

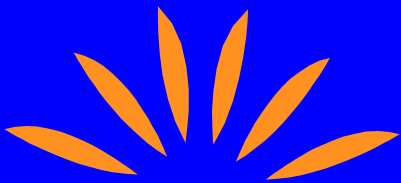


Elfsea Tidings

AUGUST 2013 CE ANNO SOCIETATIS XXXVI

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Applications are being accepted for :

Hospitaler

Chamberlain

Archery Marshal

Rapier Marshal

Chirurgeon

Words from the Baron

Greetings unto Elfsea and Dragonsfire Tor

Elfsea Baronial College is just around the corner. We are still seeking volunteers to either check in people arriving, or to handle the site fees. Contact Lady Diana to volunteer to help with gate. Centurion Gerhart is still seeking teachers.

This Baronial College promises to be exciting, with the elevation of Don Sebastian to the Order of the Pelican.

Plans still continue apace to have a baronial encampment at Bordermarch Autumn Melees. Lady Caitrina will be coordinating that effort, and I look forward to seeing many of the populace come together and represent the Barony!

On August 31st, Her Ladyship Elspeth is hosting a potluck to celebrate all of the hard work done in Elfsea and Dragonsfire Tor during the Winter and Spring. We will also be discussing plans for Elfsea's 25th Anniversary as a Barony.

Her Excellency, Mistress Druinne has graciously stepped forward to re-start the Scribal Guild. Helping with Kingdom and Baronial charters is a wonderful way to break into doing illumination and calligraphy. Look for missives from Her Excellency as the Scribal Guild is back up and running.

My travel schedule is:

August 17th - Elfsea Baronial College

August 24th - Laurel's Prize Tourney and Kingdom Rapier Academy

September 6th to 8th - War of Ages

September 28th - Coronation

Sir Alejandro

Barón



baron@elfsea.ansteorra.org

AUGUST 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Chivalric and Rapier Fighter Practice	8 Social and A & S night	9	10
11 Archery Practice	12	13	14 Chivalric and Rapier Fighter Practice	15	16	17
18	19	20	21 Chivalric and Rapier Fighter Practice	22	23	24
25 Archery Practice	26 Moot & business meeting 7:00-9:00	27	28 Chivalric and Rapier Fighter Practice	29	30	31

Events Schedule:

See the Elfsea List for further activities throughout the metroplex.

A & S Schedule:

2nd Thursday, sewing classes at Ldy Elizabeth's—948 Blossomwood Crt, Arlington 76017

Fill-inable Release Forms

- [Creative Release Form](#)
- [Model Release Form](#)
- [Photography Release Form](#)

Fill these forms out on your system, save and download with your submission to:

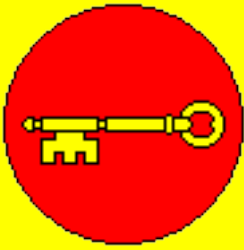
mailto:elfsea.chronicler@gmail.com

Copy Write and Disclaimer Statement

This is the August 2013 issue of the Elfsea Tidings, a publication of the Barony of Elfsea of the Society for Creative Anachronism, Inc. The Elfsea Tidings is available in hardcopy by contacting Diana Warner, 6560 Co. Rd. 274, Breckenridge, TX 76424.

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Seneschal

Don Sebastian Forbshire

seneschal@elfsea.net

Deputy Seneschal

[Accepting Applications](#)



Greetings to the Grand Barony of Elfsea;

Another month has passed and another Kingdom level event has taken place in our fine Barony. Kings Roundtable went off without a hitch. As the Seneschal my thanks for making me proud to be a member of a Barony that steps forward and makes things happen for this kingdom. As the Event Steward for Kings Roundtable thank you to everyone who helped make this event run smoothly. We received several compliments regarding the facilities and how well things went. Elfsea Baronial College is upon us, please volunteer to help where you can. Their Majesties will be present and an elevation is taking place so we can expect more people at this years college. At Steppes A&S competition it was announced that I am being elevated to the Order of the Pelican. I have chosen our Baronial College for the ceremony and our Baron and Gerhardt the Event Steward have graciously said yes. To those of you who sent me your zip codes, thank you. Our single most populated zip is 76112 with five occupants. The next was 76039 with four. The overall breakdown has left me looking in the 820 and I-30 area on the east side of Ft. Worth for a location to have our monthly officers meeting. I am looking for a restaurant with a private dining room or some place that has a room we can use for this meeting. If you have any ideas or suggestions please let me know.

