

# The Dredgings

Being the Voice of

The Barony of Lochmere SCA, Inc.

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If you are new to the Barony of Lochmere, these websites should be of interest to you: Lochmere Homepage: http://www.lochmere.atlantia.sca.org

Official SCA Homepage: http://www.sca.org

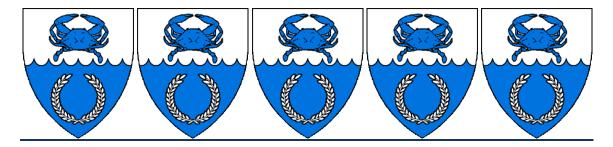
Kingdom of Atlantia Homepage: http://www.atlantia.sca.org

The Acorn: http://www.acorn.atlantia.sca.org

Event Calendar: http://www.acorn.atlantia.sca.org/calendar.htm.

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http://www.nippertown.com/zeblog/wp-content/uploads/2011/02/TheChieftains.jpg



Unto the populace of the Barony of Lochmere, does Mistress Arianna Morgan, Seneschal, send greetings:

Prior to the end of the last calendar year, Their Excellencies expressed their desire to continue in their role as Baron and Baroness of Lochmere.

Shortly thereafter, it was determined that the polling of confidence process would be initiated in February, 2013. I am happy to report that Their Highnesses have approved the content of the polling of confidence letter and mailing labels have been requested. I expect to receive them within the next few days.

Once the mailing labels have been received, the following letter will be mailed to each current SCA member living within the borders of the Barony of Lochmere as determined by zip code. I will notify the populace via e-list when the letters have been mailed.

The polling of confidence letter is self-explanatory. However, if you have any questions regarding the process, please do not hesitate to ask. You may contact me via e-mail at <a href="mailto:chrissings@juno.com">chrissings@juno.com</a> or by telephone at (410) 533-4535.

Yours in Service, Mistress Arianna Morgan Seneschal, Barony of Lochmere Unto the populace of the Barony of Lochmere, does Mistress Arianna Morgan, Seneschal, send greetings.

Kingdom Law requires that Landed Baronage may continue to hold office for additional terms of two years provided the populace demonstrate a polling of confidence in the local Baronage every two years. Their Excellencies, Galmr Ingolfsson and Eydis Herjolfrsdottir have expressed their desire to continue in this role. Therefore, the time has come to poll the members of our Barony in order to advise Their Highnesses of Atlantia as to our wishes in this matter.

Please note that *your response must be sent directly to Their Highnesses at the address below and not returned to me*. An addressed, stamped envelope is enclosed for your convenience. Their Highnesses request *these responses be postmarked no later than March 30, 2013.* 

Dan and Pamela Raymor (TRH Amos the Pious & Ysabella Cacemoine) 2055 Overbrook Rd. Petersburg, VA 23805

Please answer by checking your appropriate response:
I endorse the continuation of Galmr Ingolfsson and Eydis Herjolfrsdottir as Baron and Baroness.
I do not endorse the continuation of Galmr Ingolfsson and Eydis Herjolfrsdottir as Baron and Baroness.
Comments:
Please note that all responses must be signed with modern signature.
Print (Modern Name):
Signed (Modern Signature)
Print SCA name:

Date: Membership Number:

# Concerts and Activities Around Town

#### **Nordic Cool Festival**

#### http://www.kennedy-center.org/programs/festivals/12-13/nordic/

February 19-March 17, 2013, the Kennedy Center presents *Nordic Cool 2013*, a month-long international festival of theater, dance, music, visual arts, literature, design, cuisine, and film to highlight the diverse cultures of Denmark, Finland, Iceland, Norway, and Sweden as well as the territories of Greenland, the Faroe Islands, and Áland Islands. Perhaps more so than any other international festival we've created, *Nordic Cool 2013* manifests the intersection of life and nature, art and culture. Appreciation of and respect for the natural environment are reflected throughout the Nordic countries-and they're deeply rooted in the arts there, too.

