



THE RIVENVALE REVIEW



The Shire of Rivenvale's Quarterly Newsletter (Oct - Dec 2015)

Serving Trumbull, Mahoning & Columbiana Counties in Ohio

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Calendar of Shire Events

October 2015

- 6 - Business meeting and potluck. Dance practice after meeting.
- 13 - Sew 'n Throw - There will be inside work on garb, and outside throwing practice (weather permitting).
- 20 - Archery (weather permitting), Armoring workshop (leatherworking) and Herbs Class
- 27 - Bonfire (weather permitting). Bring food items for roasting if desired. Storytelling and a "Bardic Safe Zone"

November 2015

- 3 - Business meeting and potluck. Dance practice after meeting
- 10 - Sewing & open projects - Bring anything you are working on
- 14 - **Fall Bransle Event**
- 17 - Leatherworking with an Archery theme
- 24 - Fiber Arts & Music Session This will be a jam session or a sight-reading class, or both (as desired).

December 2015

- 1 - Quarterly Revel - Business meeting and potluck. Holiday theme. Holiday cookie exchange. Dancing and merriment! Garb & feast gear requested & encouraged.
- 8 - Sewing & Leather Armor
- 15 - Period recipes & persona development.
- 22 - Winter Solstice Snow Night. Outdoor bonfire.
- 29 - Meeting Cancelled

For the latest and most current event & meeting information, you are invited to browse the Shire's website at: www.Rivenvale.org.

We still have vacant officer positions! Currently vacant are Knight's Marshal (Heavy Combat), Rapier Marshal, & Youth Officer. If you are a registered SCA member and wish to volunteer, please contact our Seneschal as listed.

This is the October 2015 issue of the Rivenvale Review, a publication of the Shire of Rivenvale of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Rivenvale Review is edited by and available from Julie Taylor, 424 Seneca St, Niles, Ohio, 44446. It is not a corporate publication of the SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2015 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator. This is intended to be an electronic publication. Hard copies available upon request.

From the Chronicler

Greetings to Everyone:

Fall is upon us...beauty, color, rich scents, weather starting to chill. I received a wonderful submission from THL Johnnae Ilyn Lewis, CE, showcasing apples and some wonderful Medieval recipes, which I feel is most appropriate to this time of year. She 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 currently edits Elizabethan cookery books for medievalcookery.com. THL Johnnae Ilyn Lewis (CE) joined the Society in 1973. August 2015 marked her 42nd Anniversary! She answers reference questions on various Society e-mail lists, as well as writing articles for numerous publications. She'll be speaking at RUM in November on molds and subtleties. I "met" Her Ladyship in a Yahoo Subtleties group, of which I have a growing interest. She very kindly submitted a wonderful article pertaining to apples with authentic Medieval recipes. If you look through her resource notes at the end of the article, you will find several links where you can read further. There are even some sites that reference some wonderful places to obtain apples this time of year in NE Ohio, modern day.

I invite you all to attend the upcoming Fall Bransle on November 14th. I had the privilege of attending last year's event and we had a wonderful time! We keep adding to our events and we hope that many of you who are not able to attend Tuesday evening meetings may be able to attend some of the weekend events, so we may get to know you, and you, us.

Our Shire is growing! We have had several new faces in our weekly Tuesday night meetings. Welcome! Your enthusiasm and new ideas are a vital part of the continuous lifeblood of our Shire. Continue to give us your fresh ideas and outlooks! And for those who have been in SCA for awhile, remember that what may seem older info to you is brand new to some. Please continue to share the wealth of your wisdom and experience with everyone. Perhaps you participated in an activity several years ago that leaves you with very fond memories. It is possible that some of those ideas could be brought to light now and merged into new activities for others.

I feel most jubilant upon the launching of this second issue. I had some wonderful submissions this issue....keep it up!! I continue to welcome and ask for contributions to this newsletter from the members of our Shire, and others that wish to contribute items of interest to the Shire. Please feel free to email me or call or text me at the number provided in the officer listing. This newsletter is intended to be an electronic one. If you know of someone without electronic access, please encourage them to contact me directly at my contact information as listed on the first page of this newsletter.

