

Tales of the Tor

SEPTEMBER 2014

ANNO SOCIETATIS XLVXI



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Greetings Elfsea,

Summer is almost at it's end. We then enter into a very busy fall tournament season. There is still time to practice, get weapons and armor ready and plan for travel.

We thank the Prince and Princess for coming and spending their day with us.

Baronial College was a wonderful event. There were many beautiful works of art, the bards came out to entertain, awards given, delicious food, friends, and laughter. Thank you Vittorio, and staff, for putting on a wonderful day. We enjoyed ourselves.

Elfsea has two new champions:

Don Brian O'hUlliam is the Newest Bard of Elfsea

Countess Deanna della Pena is the newest Artisan of Elfsea

Vivat to both!

We wish to thank Master Alden Drake and Lady Madalena de Orozco for their hard work and for being great champions.

There was also recognition given to the following:

Andreas von Meissen - Azure Keystone

HE Laurretta d'Avenporte - Azure Keystone

LADY Meadhbh Graeme - Award of Arms

LORD Angus MacIntyre - Award of Arms

LADY Caitrina - Sable Crane

LADY Aine - Portcullis

Lord Vittorio- Portcullis

Aoife Ruadh Inghean Ragnail- Eastern Tower for Calligraphy

Lady Meadhbh - eastern tower for costuming

Lord Angus - western tower for chivalric combat

Esteban - western tower for Rapier

Congratulations to all!!

We will be traveling to:

Wautaga Library Demo Sept 25, 5-8pm

Loch Ruadh Fest 2014 - a day of games **Sept 27**

Coronation Oct 11

Arlington Library Demo Oct 25

Bryn Gwlad Baronial Oct 31-2

Bordermarch War of the Rams **Nov 21-23**

The new travel pavilion will be in soon, we look forward to traveling with it, and having fun with you all at future events!!!!

In Service,

Gerhart and Elspeth

Baron and Baroness of Elfsea

Lord and Lady of DragonsfireTor



SEPTEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>Rapier Practice</u> <u>6:30</u>	2	3 <u>Elfsea Chivalric</u> <u>and Rapier</u> <u>Practice 7:30</u>	4	5	6
7	8 <u>Rapier Practice</u> <u>6:30</u>	9	10 <u>Elfsea Chivalric</u> <u>and Rapier</u> <u>Practice 7:30</u>	11	12	13
14 <u>Populace</u> <u>5:30 pm</u>	15 <u>Rapier Practice</u> <u>6:30</u>	16	17 <u>Elfsea Chivalric</u> <u>and Rapier</u> <u>Practice 7:30</u>	18	19	20
21 Elfsea Practice at DFT	22 <u>Rapier Practice</u> <u>6:30</u>	23	24 <u>Elfsea Chivalric</u> <u>and Rapier</u> <u>Practice 7:30</u>	25	26	27
28	29 <u>Rapier Practice</u> <u>6:30</u>	30	31 <u>Elfsea Chivalric</u> <u>and Rapier</u> <u>Practice 7:30</u>		29	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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Cairistiona Mac Laine (Kandi Newby)

Hospitaler:

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Lauretta d'Avenporte (Ann Daven-

Rapier Marshal:

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Ulf Nachdem Tor (De Clark)

Chronicler:

chronicler@dragonsfire-tor.ansteorra.org

Diana the Just (Diana Warner)

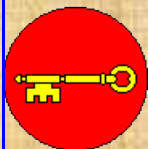
Minister of Arts and Science:

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Eibhlean Inghean Sheafraid (Kristen Kiser)

Web Minister : webminister@dragonsfire-tor.ansteorra.org

Ronnie Cook





Offices Open for bids:

Knight Marshal,

Herald,

Archery Marshal





Chronicler
Lady Diana the Just
chronicler@elfsea.ansteorra.org
Deputy Chronicler
Accepting Applications