The impact of the region's long, dark, and cold winters (sometimes brightened by the amazing light of the aurora borealis). The sounds of the surrounding sea. The long horizon. The midnight sun in summer. All of these elements create a unique environment in northern Europe. The purity of the water and air. The lava rocks and evergreens. They all comprise a landscape and natural world that is truly breathtaking.

Along our journey to discover and ultimately create *Nordic Cool 2013*--and to answer, or at least attempt to answer, the question "What is Nordic?"--I experienced the art, culture, people, land, and values that are honored daily. Among them: nature, sustainability, innovation, design and technology, children's well-being and rights, gender equality, and diversity.

Nordic Cool 2013 brings an unprecedented number of these treasures to the Kennedy Center with performances by more than 750 participating artists in theater, dance, music, and more from Denmark, Finland, Iceland, Norway, and Sweden as well as Greenland, the Faroe Islands, and the Áland Islands. This includes some of the best jazz musicians in the world, as well as one artist who plays on instruments made from ice, including a Norwegian glacier. You'll also be able to enjoy demonstrations and tastings of New Nordic Cuisine; visual art and design exhibitions that will fill the entire building; literary readings and discussions, including one on popular crime novels; and fascinating forums on everything from the meeting of theater and architecture to designs for holistic living. Educational workshops, discussions, and classes will offer contextual information for all of these presentations. And to complete the journey north, you'll find the beautiful Northern Lights beamed on the Kennedy Center's façade for the duration of the festival. Indeed, Nordic Cool 2013 will offer an extraordinary experience for all who visit. Expect rapture!

#### Naseer Shamma's Al-Oyoun Ensemble

Thursday, March 7, 2013, 7:30 pm After Five, Freer Gallery Meyer Auditorium Cost -<u>Free tickets required.</u> 6:45 pm.

One of the Arab world's leading soloists on the 'ud (lute), **Naseer Shamma** returns to the US for the first time in ten years to lead his ensemble in new arrangements of classical Arab music. Based in Cairo, the Al-Oyoun ensemble performs on 'ud, qanun, violins, flute, cello, contrabass, and percussion. Shamma is a native of Iraq, where he graduated from Baghdad Academy of Music, and founding director of the Beit Al-Oud Al-Arabi, an institute for the



teaching of Arab classical music in Cairo, Alexandria, Algeria, and Abu Dhabi. He developed a method of playing 'ud with one hand for children wounded in the Iraq War. Shamma has performed in twelve European countries and eleven Arab nations. Supported by Saudi Aramco, this concert is part of a US tour produced by Alwan for the Arts, which includes the ensemble's appearance at the Festival of Iraqi Culture at the Metropolitan Museum of Art, New York.

#### **Kenneth Slowik Harpsichord Recital**

#### Saturday, March 9, 2013 at 7:30 pm • Monteabaro Recital Hall Howard Community College

Kenneth Slowik, Harpsichord Hearing Bach's monumental *Goldberg Variations* is, in the words of one leading Bach scholar, "more than a 'merely musical' experience, and its appearance in modern recital programs attracts special attention as a peak to be scaled by the harpsichordist or a work to approach with respect by the pianist." Kenneth Slowik, director of the Smithsonian Chamber Music Society, prefaces his traversal of the *Variations* with an introduction exploring its 1741 origins and elucidating its fascinating structure

#### Threshold to the Sacred: The Ark Door of Cairo's Ben Ezra Synagogue



Walter's Art Museum Baltimore,MD focuses on a work of exceptional historical importance jointly owned by the Walters Art Museum and the Yeshiva University Museum: an intricately decorated and inscribed wood panel from a Torah ark, a special cupboard that holds the sacred Jewish scripture. The panel is believed to come from the famous Ben Ezra synagogue of Old Cairo (Fostat), Egypt, which has captivated public imagination for over a century. Associated with the famous medieval thinker Moses Maimonides (1135–1204), the Ben Ezra synagogue is the site of the great 19th-century discovery of the Cairo Geniza, a treasure trove of documents on medieval Jewish life around the Mediterranean. This exhibition presents Geniza documents, photographs of the Ben Ezra synagogue, and art from Jewish and Muslim artisans, together with conservation science research, to relate the fascinating 'object biography' of the Walters-Yeshiva ark door.