The target date for the next quarterly publication will be around January 1st. Lord Frøkn and I wish to take this opportunity to wish you all a merry, safe, happy and joyful Holiday Season. Respectfully, Aine

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Save the Date for Fall Bransle !!!!!

Fall Bransle III will be held on Saturday November 14, 2015.

The location is:

Christ Episcopal Church, 2627 Atlantic St NE, Warren, OH 44483

Join us for a wonderful celebration of fall and of great friends, food and fun!

This event is **FREE** and would be a great opportunity to introduce your friends and family to SCA. (There will be an \$8.00 charge for feast with pre-registration recommended.)

There will be archery & thrown weapons, classes, a beer/mead exchange, dancing, games and a rummage sale.

To view the latest information on the event and view the schedule and feast menu, please visit the event page on our Shire website at:

<http://rivenvale.org/events/fall-bransle/>

The Event Steward is Lord Hakon Hrafnsson (Scott Pfitzinger) and the Feast Steward is Lady Richildis of Rydychen (Linda Kay Newell). Please feel free to contact them in regards to this event at their contact information as listed on the linked event site.

POETRY

Submitted by Lady Jendriska Bellasez

The Ballad of Jeffrey Allen

The snow goes, Jeffery Allen,

the wind blows
cold, cold
and you away,

and brown grass(your hair)
grows
over Jeffery Allen;

there and gone, like ice,

playing on the gray.

Poetry in Heraldry

cladagh;
a heart argent,
given,
by two hands proper, cuffed;
a crown, in chief,
banded round, argent.

Viking Cow- Tipping

Svein snuck out that night,
light of head,
the honey-mead sweet
Valkyrie kisses on his lips.

The Saxon cows looked helpless,
knee-deep in moor grass, ruminating.

Quietly beside them, their thoughts
in clover,
Svein calmly pushes against their soft sides,

A peaceful thud, a muffled chuckle;
the mist floating, separates up.

The Guilds Are Coming!

The SCA has a long history of guilds that serve to promote special interest groups within the local, regional, kingdom, or even interkingdom groups. In the Middle Ages, guilds formed around people of similar interests and allowed them to focus their energies and learning within the group. Each guild worked to promote the development of their art, science, or combat form and also gathered together the resources to perpetuate education and training within that form.

The guild was a major element of Medieval society and by creating or joining guilds, we re-create history in a new way, allowing us to experience additional structure, organization, and focus within our shire. It is also easier to refer to specific activities as Guild Meetings, whether they happen at a regular meeting on a Tuesday evening or at someone's house or other location on a different day.

We have already begun the formation of special interest groups that will soon become official guilds. The Society has specific rules for any group that wants to be called a "guild," such as writing a charter and having it approved through local officers, so we must complete those requirements before using that term. For now, we are coming up with unique names for the various groups that are starting, such as the Leatherworker's Alliance or the Dancing League.

One element of guild organization involves structure within the guild. The traditional structure included three levels:

Apprentice: *The entry rank in the guild. An apprentice has expressed a desire to learn and practice this art or craft, but has little or no experience. They need supervision and instruction to complete a successful project.*

Journeyfolk: *The intermediate rank. A journeyfolk has appreciable knowledge of a craft and is capable of doing a project solo. They may need advice or help on some aspects and are not an expert in all aspects of the art or science.*

Master/Mistress: *The highest rank. A master/mistress should be able to do a large project from planning to finish and be capable of teaching every aspect of the craft. Masters/mistresses are enough at home in their craft to be able to create new works as well as recreate previous ones.*

Source: Chapter 10 of the Minister of Arts & Sciences Handbook:

<http://www.midrealm.org/moas/handbook/Chapter-10.pdf>

So not only will guilds help us recreate the feel and structure of medieval society, but they will also allow us to achieve local levels/titles/recognition for our learning and excellence in these various arts and sciences. Plus, they are fun social groups that gather around a common interest.