Yours In Service

Don Sebastian Frobshire

Seneschal

Barony of Elfsea

Credits

This newsletter is produced using a licensed copy of Microsoft Publisher. Microsoft Clipart, Clipart from Microsoft Word free for use, and Dover electronic clip art.

Photos taken by Richard Threlkeld

Don Alaric's Quote of the Month submitted by Glen D Wilkerson

Aaliz's Kitchen was submitted by Alicia Kays

Photo for receipt taken by Alicia Kays

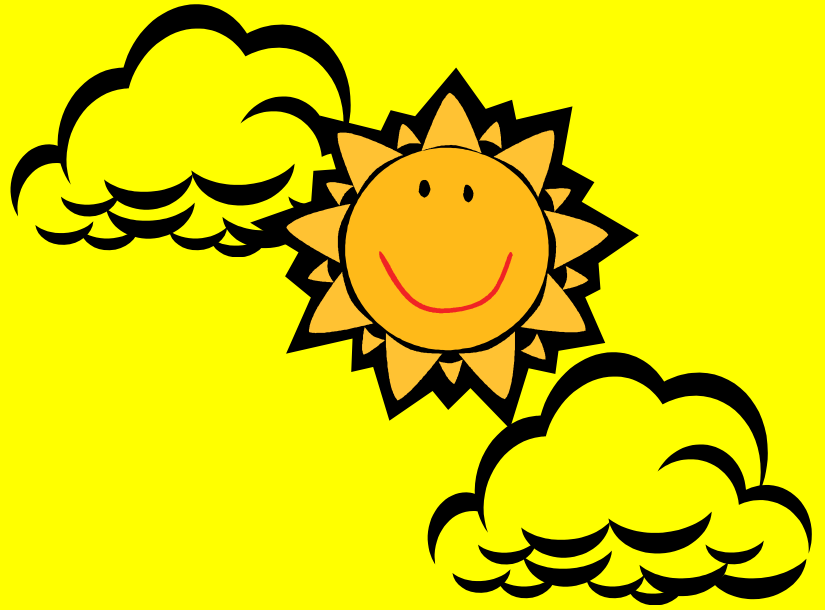
Creative release forms are on file



Exchequer

Lady Caitrina inhean Mhurchadha

exchequer@elfsea.ansteorra.org



Happy Sunny Weather!

Things are starting to wind back up for the fall season and the fiscal year end. Officers, get your receipts into me NOW. August officers/financial meeting will be to establish a new budget and financial policy guide, so I need your budget requirements in writing. September MOOT meeting will be to approve them. Please be there for a say in how your barony runs.

The following is the Baronial Financial policy for your information:

1. The Barony shall have its yearly budget approved by the populace. The budget is due by Moot in September each year. Each officer should list anticipated expenses for that office for the coming year and present them at business meeting prior to September Moot.
2. The populace must approve any non-budgeted expenditure over \$200.00. Expenditure shall be valued at the total of payments if the expenditure is made in payments. Any expenditure that requires payment in advance must have an invoice before payment can be made
3. Receipts for out of pocket, non-event, expenses must be turned in within 2 moots from the date of purchase or the expenses will not be reimbursed.
4. Prior to lending or borrowing funds, the Barony will have in writing, the method of repayment, liability, and profit disbursement.
5. The Barony shall loan funds or property to SCA Inc. and its subsidiaries only.
6. The financial committee shall consist of the following (1) Baron or Baroness, (2) Seneschal, (3) Exchequer and two members at large.
7. The two at large members shall be selected by majority vote of the warranted officers of the Barony of Elfsea.
8. Financial Committee Members that miss more than 2 meetings shall be reviewed to see if removal from the financial committee is needed.
9. A member can be removed by a majority vote of the committee.

