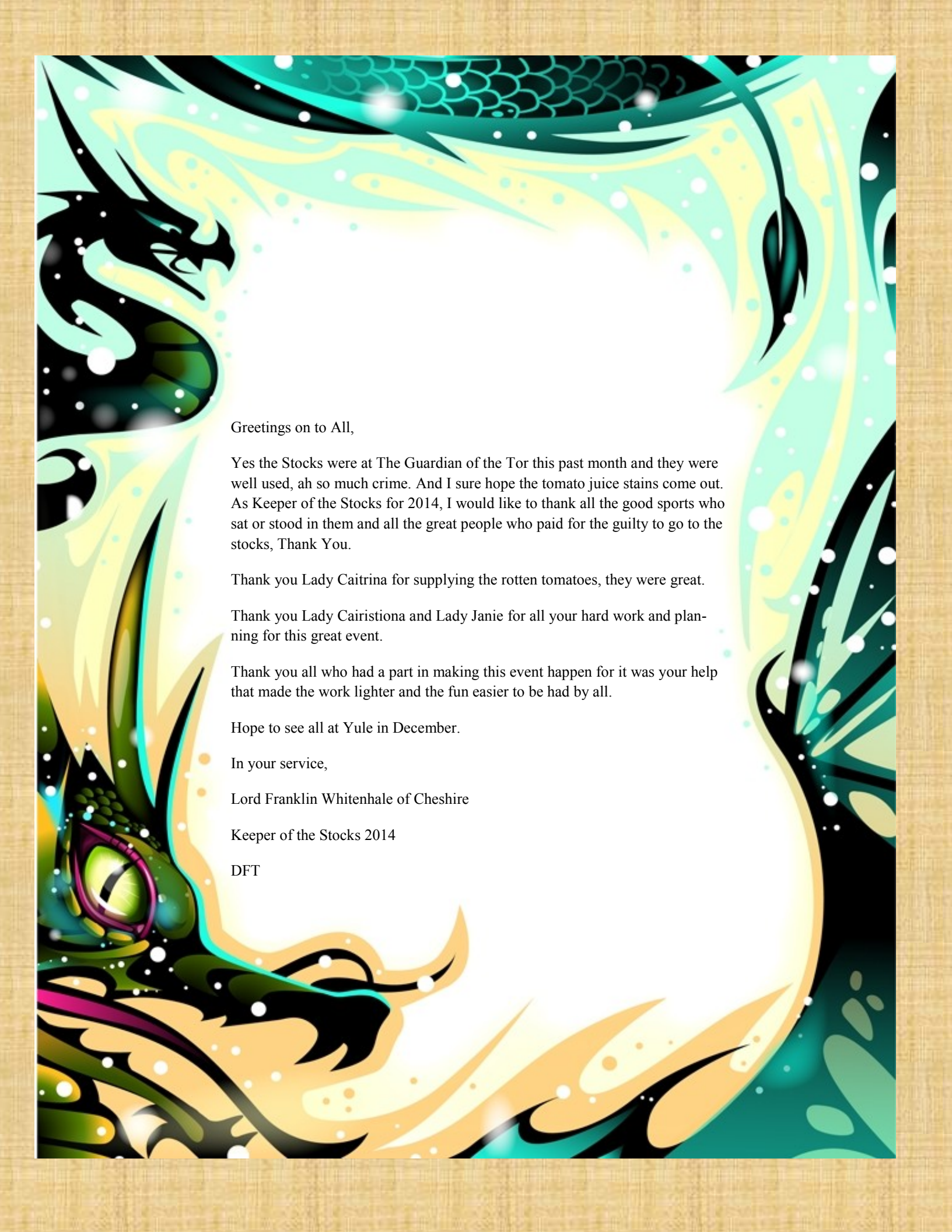
In Service,

Gerhart and Elspeth

Baron and Baroness of Elfsea

Lord and Lady of DragonsfireTor





Greetings on to All,

Yes the Stocks were at The Guardian of the Tor this past month and they were well used, ah so much crime. And I sure hope the tomato juice stains come out. As Keeper of the Stocks for 2014, I would like to thank all the good sports who sat or stood in them and all the great people who paid for the guilty to go to the stocks, Thank You.

Thank you Lady Cairina for supplying the rotten tomatoes, they were great.

Thank you Lady Cairistiona and Lady Janie for all your hard work and planning for this great event.

Thank you all who had a part in making this event happen for it was your help that made the work lighter and the fun easier to be had by all.

Hope to see all at Yule in December.

In your service,

Lord Franklin Whitenhale of Cheshire

Keeper of the Stocks 2014

DFT

Announcing DFT's newest champions



Sir Alejandro Ramirez Mendoza - Chivalric Guardian



Herr Andreas von Meiben - Rapier Guardian



Lord Gavin the Younger - Archery Guardian





Chronicler

Lady Diana the Just

chronicler@elfsea.ansteorra.org

Deputy Chronicler

[Accepting Applications](#)

Greetings

I announced at the last populace meeting that reports and Tidings submissions may now be submitted any time during the month. The deadline is still the 25th of each month. I hope this will make it easier for you to contribute to the Tidings.