To be clear, EVERYONE is welcome to join ANY guild, or even to attend any meetings without becoming an "apprentice." All activities are open to anyone interested in that art or science.

For more information, visit our shire's website at <http://rivenvale.org/special-interest-groups> or talk to an officer. If you are interested in joining any of the existing groups, contact that group's leader. If you want to start a new special interest group, talk to our seneschal The Honorable Lady Genevieve and our webminister Lord Hakon.

In service,
Lord Hakon Hrafnsson

Apple-Time

Contributed by THL Johnnae Ilyn Lewis, CE

And laugh upon the apple of her eye?

Shakespeare. *Love's Labour's Lost* V, ii □

Faith, as you say, there's small choice in rotten apples.

Shakespeare. *The Taming of the Shrew* I, i □

What, up and down carv'd like an apple-tart?

Shakespeare. *The Taming of the Shrew* IV, iii □

Autumn brings with it the prospect of fresh apples and thoughts about creating apple dishes. For those who are not fortunate enough to grow their own apples at home, there are numerous orchards throughout the Midrealm. Indeed, apples abound all around us in the kingdom. Michigan, for example, grows some twenty varieties commercially and currently ranks second or third annually in national apple production, trading places with New York State, depending upon the weather and local harvests. (Year in and year out, Washington State remains the number one grower.) In one ranking from 2004, Ohio ranks sixth, Indiana ranks eleventh, with Illinois ranking thirteenth in commercial production. In 2013 Ohio was ninth with Michigan once again third.

Given such a local abundance of apples promised in our orchards, our thoughts naturally turn to recipes and what a delightful selection of recipes there are! The simplest recipes we have found are among the pages of the various Tudor, Elizabethan and Jacobean dietaries where it was often simply suggested apples should be roasted or in the words of John Parkinson “or else stewed in dishes with Rosewater and sugar, and Cinnamon or Ginger cast upon.” Cambridge scholar Master Henry Buttes in 1599 suggested they be served as: “Roast, baked, stewed, powdered with sugar and aniséed comfits”; Buttes’ mere suggestion might be recipe enough for many diners even today. A year later in 1600 William Vaughan would in *Naturall and Artificiall directions for Health* answer the question “What is the use of Apples?” To this self query, he would answer much more simply than Maister Buttes, “Old and ripe Apples roasted, baked, stewed, or powdered with sugar & annise seede, do recreate the heart, open the winde pipes, and appease the cough.”

For those growing up with the saying of ‘An apple a day keeping the doctor away’ there is this very interesting or unusual “medical” recipe showing another use for apples. It appears originally in the third volume attributed to the noted Italian author and physician Alessio. This rather unusual recipe was translated and published for the first time in English in 1562. Be sure and catch the last line.

Another remedy very good, and well knowen of women.

Take a sweete apple, and make him hollowe within, make a pouder of Nutmegges, Mace, Synamom, of eche half a dragme, Cloues half a scruple put all this within the apple with a lytle Sugre, and roste it vnder hote ashes, and giue of it vnto the woman euer when the payne commeth vnto her. But yf the payne encrease so muche that her lyfe is in doubt, put to all this *two graines of opium*, and sodaynely the payne wil depart. [Alessio.] *The thyarde and last parte of the Secretes of the Reuerende Maister Alexis*... 1562

A Survey of Recipes for Apple Dishes

It should first be noted any thorough or comprehensive search for Apple recipes in the English culinary literature must also search for recipes listed under pippins (from the French *pepin*, usually a sweet apple) and codlings (a hard immature or windfall apple), as well as under various spellings of the word apple or apples. Still more recipes also appear as just general recipes for fruits and some of the most delightful and easier of the recipes fall just outside the Society’s cut-off date of 1600. Still for our survey here, we will include a few of these recipes among our selection of tarts, pies, pastes, preserved, creams, and puddings. (continued next page)

Applemoys

What might be the most popular medieval apple recipe in English? In our reference volume *Concordance of English Recipes*, we noted that for the 13th -15th centuries, there was one recipe for apple fritters and two for apple tarts; one early recipe, however, is found repeatedly. The recipe for *applemoys* (being akin to mashed apples or apple sauce) appears in at least fifteen versions. It appears as early as circa 1320 and although past our *Concordance's* dates, versions were still appearing in cookbooks in late Elizabethan England and later. A typical early recipe for *Appulmoy* is this one from the *Forme of Cury*, circa 1390.

