



# THE RIVENVALE REVIEW



The Shire of Rivenvale's Quarterly Newsletter (Oct 2016 - Dec 2016)

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Serving Trumbull, Mahoning & Columbiana Counties in Ohio

## Calendar of Shire Events

### October 2016

- 4 - Business meeting and potluck. Dancing after meeting (time allowing).
- 11 - Dancing, Games, Thrown Weapons
- 15 - Project day at Lord Frøkn's & Lady Áine's house
- 18 - Hood Sewing, Leatherworking (Bookbinding) class/Officer's Meeting after
- 25 - Archery/Bonfire (bring food to roast, stories to read/tell, libations.)

### November 2016

- 1 - Business meeting and potluck. Dancing after meeting (time allowing).
- 5 - FALL BRANSLE - Firestone Park, Columbiana OH**
- 8 - Event Stewarding class/ Illumination Class(sign-up by 1 Nov for supplies)
- 15 - Period Death Customs & Sewing- Open projects
- 22 - Basic Embroidery Stitches/Dancing
- 29 - Fiber Arts/Leatherworking (Water Forming-Flask Making) Class

### December 2016

- 6 - Quarterly Revel-Holiday! - Business meeting and potluck. Dancing and merriment! Garb & feast gear requested & encouraged. Christmas cookie exchange.
- 13 - Illumination Class/Dance Practice
- 20 - Leatherworking Class (shoes - Gillies)
- 27 - MEETING CANCELLED - HOLIDAY BREAK

If you are interested in a specific topic not listed, please contact one of the Shire Officers with suggestions. If you wish to lead a session please let us know.

*(If you find that you do not wish to participate in the evenings' scheduled activities, feel free to bring whatever you are working on.)*

For the latest and most current event & meeting information, you are invited to browse the Shire's calendar at: [www.Rivenvale.org](http://www.Rivenvale.org).

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### Chronicler

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### Vacant Positions:

- Knight's Marshal (Heavy Combat)
- Rapier Marshall
- Youth Officer

If interested, please contact our Seneschal

## From the Chronicler



Hello!

My favorite season of all is upon us, when leaves change, the days get cooler, and that special autumn scent is in the air.

I am busy trying to finish up the Spring cleaning that never seemed to happen, and hoping against hope to squeeze a little time in my schedule to work on my SCA projects, namely sewing and illumination. I am hoping to attend the Aethelmarc Academy in Wallaceton, PA, in November to learn more Illumination techniques to share with you in our classes.

What projects are you working on? I would love to hear about them. Snap and send me a picture and I can put it in the newsletter.

This month, I have included two articles from outside the Shire membership. Since we are working on a pavilion during a project day, and also some outdoor games equipment, I was led to an excellent source for articles compiled by Mark Harris, AKA Stefan li Rous, "Stefan's florilegium" which has a lot of great article resources that he has collected during his SCA years. I am posting an article on Boules & Bocce, written by THL Dagonell. (David Salley). Feel free to check out Stefan's collection of articles at [www.florilegium.org](http://www.florilegium.org).

I also am in possession of another awesome, comprehensive article on Yprocras (since we have been discussing brewing and our brew exchange for Winter Wassail) submitted to me by THL Johnnae Ilyn Lewis, CE. Her Honorable Ladyship is a professional librarian and co-author of the reference volume Concordance of English Recipes: Thirteenth to Fifteenth Centuries, 2006, and a bibliography on "Medieval Food and Drink" for Oxford Bibliographies Online (Authority and Innovation for Research) 2010. She edits Elizabethan cookery books for [medievalcookery.com](http://medievalcookery.com). She joined the Society in 1973, with August 2016 marking her 43rd Anniversary. She answers reference questions on various Society e-mail lists, as well as writing articles for numerous publications.

Warm up by our bonfire this month, have some food & drink, and listen to some tales! (Caution: Some may be taller than others!)

Yours in Service, Lady Áine

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NOTE – This article was first published in the July 2005 issue of "Vigilance", the newsletter for the Shire of Heronter.