#### The Chieftains: Lucky You

Mar. 14 - 16, 2013

How lucky... Just in time for St. Patrick's Day, acclaimed Irish artists The Chieftains bring their Grammy-winning music to NSO Pops audiences. With a strong Celtic heritage and a pinch of good cheer, The Chieftains are here to paint the town green.

Kennedy Center Concert Hall \$20.00 - \$85.00



National Cherry Blossom Festival March 20-April 14, 2013

Welcome to the Nation's Greatest Springtime Celebration! Each year, the National Cherry Blossom Festival celebrates spring in Washington, DC, the gift of the cherry blossom trees, and the enduring friendship between the people of the United States and Japan. The Festival produces and coordinates daily events featuring diverse and creative programming promoting traditional and contemporary arts and culture, natural beauty, and community spirit. Events are primarily free and open to the public.



http://www.nationalcherryblossomfestival.org/

#### Midwinter's Revel Court Report

Their Royal Majesties, Vladimir and Kalisa, Tsar and Tsaritsa of Atlantia, held court the 19th of January *Anno Societatis* XLII, in Their Barony of Lochmere at the event Midwinters Revel.

Genevieve Dompier Du Marche - Award of Arms
Lady Madeleine Rose de Cardeville - Order of the Coral Branch
Lady Errenach the Lost of Lochmere - Companion of the Opal.
Elena Margareda de la Vega y Serrano – Award of Arms
Nikolai Kievski, Sabina Claremond, Gunnar Bloodax, Joseph Galmrson, Alasandra de Leon and Marcus
Galmrson - Award of the Hippocampus.

Their Excellencies Lochmere, Baron Galmr and Baroness Eydis did hold court as well at their Majesties pleasure.

Lord Segehart Leutmericz - Companion of the Eagle's Feather Lady Lisette la Roux - Companion of the Blasted Oak THL Lucia Thaylur - Baronial Arts and Sciences Champion

# Lochmere Business Weeting Notes february 4, 2013

Next business meeting March 4th

Seneschal- Polling of confidence to be done this month. Regional seneschal will request mailing labels. I plan to stuff the envelopes on the  $23^{\rm rd}$ . TRH will approve letter of confidence around the  $16^{\rm th}$ . If you don't have a membership and don't live in the Barony you won't get a copy.

We will discuss the policy again at the March meeting. We are looking at language in contracts for site rentals, the seneschal's office is looking closely at the contract languages.

I'm organizing a team for Relay for Life in Anne Arundel County. If you are interested please contact me.

#### Baron and Baroness:

Everyone knows that there were complaints made to the Crown about various issues in our group. There is now a committee that folks can go to 'in house' to help resolve issues and facilitate communication. This committee includes her Excellency and myself, Countess Aryanna and Mistress Keilyn.

What do we want to publish in the Dredgings for meeting notes? We need to agree on what it is. Are they to be minutes? Verbatim? Or general notes? We will have to vote on 'minutes' at the beginning of every meeting from the prior meeting if that is our decision. (Simone- please tell me if there is something missing or incorrect in the notes- it is easily corrected if I know about it). His Ex: we just need to make it clear that the notes are a summation of the meeting, not a verbatim copy.



Night out of Town- Alric- most jobs are filled, still need some spots filled. Please contact me if you are willing to help. More advertising will be done in the next month.

Demo light: Lisette- April 27 Centennial Park Pavillion



Simone- National Day of Service is an annual event held on the Saturday before Martin Luther King's birthday. If you go to the website for the 2013 day, you can see some of the type of events that were done. My idea is to get together as a group to do a visible community service. I also thought we could challenge the rest of Kingdom to participate and do something in each local group and community. Discussion of various ideas for public service ensued.

Midwinter's revel - Postmortem will be done at March meeting on Midwinter's- Maddy

Exchequer: Quarterly report filed. Doomsday being done. Midwinter's profit \$854.00 approx 163 attended.

Webminister: we are in compliance with new rules. We have a facebook page and a facebook group as well. Website is up to date, and M. Sigrid is a blogger on our website now.