81. Appulmoy.

Take apples and seep hem in water; drawe hem thurgh a straynour. Take almaunde mylke & hony and flour of rys, safroun and powder fort and salt, and seep it stondyng. *Forme of Cury*.

By way of contrast, Thomas Dawson's late Elizabethan apple moysse recipe shows some additions:□

To make Apple moyse.

ROste your apples, and when they bee roasted, pill them and streine them into a dish, and pare a dozen of Apples and cut them into a chafer, and put in a litle white wine and a litle Butter, and let them boyle till they be as soft as Pap, and stirre them a litle, and streine them to some Wardens roasted and pilled, and put in Suger, Sinamom and Ginger, and make Diamonds of Paste and lay them in the Sauce, then scrape a little Suger vppon them in the dish. Dawson, Thomas. *The good husvifes ievvell*. 1587

Is it a Tart or Not?

The difference generally these days between pies and tarts is pies are enclosed and tarts are open-faced, but this was not the case in times past. Here one often encounters recipes where the ingredients are placed in "coffins" which function in part like pastry containers. Confused? I recommend taking a look at food historian Ivan Day's illustrated pages on pies and tarts at <http://www.historicfood.com/RecipesIndex3.htm> and <http://www.historicfood.com/Pie%20recipe.htm>. One major difference is the apples (and indeed most fruits) of the late medieval and even Tudor period were often cooked with sugar until soft before being placed into a pastry crust. This might reflect the use of harder keeping apples or reflect the use of dried apples, which needed simmering before being placed into a crust. Or perhaps it reflects strong and thick pastry containers being used instead of pottery.

This very early recorded recipe titled "For to make tartys in applis" appears in the manuscript *Diversa Servicia* and is dated as circa 1381. [It appears in *Curye on Ingysch*, among other places.]

82. For to make tartys in applis, tak gode applys & gode spycis & figys & reysons & perys & wan þey arn wel ybrayd colour wyþ safroun wel & do yt in a cofyn, & do yt forth to bake wel. *Diversa Servicia*.

The anonymous volume, *A Proper Newe Booke of Cookerye*, first appears in 1545 and is reprinted in circa 1557/58, 1575 and 1576. It offers the following recipe:

To make pyes of grene apples.

Take your apples and pare them cleane and core them as ye wyll a Quince, then□make youre coffyn after this maner, take a lyttle fayre water and half a dyche of butter and a litle Saffron, and sette all this upon a chafyngdyshe tyll it be hoate then temper your flower with this sayd licuor, and the whyte of two egges and also make your coffyn and ceason your apples with Sinemone, Gynger and Suger ynoughe. Then putte them into your coffin and laye halfe a dyshe of butter above them and so close your coffin, and so bake them. *A Proper Newe Booke of Cookerye*. 1545.

Here's another later recipe:

To make all maner of fruit Tartes.

You must boile your fruite, whether it be apple, cherie, peach, damson, peare, Mulberie, or codling, in faire water, and when they be boyled inough, put them into a bowle, and bruse them with a ladle, and when they be cold, straine them, and put in red wine or claret wine, and so season it with suger, sinamom and ginger. Dawson, Thomas. *The Good husvifes ievvell*. 1587

(continued next page)

We've also come a long way from boiling our fruit first when we make apple pies or tarts these days. Note that Dawson's "tart" above doesn't specify being placed in a crust or even baked.

John Murrell or Murrel published a number of cookery and confectionery books in the early seventeenth century. He includes a number of apple and pippin recipes, including this one from his 1615 *A New Booke of Cookerie*:

A quarter Tart of Pippins.