Volunteer are needed for Ellsea's Baronial College. Information is listed on another page in the newsletter.

Thank you to those of you who took the time to submit a report or submission. Your time is appreciated.

Yours in Service

Lady Diana the Just

Aaliz's Kitchen – a modern cook's journey into Medieval Cookery

Roman Cena (part 4)

Ab ovo usque ad mala (from the egg to the apples) which means the beginning of the meal to the end (Raimer). Now we have arrived at the end of our Roman Cena. This month we will be looking at the third and final course of the Roman Cena. The Romans called this portion of the meal the *Secundae Mensa*. This is the dessert course of the Roman meal and will include fresh or dried fruits, nuts, sweet cheeses and pastries. Some of the fruits that would have been served are pears from Syria, figs, dates, plums, apple, pomegranates, melons, grapes (a favorite Roman fruit) and many more fruits. Since the Romans liked sweet desserts, they also served fruitcakes, puddings, and sweet egg-based dishes. Cold clams and oysters that we associate as appetizer dishes were originally served by the Romans as dessert dishes. This course will also consist of four or more dishes.

Secundae Mensa (3rd course)

Libum (sweet cheesecake),

Pear Patina,

grapes, dates, pomegranates

walnuts, hazelnuts, and almonds,

Libum (sweet cheesecake)

In Early Roman history they would make sacrificial offerings to their household spirits during the Cena. Libum was a cake that was considered worthy to be offered to the household spirits. The Roman statesman Marcus Porcius Cato included this cheesecake recipe in his agricultural writings.

Libum – Roman Recipe

- Translation from Marcus Porcius Cato #73

Bray (crush) 2 pounds of cheese thoroughly in a mortar; when it is thoroughly macerated, add in 1 pound wheat flour, or, if you wish the cake to be dainty, $\frac{1}{2}$ a pound of fine flour, and mix thoroughly with the cheese. Add 1 egg and work

the whole well. Pat out a loaf, place on leaves, and bake slowly on a warm hearth under a crock.

Notes:

- Sometimes the Romans would cover the food during the cooking process. They used a domed earthenware cover called a testo. The Nova program suggested that instead “an overturned, shallow clay pot, a metal bowl, or casserole dish” could be used to cover the cheesecake while it is baking.(Nova)
- Cato’s recipe was not the sweet version with honey. For a sweeter libum the Romans would warm honey (about ½ cup) then, pour it in the dish that would hold the libum. When the libum was taken out of the oven it was place on top of the honey and allowed to soak up the honey before being served.

Libum – Modern Recipe (serves 4)

Carla Raimer, Nova

Ingredients

- 1 cup all purpose flour
- 8 oz ricotta cheese
- 1 egg, beaten
- Bay leaves
- ½ cup clear honey

Preheat oven to 425°

Sift the flour into a bowl. Beat the cheese until it’s soft and stir it into the flour along with the egg. Form a soft dough and divide into 4. Mold each one into a bun and place them on a greased baking tray with a fresh bay leaf underneath each bun. Cover the cakes with your brick (clay pot, metal bowl, casserole dish- see paragraph above). Bake for 35 to 40 minutes until golden-brown. Warm the honey and place the warm cakes in it so that they absorb it. Allow to stand 30 minutes before serving. (Nova)

The modern recipe for Libum was taken from Nova featured in Secrets of Lost Empires: Roman Bath.

After the Secundae Mensa:

Our meal that probably started around 2:00 or 3:00 in the afternoon has come to the end and night has fallen. Our meal could still last way into the night as it is likely that we have invited our guests to stay for a comissatio. This would be a round or more of drinks accompanied by discussions of literature, politics, or

Aaliz's Kitchen cont...

other popular topics of the day. We have had an excellent meal, adequately shown off our wealthy, and our guests are on their way home with leftovers neatly tied up in their napkins. It has been a successful Cena.

Resources

“Ancient Rome.” The Supersizers Eat...: Season 2, Episode 6. BBC. 27 Jul. 2009. Television.

Ancient Roman Cuisine and Wine. <http://www.crystalinks.com/romecuisine.html> found 5/10/2014.

Cato the Elder. De Agricultura. Translated by Bill Thayer. http://penelope.uchicago.edu/Thayer/E/Roman/Texts/Cato/De_Agricultura/E*.html found 5/2014.

Faas, Patrick. Around the Roman Table: Food and Feasting in Ancient Rome <http://www.carroll.edu/msmillie/foodilap/introRommeal.htm>

Libum Recipe. CooksInfo.com. Published 10/03/2006. Updated 12/08/2010. Web. Retrieved 5/28/2014 from <http://www.cooksinfo.com/libum-recipe>

Raimer, Carla. Ancient Roman Recipes. Secrets of Lost Empires: Roman Bath. NOVA. <http://www.pbs.org/wgbh/nova/ancient/roman-recipes.html>, Found 12/2013.

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