Baronial Financial Policy Cont...

10. Vacancies must be announced at moot and published in the newsletter. Vacancies must be filled within 30 days of the position becoming vacant.
11. Financial committee members must be members of the SCA.
12. The Baron, Baroness and Seneschal shall receive a copy of the Exchequer's quarterly report by e-mail or hard copy within 30 days of filing. A copy of the quarterly report will be available for any member of the populace to review upon request.
13. The financial committee must approve event bids with attached budgets. Every event Steward must have a Keystone to assist them.
14. Expenses for an event must be turned in to the exchequer within 2 weeks after the event, so the report can be prepared and sent in on time.
15. Joint events will be subject to all regional financial policies, with baronial representation.

Lady Caitrina inhean Mhurchada

Elfsea Exchequer

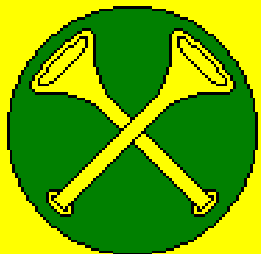


Greetings Elfsea,

I am now officially your herald. My warrant was signed at Red Tape. I have access to the Nautilus email address and am starting to work the emails which have been overlooked. I appreciate everyone's patience as I work through the Inbox.

I am thinking we need a consultation night. I'm not sure how regular this needs to be. I can host at my home, but will probably look for someplace more central within the Barony. Let me know your thoughts on frequency please.

In Service,
William



Nautilus

Lord William Palfrey

herald@elfsea.net

Don Alaric's Quote of the Month

"I put no stock in religion. By the word religion I have seen the lunacy of fanatics of every denomination be called the Will of God. I have seen too much religion in the eyes of too many murderers. Holiness is in right action, and courage on behalf of those who cannot defend themselves, and goodness. What God desires is in your mind, and in your heart, and what you decide to do every day - to be a good man, or not." - David Thewliss as The Hospitaller, "Kingdom of Heaven"





Rapier Marshal

Niall the Silent

Accepting Applications

rapier@elfsea.ansteorra.org



Knight Marshal

Edwin de Brus

marshal@elfsea.ansteorra.org

Good day Elfsea

Hope to find everybody having a good summer. Hope to see lots of fighters out on Wednesday. Its almost tourney season and Its a good time to starting working out the kinks from last year. I know I need more work on my footwork and shots so lets see if we can help each other in our weak points. Its summer so remember to bring water (I will have some too) and most of all have fun.

Edwin De Brus

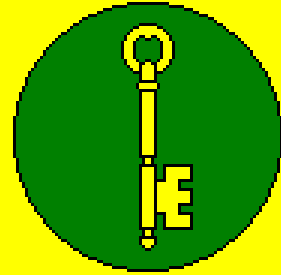




Chirurgeon

Accepting Applications

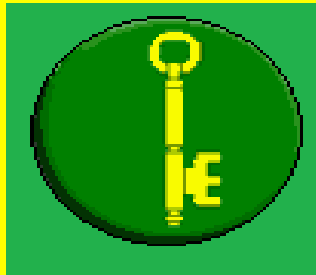
chirurgeon@elfsea.ansteorra.org



Hospitaler

Accepting Applications

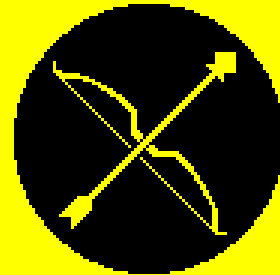
hospitaler@elfsea.ansteorra.org



Chamberlin

Accepting Applications

chamberlain@elfsea.ansteorra.org



Archery Marshal

Accepting Applications

archery@elfsea.ansteorra.org



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

Payn Pur-dew (Lost Bread)

This month's recipe caught my interest because it is so similar to French toast. I was surprised at the amount of fascinating information that I found for such a simple recipe. In French, payn pur-dew means lost bread. The term lost bread may reference the recipe's ability to use stale bread so that it is not wasted. This recipe was probably prepared for the wealthy. The white bread and sugar would have been expensive period commodities and someone who was poor would not have discarded the crust from the bread (Kimmie).