# Boules and Bocce

By THL Dagonell  
(David P. Salley)

Oribase, a Greek physician around 300 A.D. wrote of a game played by throwing balls at a stationary target. Although he did not give a name to the game, the rules are nearly identical to the French game of Jeu de Boules. It is believed that the game spread across Europe because the soldiers of the Roman Empire played it for entertainment and exercise. The illustration is a detail from "Children's Games" by Pieter Brugel, which was painted in 1560.

An official Boules court is a stretch of hard, bare earth thirteen by three meters, roughly forty-three by ten feet. For informal games, any stretch of bare ground will do, however if the cochonnet is first tossed within two feet of an obstacle, it must be re-tossed. The cochonnet, or 'jack' in England, is a small wooden ball about one and a half inches in diameter. It is the target for both teams. Each team has three Boules, or iron balls about three inches in diameter. For informal games, croquet balls or softballs may be used.

The earliest use of 'Jack' is from 1611 "Was there euer man had such lucke? when I kist the lacke vpon an vp-cast, to be hit away?". Another citation from 1697, "He had not Strength to throw the Jack-Bowl half over the Green" -- R Pierce.

The first player, or team, draws a circle with a shoe heel just outside the playing field. From within the circle, the cochonnet is tossed towards the other end of the field. It must travel at least six yards, but no more than eleven yards. This ball becomes the target for the rest of the game.

The first player then tosses a boule at the cochonnet. Being the only ball in play, it is the closest to the cochonnet and their turn ends. The second player, or team, tosses their boules until they succeed in putting one closer to the cochonnet, or 'get best ball'. As soon as they have 'best ball', their turn ends.

When a player throws an boule, he may toss the ball close to the cochonnet, strike an opponent's ball away from the jack, strike an earlier ball of his own closer, or simply move the cochonnet itself. If the cochonnet is moved, it is not restored to its former position. Anything that results in having his ball closest to the cochonnet counts as best ball.

If a team runs out of balls without getting best ball, they lose their turn and the other team gets a chance to better their score. When all boules have been tossed, the game is over. The winning team gets one point for every boule of theirs which is closer to the cochonnet than the closest boule of their opponent.

(continued next page)

## **Boules and Bocce** (continued from previous page)

The winning team then draws a new throwing circle at this end of the playing field and throws the cochonnet towards where they stood previously. Thus, games are played alternately up and down the court. A match is played until one team reaches a predetermined score, generally fifteen points.

Bocce is the Italian version of Boule. Variations are as follows: The field is eight feet by sixty feet. The cochonnet is called a pallino and must be tossed at least thirty five feet. There are four boules instead of three; and players alternate turns. There are three kinds of throws; a straight throw, a called throw and an aerial throw. If a straight throw displaces balls, they are restored to their original place and the throw is disqualified.

For a called throw, the player must announce which ball he intends to hit. If he does, the results remain. If he misses, his ball is disqualified. An aerial throw is a called throw which is shotputted rather than rolled. Scoring is the same as in Boules. A two player game is to fifteen points, a team game is played to eighteen.

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Editor's Note: This was accomplished.



## Ypocras and Spice

Soone after that, this hastif Januarie  
Wolde go to bedde, he wolde no lenger tarye,  
He drynketh ypocras, clarree, and vernage  
Of spices hoote. T'encreessen his corage...

Geoffrey Chaucer. *The Merchant's Tale*.