Quarter them, and lay them betweene two sheetes of Paste: put in a piece of whole Sinamon, two or three bruised Cloues, a little sliced Ginger, Orrengado, or onely the yellow outside of the Orenge, a bit of sweet Butter about the bignesse of an Egge, □ good store of Sugar: sprinkle on a little Rosewater. Then close your Tart, and bake it: Ice it before it goe to the Boord, serue it hot. This Tart you may make of any puft-paste, or short paste that will not holde the raising. If you bake it in any of these kindes of pastes, then you must first boyle your Pippins in Claret Wine and Sugar, or else your Apples will be hard, when your Crust will be burnt and dryed away. Besides, the Wine giueth them a pleasant colour, and a good taste also. Though you boyle your Pippins tender, take heed you breake not the quarters, but bake them whole. Murrell. *A new booke of Cookerie*. 1615.

Murrell's later combined cookery book of 1638 offered this recipe for pippins:

To make a Pippin-pye.

Take their waight in Sugar, and stick a whole Clove in every piece of them and put in pieces of while Sinamon, then put in all your Sugar, with a slice or two of whole Ginger; sprinkle Rose-water on them before you close your Pye: bake them and serve them in. *Murrels Two Books of Cookerie and Carving*. 1638.

And a pie might not always be termed a pie as this later seventeenth century recipe shows:

115. To make a made Dish of Apples.

Put on your Skillet of water with some Currans a boyling, then pare about a dozen of Pippins, and cut them from the Core into the said water; when they are boyled tender pour them into a Cullender, when the water is drained from them, put them into a Dish, and season them, (but stay till they are cold, lest it melt your Sugar) with Sugar, Rose- water, Cinamon, and Carraway-seeds, then roul out two sheets of Paste, put one into the Dish bottom, and all over the brims, then lay the Apples in the bottom round and high, wet it round, and cover it with the other sheet, close it, and carve it about the brims of the Dish as you please, prick it, and bake it, scrape Sugar upon it, and serve it up. *The Accomplish'd lady's delight*. 1675.

Still later the same cookery book offers:

129. To make a Pippin-Tart.

Take of the fairest Pippins, and pare them, and then divide them just in halves, and take out the cores clean; then roul the Coffin flat, and raise off a small verge, of an Inch or more high; lay the Pippins with the hollow side down-ward, close one to another, then put in a few Cloves, a stick of Cinamon broken, and a little piece of Butter; cover all clean over with Sugar, and so cover the Coffin, and bake it as other Tarts; when it is bak'd boyl some Butter and Rose-water together, and annoint the Lid all over with it, then scrape, or strew on it good store of Sugar, and so set it in the Oven again, and then serve it up. *The Accomplish'd lady's delight*. 1675.

Other Recipes

The 1608 *Closet for Ladies and Gentlewomen* begins with recipes titled: 'To preserue Pippyns red', 'To Preserue Pippins white', and 'To preserue Pippins greene.' The initial recipe reads:

To preserue Pippyns red.

TAke your best coloured Pippins and pare them, then take a percer and bore a hole through them, then make syrupe for them as much as wil couer them, and so let them boyle in a broad preseruing pan; put them into a pece of Cynamon sticke, and so let them boyle in a broad

perserving pan: put into them a pece of Cynamon sticke, and so let them boyle close covered verie leasurely, turning them very often, for if you turne them not very often, they will pot, and the one side will not bee like the other, and let them thus boyle, vntil they begin to gelly, then take them vp, and pot them, and you may keepe them all the yere. *A Closet for Ladies and Gentlewomen* 1608. [Pp. 20-21 in edited edition.].

To make an apple or fruit paste, we have this recipe by the very popular author Gervase Markham.

To make paste of Genoa, or any other past

To make paste of *Genoa*, you shall take Quinces after they haue beene boyled soft, and beate them in a mortar with refined Sugar, Cinamon and Ginger finely searst, and Damaske rose water till it come to a stiffe paste; and role it forth and print it, and so bake it in a stou; and in this sort you may make paste of Peares, Apples, Wardens, Plummes of all kinds, Cherries, Barberries; or what other fruit you please. Markham. *The English Housewife*. 1615, 1631.