France was not the only country with a version of payn pur-dew. It would have been called "torriga" in Spain, "arme ritter" in Germany, and in England it was "Poor Knights of Windsor" (Mariani 134). One theory about this dish is: "In olden times, one of the symbols of distinction between the gentry and the common herd was that the former were expected to serve dessert at dinner. Knights, of course, were gentry. But not all of them were rich. Those who were not, in order to maintain their status, made do with armer ritter', often served with jam." (Claiborne 178).

I even found a reference to a similar recipe in Ancient Roman cooking. Apicius gave a recipe for this dish: "Another sweet dish: Break [slice] fine white bread, crust removed, into rather large pieces which soak in milk [and beaten eggs] Fry in oil, cover with honey and serve." (Apicius 172).

This month's recipe comes from a collection of 15th century recipes.

Original Recipe no. xliij.

from *Two Fifteenth-Century Cookery Books*,
Take fayre 3olks of Eyroun, &
trye hem fro þe whyte, & draw hem
þorw a straynoure, & take Salt and caste
þer-to; þan thake fayre brede, & kytte
it as trounde3 rounde; þan take fayre
Boter þat is claryfyd, or ellys fayre
Freysshe grece, & putte it on a potte, &
make it hote; þan take & wete wyl þin
trounde3 in þe 3olks, & putte hem in þe
panne, an so frye hem vppe; but ware of
cleuyng to the panne; & whan it is fryid,
ley hem on a dysse, & ley Sugre y-nowe

Redaction 43

from *Take a Thousand Eggs or More*,
Take fair yolks of Eggs, & pick them
from the white, & draw them
through a strainer, & take Salt and
cast thereto; then take fair bread, &
cut it as slices round; then take
fair Butter that is clarified, or
else fair Fresh grease, & put it
in a pot, & make it hot; then
take & wet well thine slices in
the yolks, & put them in the
pan, and so fry them up; but
beware of sticking to the pan;

Per-on, & panne serue it forth.
(Austin 42))

& when it is fried, lay them on
a dish, & lay Sugar enough
thereon, & then serve it forth.
Renfro 216)

Recipe – by Aaliz du Lac

Ingredients

2 egg yolks, beaten
2 slices white bread
1 Tablespoon butter or lard
dash salt
1 teaspoon sugar

Cut the bread with a 4-inch round cutter. Discard crusts. Beat egg yolks with salt. Dip the bread rounds in the beaten egg yolks, coating both sides of each slice. Melt the butter in a pan. Fry the bread slices until golden brown, about 2 to 3 minutes. Flip the slices and cook the other side until golden brown. Take up and sprinkle with sugar. Serve hot.

Makes 2 slices. 1 serving. (Renfro 217)

Variations

A few similar recipes added rose water or almond milk with the egg yolks. Also, some cooks may have added cinnamon at the same time that the sugar was sprinkled on the bread.



(photo by Alicia Kays)

Cook's Notes

I liked the yellow color using the egg yolks gave the bread. I also think only using egg yolks heightened the taste of the egg. However, adding rose water, almond milk or milk would stretch the recipe more. One addition I made was to sprinkle some cinnamon on the bread with the sugar. I was able to make 3 pieces of toast instead of the 2 slices in the recipe. I believe this was because my largest biscuit cutter was 3 inches instead of the 4 inch one in the recipe. Instead of eating this as a dessert, I had mine for breakfast and really enjoyed it. If this dish was for a dessert, I think I would serve it with jam, honey or, my favorite, a fruit sauce on top of the bread.

Resources

Apicius, Caelius. *Apicius Cookery and Dining in Imperial Rome*. Ed. and trans. Joseph Dommers Vehling. 1936. recipe 296. p172. Print.