So named because it was "filtered through a 'Hippocrates' sleeve' or 'bag'", the drink known today as *Hippocras* or *Ypocras* was also spelled as *ipocras*, *ipocrasse*, *ipocratis*, *ipocras*, *hipocras*, *hippocris*, *hyppocris*, and *hypocras*. Hippocrates bags or sleeves were filtering or straining bags that were conical in shape. Karen Hess notes that they were called *Manica Hippocrates*. They were said to resemble the sleeves of the gown worn by the physician Hippocrates in ancient Greece. Drinks other than hippocras might be strained through Hippocrates' bags, so it cannot be said that all drinks strained through these sleeves are ypocras. These other drinks include notably Sir Kenelme Digbie's 'very plesant drink of apples' and the 'Countess of Newport's Cherry Wine.' [For an excellent explanation with illustrations of the process, please take a look at Ivan Day's website at: <http://www.historicfood.com/Ypocras.htm> ]

At the time that Chaucer was writing *The Merchant's Tale* (as quoted previously, the master cooks of England's King Richard II were composing the culinary manuscript that is known today as the *Forme of Cury*. Recipe 199 of that manuscript states:

**Pur fait ypocras.** Troys vnces de canell & iii vnces gyngueur; spykenard de Spayn, le pays dun denerer; garyngale, clowes gylofre, poeure long, noiey mugadey, mayioyame, cardemonii, de chescun i quarter donce; grayne de paradys, flour de queynel, de chescun dm. vnce; de dout soit fait powdour &c.

Or modernized as:

**To make Ypocras.** Three ounces of cinnamon and three ounces of ginger; spikenard of Spain, a pennysworth; galangal, cloves, long pepper, nutmeg, marjoram, cardamom, of each a quarter of an ounce; grain of paradise, flour of cinnamon, of each half an ounce; of all, powder is to be made, etc.

Hieatt & Butler. *Curye on Inglysch*, p. 145.

Ypocras recipes varied from household to household. Cindy Renfrow in her excellent chapter on hippocras in *A Sip Through Time* mentions recipes can be found for versions with white wine, red wine, and oddly sounding to the modern palate, versions that call for wine and milk or cream. Ypocras was at once both a medicinal drink prescribed by doctors and apothecaries and a digestive to be taken at the end of a meal.

At roughly the same time that the master cooks at the English court were compiling their recipes, the Menagier of Paris in a middle class French household was dictating that ypocras or hippocras ought to be made as a powder. His recipe called for fine cinnamon, selected ginger, grains of paradise,

nutmegs, and galangal. One was to mix this powder with sugar and add to the wine. As translated by Professors Gina L. Greco & Christine M. Rose, the Menagier's recipe reads:

**Hippocras.** To make hippocras powder, pound together a quarter of very fine cinnamon, selected by tasting it, half a quarter of choice cassia buds, an ounce of hand-picked, fine white Mecca ginger, an ounce of grains of paradise, and a sixth of an ounce of nutmeg and galingale together. When you want to make hippocras, take a generous half ounce of this powder and two quarters of sugar, and mix them together with a quarter of wine as measured in Paris. And *nota* that the powder and the sugar mixed together make "duke's powder." *The Good Wife's Guide. Le Menagier de Paris. Page 329.*

Or as translated by Janet Hinson. the Menagier's recipe reads:

**HIPPOCRAS.** To make powdered hippocras, take a quarter-ounce of very fine cinnamon, hand-picked by tasting it, an ounce of very fine meche ginger and an ounce of grains of paradise, a sixth of an ounce of nutmeg and galingale together, and pound it all together. And when you want to make hippocras, take a good half-ounce or more of this powder and two quarter-ounces of sugar, and mix them together, and a quart of wine as measured in Paris. And note that the powder and the sugar mixed together make "duke's powder".

To make a quart or a quarter-ounce of hippocras by the measure used in Besiers, Carcassonne, or Montpellier, take five drams of fine select clean cinnamon, select peeled white ginger, three drams: of clove, grains, mace, galingale, nutmeg, nard, altogether one and a fourth drams: more of the first, and of the others less and less of each as you go down the list. Grind to powder, and with this put a pound and half a quarter-ounce, by the heavier measure, of ground rock sugar, and mix with the aforesaid spices; and have wine and the sugar melted on a dish on the fire, and add the powder, and mix: then put in the straining-bag, and strain until it comes out a clear red. Note that the cinnamon and the sugar should dominate. <http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html>

Another early circa 1380 recipe identified as "Potus ypocras" from the English Mss. Royal 17 notes if one lacks sugar, one should use a 'potel of hony' in the making of the drink.