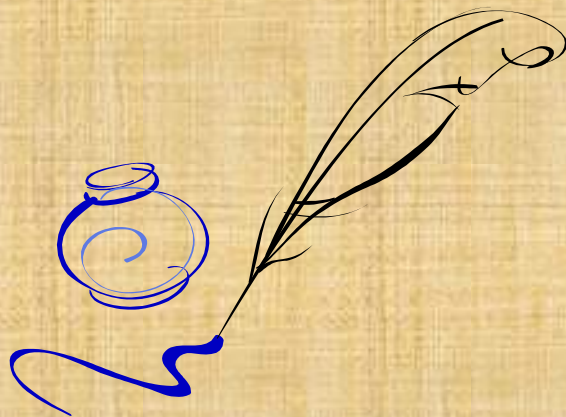
Greetings

*Thank you Caliz for taking the time to submit a new recipe.
Your time is appreciated. Members of Elfsea are submitting
persona stories for the Tidings. If any of you would like to do
the same for Tales of the Tor that would be great.*

Yours in Service

Lady Diana the Just

chronicler@dragonsfire-tor.ansteorra.org



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

Cabbage Soup

Original Recipe

Caboches in potage from *Forme of Curye 4*,

Take caboches & quarter hem & seeþ hem in gode broth wiþ oynouns ymynced & þe whyte of lekes yslyt & ycorve smal. & do þerto safroun and salt & force it wiþ powdour douce.

Redaction

Capoches in potage by Aaliz du Lac

Take cabbage & quarter them & seeth them in good broth with onions minced & the white part of leeks sliced & chopped small. & do there to saffron and salt & add to it with powder douce.

Recipe

Cabbage Soup by Faith

Ingredients

8 cups beef broth

1 small green fresh cabbage core removed and thinly sliced

1 medium white or yellow onion finely minced

1 large leek, only the white part, rinsed of all sand and thinly sliced into coins (or chopped)

¼ cup olive oil

1 generous pinch of saffron

Aaliz's Kitchen continued

Salt to taste

¼ tsp ginger

1 tsp cinnamon

½ tsp nutmeg

Or you can use your own powder douce recipe instead of the last three ingredients.

First heat the olive oil over a medium heat in a skillet. Sauté the minced onions and leeks until they become soft and semi transparent. Pour beef broth in a soup pot that will holdsautéed onions and leeks and cabbage. Cover and bring to a low boil and add the saffron and salt. Cover and simmer for at least an hour. During the last 10 minutes of cooking add the ginger, cinnamon and nutmeg. Serve hot with crusty bread and fresh churned butter.

Powder douce is considered a sweet powder. Some have compared it to a pumpkin pie spice. The recipe for powder douce varied somewhat from one cook to another. The common ingredients in most of the recipes are cinnamon and sugar. Other spices that could also be part of a powder douce recipe were ginger, nutmeg, cloves, galingale, cardamom, mace, grains of paradise, or saffron. The author of this month's recipe used ginger, cinnamon, and nutmeg for his powder douce, but omitted the sugar.

Powder douce by Giovanna

1-3 parts each of cinnamon, sugar, ginger, & nutmeg

½ - 1 part each cloves & galingale

Maybe some cardamom, mace, grains of paradise or saffron could be added.

Grind all of the spices & mix together.

Some cooks preferred a 2 parts of cinnamon to 1 part of sugar plus additional spices of the cook's choice.

If you are making your own powder douce, I would start with the cinnamon and sugar and then add some of the other spices listed above. The spices you choose will depend on your own taste.

Resources

Master Chef. *Forme of Curye*. 1390. Located at the University of Manchester. Manchester, England. (Master Chef of King Richard the II of England)

Faith. The Life and Recipes of a Medieval Cook. April 3, 2011. Found 8/5/2013. <http://thelifeandrecipesofamedievalcook.blogspot.com/> .

Giovanna. *On Poudre Douce*, Cook-a-Long Blog. November 12, 2007. Found <http://cookalong.blogspot.com/2007/11/on-poudre-douce.html>

Anonymous. *Le menagier de Paris*. Paris, France. 1393.

Note to Readers:

If you have a period recipe or recipes for camp cooking you would like to share, email it to me at akays78@yahoo.com. I will try to put it in a future newsletter. Remember to include a grant of use for a creative work form with your recipe. Also, any comments or corrections about posted recipes can also be sent to the same address



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Aaliz's Kitchen, submitted by Aaliz du Lac

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