A rather lovely recipe for an apple cream found in the cookery book attributed to the Countess of Kent:

To make Apple Cream at any time

Take twelve Pippins, pare and slit them, then put them in a skillet, and some Claret Wine, and a race of Ginger shred thin, and a little Lemon pilled small, and a little Sugar, let all these stand together till they be soft, then take them off, and put them in a dish till they bee cold, then take a quart of Cream boyld with a little Nutmeg a while, then put in as much of the apple stufte, to make it of what thickness you please, and so serve it up. Kent, Elizabeth Grey, Countess of. *A choice manual of rare and select secrets in physick and chirurgery*. 1653.

Need a simple recipe? Try this one for fried apples from the English edition of La Varenne. Again it dates from the 1650s.

Apples fried.

Pare your apples, and cut them into round slices as farre as the core; make some butter browne, and frie them with a little salt and pepper; if you have some creame you may put some in, and serve after they have boiled a little. *The French Cook*. 1653.

The famous Sir Kenelm Digby did more than record recipes for mead in his famous *Closet*. He collected a few recipes such this one for “A Pippin-Pudding”.

A Pippin-Pudding.

Take Pippins and pare, and cut off the tops of them pretty deep. Then take out as much of your Apple as you can take without breaking your Apple, then fill your Apple with pudding stuff, made with Cream, a little Sack, Marrow, Grated bread, Eggs, Sugar, Spice and Salt. Make it pretty stiff. Put it into the Pippins; lay the tops of the Pippins upon the Pippins again, stick it through with a stick of Cinnamon. Set as many upright in your dish as you can: and so fill it up with Cream, and sweeten it with Sugar and Mace; and stew them between two dishes. Digby, Kenelm, Sir, 1603-1665. *The closet of the eminently learned Sir Kenelme Digbie Kt. Opened*. 1669.

Hannah Woolley is often credited as being the first woman to earn a living through the publication and sale of cookery books. Her works began appearing in Restoration England. Here are her recipes for Apple Puffs and Apple Pasties.

CLXXXIV. To make Apple Puffs.

Take a Pomewater, or any other Apple that is not hard or harsh in taste, mince it with a few Raisins of the Sun stoned, then wet them with Eggs, and beat them together with the back of a Spoon, season them with Nutmeg, Rosewater, Sugar and Ginger, drop them into a frying pan with a Spoon into hot Butter, and fry them, then serve them in with the juyce of an Orange and a little Sugar and Butter. Woolley, Hannah, fl. 1670. *The Queen-like Closet; or, Rich cabinet*. 1670.

(continued next page)

To make little Apple pasties to fry.

TAke pared Apples and cut them into small pieces to stew, stew them to papp with claret wine and spice, then put in a good piece of sweet butter, cinnamon, ginger, rose-water, sugar and plumped currans; then put them into the puff-paste and fry them, so serve them in with sugar. Woolley, Hannah, fl. 1670. *The Cook's Guide: or, Rare Receipts for Cookery*. 1664. □

Ever wonder about dried apples or need to preserve apples or already own a dehydrator? Here's a simple recipe for "keeping fruit" from Sir Hugh Plat and his excellent volume *Delightes for Ladies* which dates to 1600:

47. How to keepe apples, peares, quinces, wardens, &c. all the yeare drie.

Pare them, take out the coarse, and slice them in thinne slices laying them to drie in the Sunne in the foe stone or metalline dishes, or upon a high frame covered with course canvas, now and then them, and so they will keepe all the yeare. Plat. *Delightes for Ladies* 1600. Page 40.

One of my personal favorite recipes for apples is not a pie, but it does involve pastry. It is found in a manuscript of recipes kept by Ann Blencowe who married late in the seventeenth century. I've made apple bombards for nearly forty years and they are always greatly enjoyed.