**Potus ypocras.** Take a half lb. of canel tried; of gyngyuer tried, a half lb.; of greynes, iii unce; of longe peper, iii unce; of clowis, ii unce; of notemugges, ii unce & a half; of carewey, ii unce; of spikenard, a half unce; of galyngale, ii unce; of sugir, ii lb. Si deficiat sugir, take a potel of honey.

Hieatt & Butler. *Curie on Inglysch*, p. 148.

By the time John Russell was writing his *Boke of Nurture* (circa 1440) ypocras was being divided into differing versions for the wealthy and for the poor. Ginger, Cinnamon, Grains of Paradise, Sugar, and Turnsole for coloring were called for in the wealthy version. For 'commyn peple' ginger, canelle, long pepper, and honey were called for. Dinners for the wealthy and nobility required the festive meal at feasts be ended with ypocras, wafers and comfits. Ceremonies, weddings, and christenings required the drink. During the reign of Henry VIII, Anne Boleyn and her ladies were solemnly served "great standyng spyce plates, a voyde of Spice and subtilties with Ipocras and other wyne" at her Coronation. (Hall) For Elizabeth I, it was recorded "at the seruing vp of the Wafers, the Lorde Maior of London went to the Cupboord, and fitting a cup of golde with Ipocrasse, bare it to the Queene, and kneeling afore hir tooke the assay, and shee receyuing it of him, and drinking of it, gaue the Cuppe wyth the couer vnto the sayde Lorde Maior for his fee, which Cuppe and couer weyed. xvj. dunzes Troy weight." The account ends with the words: "Finally this feast being celebrated with all royall ceremonies, and high solemnities, due and in like cases accustomed, tooke ende wyth great ioy and contentation to all the beholders. " (Holinshed)

All three, wafers, comfits, and ipocras could be purchased for special occasions. As the 15<sup>th</sup> century progressed, ready-made hippocras powders or spice mixtures were increasingly

being made available from obliging spicers or spice merchants. This made the task simpler for the not so wealthy household who operated without the services of a butler.

With the arrival of the printing press, ypocras recipes made the leap from manuscripts to the printed page. An elaborate and detailed recipe titled "For to make Ipocras" appears in Wynkyn de Worde's *The Boke of Keruyng* [Book of Carving] in 1508. The first paragraph of this version of the recipe appears below. It calls for red wine, ginger, pepper, grains of paradise, canell, cinnamon, sugar and turnsole: **For to make Hypocras** begins

Take gynger, peper, graynes, canell, synamon, suger and tornsole, than loke ye have fyve or syxe bagges for Hypocras to renne in & perche that your renners may hange on, than must ye have by peautre basyns to stande under your bagges than loke youre spyce be redy & your gynger well pared or it be beten to poudre, than loke your stalkes of synamon be well coloured & swete canell is not too gentyll in operacyon synamon is hote and drye, graynes of paradico ben hote and moste, gynger, graynes, longe peper and suger ben hote and drye, tornsole is holsome, for reed wyne colouryng. Now knowe ye the proporcyons of your hypocras. than bete your pouders eche by them selfe & put theym in bladders & hange your bagges sure that no bagge touche other

For the extended recipe see *The Boke of Keruyng*. 1508. Or see the online version at: <<http://milk mama.tripod.com/kervynge2.html>>

A number of other ypocras recipes found their way into printed texts in the 16<sup>th</sup> century. The first volume of Alessio published in England in 1558 included this recipe for an "Excellent Ipocras."