Austin, Thomas editor. *Two Fifteenth-Century Cookery-Books*. London. Early English Text Society, 1888. Recipe no. xliij. p.42. ebook. (Edited from Haleian MS. 279 ab. 1420)

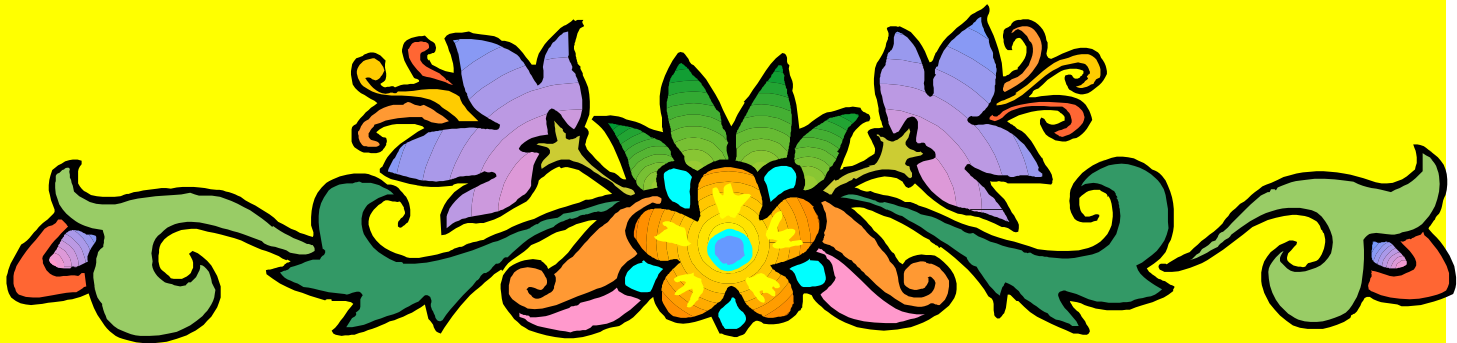
Claiborne, Craig. *Craig Claiborne's The New York Times Food Encyclopedia*. Random House, 1994. 178. Print.

Kimmie, "The Origin of the French Toast." *Chef Talk*. N.p. 21 Aug 2010. Web. 20 Jul 2013. <http://www.chefstalk.com/t/8142/the-origin-of-the-french-toast.com> .

Mariani, John F. *The Encyclopedia of American Food and Drink*. Lebhar-Friedman Books, 1999. 134. print.

Renfrow, Cindy. *Take a Thousand Eggs or More, A Collection of 15th Century Recipes*. 2nd edition. 1. New York: Royal Fireworks Press, 1998. 216-217. Print.

Just a reminder – If you have a favorite recipe that you would like to share with the populace email it to me at akays78@yahoo.com. Submissions could be a period recipe, a period like recipe, or recipes you find work very well for camping events. Please remember to send a permission of use form with your recipe.



Scribal Guild Report

Greetings to the wonderful populace of Elfsea, from Druinne de Salesberie.

His Excellency has accepted me as the leader of the Scribal Guild. I hope to facilitate and encourage the scribal pursuits in the barony as well as provide an avenue for getting charters back and forth from artists to Sable Scroll.

To that end, I will be hosting a scribal night at my house in Blue Mound the second Tuesday of the month. In addition, I will have charters available for pickup at each and every populace meeting. Completed ones can be passed back to me there as well.

As has been the custom in Elfsea, the guild will produce all of the invitations for our anniversary event.

My email is druinne at [gmail.com](mailto:druinne@gmail.com). Please feel free to contact me for directions to the house.

Lastly, I am hosting a painting table at Baronial College, complete with chocolate for painters to keep their strength up!

Pray know all that I remain in service, Druinne.





Chronicler

Lady Diana the Just

chronicler@elfsea.ansteorra.org

Deputy Chronicler

[Accepting Applications](#)

Chronicler's Report

Greetings onto the Populace of Elfsea
We are in the 25th year of Elfsea's existence. This is a perfect time to tell stories and bring out pictures of Elfsea's history. I would love to include your stories and pictures of her history in the newsletter.
Please contact me at:

chronicler@elfsea.ansteorra.org

Yours in Service

Diana the Just