To make Bombard Apples

Take large apples, pare them & scope out the Core, & fill them with preserved apricots & some with Orange. Have some Puff paste role'd out very thin & put it round them like Dumplings; bake them in a gentle oven in a dish. Take the whites of eggs very well beat, a spoonful of orange flower water put to it, double refin'd sugar beat & sifted, & a little starch, & beat it a pretty while & Ice the apples all over with it while they are hot, & set them in a warm place. They make a very pretty side dish; they are not to be used till quite Cold, & the Icing quite Cold. From the manuscript receipt book of Ann Blencowe. 1694.

Nota Bene

And why was this article called "Apple-time"? The idea came in part from Chaucer who wrote of "somer-sesoun warminge; and the hote somer dryeth the cornes; and autumpne comth ayein, hevvy of apples; and the fletinge reyn bideweth the winter." Later I came across these two quotations: "Dobson...agreed with certaine of his merry acquaintances, one night in Apple-time to enter the Orchard". (*Dobsons Drie Bobbes* 1607) and "Autumn, or Apple-time, is the third Quarter of the Year." (W. Winstanley's *Poor Robin* 1666.) Somehow the title seemed to choose itself.

Sources

I have divided the suggested reading list and sources into parts to make it easier for the reader to locate items. This is only a very select list of sources.

General:

Witsil, Frank. "Michigan expects big apple crop, overtakes New York in rankings." *Detroit Free Press*. August 23, 2014. Web. <http://www.freep.com/article/20140823/BUSINESS06/308230021/apple-michigan-crop-record>

EEBO. *Early English Books Online*, *Oxford English Dictionary*. *OED Online*, and *The Riverside Shakespeare* were used in the original research. These are restricted academic databases. □

Dietary advice □

[Alessio.] *The thyarde and last parte of the Secretes of the Reuerende Maister Alexis of Piemont, Englished by Wyllyam Warde*. London: 1562. □ See more on the author at: Holloway, Johnna. "Alessio and the Secretes of Cookery," *Tournaments Illuminated*, #147, Summer, 2003. pp. 9-12.

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A Proper Newe Booke of Cookerye. 1545. Online at

Woolley, Hannah, fl. 1670. *The queen-like closet; or, Rich cabinet*. 1670. □

Woolley, Hannah, fl. 1670. *The cook's guide: or, Rare receipts for cookery*. 1664.

Additional recipes may be found by using the gateway at *Medievalcookery.com*. It provides an easy way to search to numerous Medieval and Renaissance recipes by ingredient.

Food Historian Ivan Day's website *Historic Food* may be found at: <http://www.historicfood.com/portal.htm>. His blog *Food History Jottings* is at: <http://foodhistorjottings.blogspot.com>

Speaking about apple pies and the Society: The case of the famous medieval apple pie article [<http://www.godecookery.com/twotarts/twotarts.html>] and subsequent copyright infringement controversy is documented now through Wikipedia. See https://en.wikipedia.org/wiki/Cooks_Source_infringement_controversy

Lewis, Johnnae llyn [Johnna Holloway] "Autumn's Apples. The Citadel. 2011. Pp.11-12. <http://cynnabar.org/sites/default/files/Citadel2011-Fall.pdf>

Sources on Apples:

Morgan, Joan and Alison Richards. *The New Book of Apples*. London: Ebury Press, 2002. Possibly the best book ever on English apples and their history.

Hunter, Jane McMorland & Chris Kely. *For the Love of an Orchard*. London: Pavilion Books, 2011.

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The literature on apples is an immense one, as is the literature devoted to fruits in general. One work that stands out on the topic is:

Janson, H. Frederic. *Pomona's Harvest. An Illustrated Chronicle of Antiquarian Fruit Literature*. Portland, Oregon: Timber Press, 1996.

Another without equal on fruit in literature is:

Palter, Robert. *The Duchess of Malfi's Apricots and Other Literary Fruits*. Columbia, SC: University of South Carolina Press, 2002. This 872 page work devotes pages 8-146 to Apples.