### **Excellent Ipocras.**

TAke an vnce of Synamom, of Ginger .ii. dragms Melligetta thre dragmes, Cloues two deniers, Nutmegges, Galanga, of eche of them a denier, stampe all, and put it in a ielley bagge or strainer, than take a pint of the best redde or white wine you can get, or a pint of good Malmesey or other stronge wine, mixe well all togethers, than take a pounce of Sugre fined, and hauinge stamped it, put it into the other wyne, and so poure it vpon the strainoure, wherein you dyd put the sayd wine with the spices, than hauinge taken it oute, you muste poure it on agayne, so often vntyll it become as cleare as it was before, styrringe it sometime in the strayner or bagge: and here note that this is to make but a flagon full. Wherefore, if you will haue more, you muste take a greater quantitie of the sayd thinges. And for to make it verie excellent, you maye bynde a lyttle Muske in a fine linnen clothe at the ende of the strayner, so that all the substance maye passe ouer and vpon it, the which by that meane wil receiue the odour and sent of the sayde Muske. Pp. 57-58.

John Partridge's books on cookery began appear in the 1570s. He included this recipe:

### **To make Ipocras. Cap.xl.**

TAke of chosen Cinimon, two ounces, of fyne Gynger one ounce, of Graynes half an ounce, bruse them all, & steepe them in .iii. or .iiii. pyntes of good odiferous wine, with a pound of Sugre by the space of .xxiiii. howres, then put them into an Ipocras Bag of Wollen, and so receaue the liquor. The rediest and best waye is to put the Spices with the halfe powned of sugre, and the Wine into a stone bottle, or a stone pot stopped close, and after .xxiiii. howres it wyll bee rady, then cast a thin linnen cloth, or a peece of a boulder cloth on the mouth, & let so much run thorow: as ye wyll occupy at once, and kepe the vessel close, for it will so well keep both the sprite, odour, and vertue of the Wine, and also Spices. Partridge. *The Treasurie of commodious Conceits*, 1573.



## CHAP. 234. Hippocras made with water.

TAke of chosen Cinamom two ounces, of Ginger scraped halfe an ounce, long Pepper, Greynes, Galin-gale, of each a dramme, Nutmegs, Cloves, Mace, of each halfe a dramme, Spring water three quarts, let it boyle to the halfe or to one quart, then straine it hard through a cloth, and put to it halfe a pound of Sugar, boyle it a little againe and skimme it, then put it into some close pot and use it. To make Hippocras of Aquavita<sup>e</sup>, excellent for one that is very weake. Take a quart of Aqua vitae, and put it in a glasse, then take two ounces of Cinamom, one ounce of Ginger, two pennyworth of Cloves, as much of Greynes, a peny worth of Nutmegges, beat them all grosse, and put them to the Aqua vitae▪ and shake it together every day often for nine daies together, then drinke it with wine or ale, halfe a spoonefull or a quarter, with halfe a pinte of Ale. Page 266

In the early 17<sup>th</sup> century, versions for hippocras can be found in Gervase Markham's *The English Housewife*. Markham calls for a woolen bag through which to strain the mixture and helpfully notes 'if your wine be claret, the hippocras will be red; if white, then of that colour also.'

### To make hippocras

To make hippocras, take a pottle of wine, two ounces of good cinnamon, half an ounce of ginger, nine cloves, and six pepper corns, and a nutmeg, and bruise them and put them into the wine with some rosemary flowers, and so let them steep all night, and then put in sugar a pound at least; and when it is well settled, let it run through a woolen bag made for that purpose: thus if your wine be claret, the hipocras will be red; if white, then of that colour also. Gervase Markham. *The English Housewife*, p. 111

Sir Kenelm Digbie's *Closet Opened* from 1669 is well known for its collection of mead and wine recipes, but the book contains no ypocras titled recipes. For a representative recipe from that period, we can turn to *The Accomplish'd Lady's Delight* of 1675, which contains this recipe for a white wine version.

### 14. To make Hippocras.

Take a gallon of White-wine, two pound of Sugar; and of Cinamon, Ginger, long Pepper, Mace not bruised, Grains, Galingal Cloves not bruised, of each two pennyworth, bruise every kind of spice a little, and put them all together into an earthen pot for a day, then cast them through your bags two or three times, as you see cause and so drink it. *The Accomplish'd Lady's Delight*.