Ohio orchards and links

Funt, Richard C. *Apples: A Guide to Selection and Use*. Ohio State University Extension. {HYG-1402-92.} <http://ohioline.osu.edu/hyg-fact/1000/1402.html>

For those who are not fortunate enough to grow their own apples at home, there are numerous orchards within the state of Ohio. See: Ohio Apples. <http://www.ohioapples.com> or Ohio Pick Your Own. <http://www.pickyourown.org/OH.htm>

Orange Pippin. The Comprehensive Website for Apples and Orchards.

In addition to orchards, there are numerous farmers' markets featuring Ohio and Midwest grown apples. I will also mention the specialty and organic groceries are carrying more and more heirloom fruits, including several which might surprise the general shopper. (One variety I have encountered in Ann Arbor is the beautiful 'Calville Blanc D'Hiver,' which is sold as an heirloom culinary apple. Upon further investigation one discovers it originated in France in the late 1590's. Imagine being able to purchase an apple at Whole Foods or Plum Market, which might have been eaten in the late sixteenth century.)

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BOOK REVIEW

by Lady Jendriska Bellasez

Fleas, Flies and Friars: Children's Poetry from the Middle Ages

written and translated from the Middle English by Nicholas Orme , 110 pages ill. copyright 2011 Cornell University Press

9 chapters including Notes, Index and Further Reading

A very amusing and enlightening collection of examples written by and for children in English and Latin from period sources. Cover and interior illustrations/paintings of children playing by what looks like Bruegel (though not cited by author).

I really liked the alliterative title of the book. Book is very short and to the point. As a SCA-mom and former Minister of Youth in SCA I am very interested in period literature/amusements by and about the lives of kids in period and this was very good. I highly recommend it to those looking to research this topic.

PUZZLE-TYME

For a Medieval crossword puzzle I created with the use of "puzzlefast.com", click [HERE](#).

Scroll down a little bit to see the puzzle. Note: Underneath the clues is the puzzle answer key. See how many you can answer without peeking!

Definitions of the words were found at www.shadowedrealm.com

COOKING

Both recipes submitted by The Honorable Lady Genevieve de Saint

Manhattan Style White Tuna Chowder

Please note: These are the recipes for two meals that were cooked at our camp for the last Pennsic. These recipes are not intended as period recipes.

- 6 8 oz. chicken broth
 - 6 15 oz. cans sliced stewed tomatoes
 - 1 28 oz can diced potatoes
 - 2 28 oz. cans mixed vegetables
 - 3 Tablespoon fresh chopped parsley
 - 4 Cloves garlic, minced
 - 3 Teaspoon ground black pepper
 - 2 12 oz Can White tuna (In water), undrained
- Serves 15

1. Combine stewed tomatoes, chicken broth, vegetables, parsley, black pepper, garlic and potatoes.
2. Bring to a boil, reduce heat to simmer and cook for 15 minutes.
3. Add tuna with juices, stir, and heat thoroughly.
4. Serve with a sprinkle of Parmesan cheese.

Chicken & White Bean Chili

- 8 tsp olive oil
 - 4 cans chicken
 - 2 tsp salt
 - 2 clove garlic
 - 2 medium onion, chopped
 - 2 tsp ground cumin
 - 1 tsp dried oregano
 - 0.5 tsp ground cinnamon
 - 0.5 tsp ground cayenne pepper
 - 4 15 to 19-ounce cans white beans
 - 2 16-oz jar mild salsa verde
 - 4 cups chicken broth
- Serves 15

1. Heat oil until hot. Add onion and garlic and cook over medium heat. Stir until onion is brown, about 5 to 6 minutes.
2. Stir in cumin, oregano, cinnamon and ground red pepper. Cook 1 minute.
3. Add Salsa Verde, beans, broth, canned chicken. Heat to boiling on high
4. Reduce heat to medium, covered, cook 15 minutes.

ARTWORK

Created by Leah Bitner, daughter of Lady Jendriska Bellasez