Lest we think that only in modern times have we strived to create foods and drinks in an instant—here's another recipe from the same book.

### 93. To make excellent Hippocras in an instant.

Take of Cinamon two ounces, Nutmegs, Ginger, of each half an ounce, Cloves two drams, bruise these small, then mix them with as much spirit of Wine, as will make them into a Past, let them stand close covered in a glass the space of six days in a cold place, then press out the liquor and keep it in a glass. A few drops of this liquor put into any Wine giveth it a gallant relish and odour, and maketh it as good as any Hippocras whatsoever in an instant. *The Accomplish'd Lady's Delight*.

As cold and bitter autumn and winter days and nights seem to call for what medieval food historian Moira Buxton calls "undoubtedly the best and most comforting of the spiced drinks" here is her modern recipe for the drink.



## Hypocras.

Up to 3 bottles of good plain red vin de table

6 ounces sugar

3-4 quills of cinnamon

1 level tablespoon each of ginger and galingale

1 teaspoon each of nutmeg, mace, cloves and cardamon-all ground

¼ teaspoon hot paprika (I'd use long pepper here but the paprika is an interesting substitute when one doesn't have long pepper in the cabinet.)

Warm the wine - do *not* allow to become hot and *never boil*- and dissolve the sugar in it. Now add the spices and simmer over very, very low heat for 10-15 minutes. Strain several times to remove the spices. Serve warm or cool or bottle and cork or cap. (Buxton. pp.76-77)

Last, but not least Peter Brears offers up this simple recipe for a Tudor style Hippocras. Brears in his latest volume *Cooking and Dining In Tudor and Early Stuart England* describes ipocras or hippocras as "the sweet, spiced digestive liqueur of the medieval period" which continued to be drunk at wedding feasts in the seventeenth centuries. Brears notes that if even if one halves the amounts of specified spices found in early modern cookery books, the mixture will be well spiced enough for modern tastes. His version from *All the King's Cooks* follows. He notes it is minus the dangerous ingredients of turnsole, etc.

For two pints of red or white wine, use one-half teaspoon each of ground cloves, nutmeg, and galangal, 2 teaspoons of ground cinnamon and one quarter teaspoon ground ginger. Mix the spices and add them to the wine. Leave overnight. Then filter the wine mixture through paper coffee filters until no longer cloudy. Add one cup sugar (to taste) to the wine mixture. Mix well. It's ready to serve.

Comfits and wafers (or pizelles) may still be purchased, but it is hard to find a good bottle of ipocras at the local liquor store, but with the recipes above, one can easily make a batch at home. Enjoy!

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Ivan Day's website *Historic Food* is at <http://www.historicfood.com>

His blog *Food History Jottings* is at [foodhistorjottings.blogspot.com/](http://foodhistorjottings.blogspot.com/)

For more about Alessio see *Tournaments Illuminated #147* [2003] for my article on the 16<sup>th</sup> century culinary and medical recipe bestsellers that appear under his name.

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## Tart in Ember Day (Ymber) Recipe

(scaled for 5 pies)

5 pounds sweet onions (about 15)  
2 1/2 c. bread crumbs (not seasoned)  
10 TBSP Butter  
1 TBSP sugar  
5 pie crusts, unbaked  
2 1/2 tsp. salt  
40 large eggs, beaten well  
1 bunch parsley, chopped  
2 cups dried currants  
1/2 tsp. plus 1 pinch of mace, cinnamon & ginger  
Add extra parsley as needed.

Chop onions and place in a pot of boiling water for 2—3 minutes. Drain. When drained, add butter to melt. Combine with chopped parsley, bread crumbs, eggs, currants, sugar, salt & spices. Pout into prepared pie crusts and bake at 350 degrees F for 30 - 40 minutes, ensuring that the egg is set. Let cool for 10—15 minutes before cutting into serving sizes. Serve at room temperature or slightly warmed.

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Submitted by Lady Áine ingen Uí Briain

YUM!