Chronicler: still needs articles!

Marshal: we've had to cancel several practices because of school activities or weather. We really need to keep looking for a new year round indoor site. Good turnout on nights we do have practice.

Archery Marshal: need new targets approx: \$100 each. Need 3 but will accept 2. Financial committee approved.

Chirurgeon: No injuries at last event, not even a band aid! I'm looking for a class to get my credentials updated to keep me in compliance.

A&S: Classes at Midwinter's were wonderful. We have A&S nights coming up. The Lochmere road show has not taken off, so if you are interested let me know. We have a new A&S champion THL Lucia Thaylur! (Galmr- we should consider moving the A&S championship to give the new champion time to create an item for Kingdom A&S)

Herald: Sending in paperwork to finalize my renewal in office.

MOL: nothing to report

Chamberlain: (not present) asks that she be notified on what items have been returned to storage and where other items are.

Chatelaine: our outgoing Chatelaine is here - we do need a new officer! Cassair- I'm working on contacting the Sheep and Wool festival / do we want to do the Laurel street festival? The date is May  $11^{\rm th}$ , 2013 it costs \$85 for a 10x10 booth. We may not be able to do SCA fighting. Voted to do Laurel Festival.

Minister of youth: vacant







## Activities and Events Calendar March 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					St. Herculafus 546 March 1	2
3	Lochmere Business Meeting 4	Fighter Practice	6	7	8	St. Paddy's Day Bloodbath Ponte Alto 9
Gulf Wars begins 10	11	Fighter practice and A&S	13	14	St. Leocrita 859 15	Caer Mear 35 <sup>th</sup> Anniversary River's Point 16
Gulf Wars ends St. Patrick's Day 17	18	Fighter Practice	20	21	22	23
Palm Sunday 24	Pesach 25	Fighter Practice 26	27	Holy Thursday 28	Good Friday 29	Defending the Gate Stierbach 30
Easter Sunday 31	April 1	2	3	4	5	Atlantian Spring Coronation Marinus 6

# Event Announcements

#### St. Paddy's Day Bloodbath March 9, 2013

Warriors of Atlantia, arise! Throw off your cloaks and seize your swords, for the horns and drums are sounding. As winter's chill fades, our foes gear for war, and we shall be ready to answer them. The Barony of Ponte Alto is proud to present a day that will be sure to satisfy even the most bloodthirsty fighter. This is event is a fighter's dream, featuring our usual bearpit tourney and as many pickups as you can stomach. Heavy, rapier, and youth combatants are all welcome and encouraged to attend.

#### **SCHEDULE**

- 9:00 am Troll Opens 10:00 am Authorizations begin 11:00 am Bear Pit Tourney (Rapier and Heavy) 12:30 pm Lunch Break 12:30 1:30pm Youth rapier 1:30 pm Bear Pit Tourney resumes
- 4:00 pm Court (may be moved earlier if fighting winds down)

SITE FEE: Adult, Member: \$6 Day-Trip Adult, Non-Member: \$11 Day-Trip Youth (5 - 17): \$4 Day-Trip Child (0 - 4): Free

**LUNCH:** Lunch is included in the site fee.

**SITE:** Nottaway Park, 9601 Courthouse Road, Vienna, VA 22181. Site is dry. Pets are permitted on leashes. Site is open from 9AM until dusk.

**DIRECTIONS:** Take your best route to I-66, West of 495 to the Nutley Street exit (Vienna Metro Station). Follow signs to Vienna. Go through three lights and turn left onto Courthouse Road. The park entrance will be about a half mile up on your left. Go into the park past the house on the hill. Fighting field is in the back of the park. **AUTOCRAT:** Cellach Mór (Kari Dalton), 1342 N Lynnbrook Dr, Arlington, VA 22201. Phone: (703) 655-6660, Email: kel.abc AT gmail.com **RESERVATIONS:** Send reservations to the Autocrat. Checks should be made payable to "Barony of Ponte Alto, SCA Inc."



March 10-17 26 Kings Highway Lumberton, MS 39455

https://www.facebook.com/Awarwithnoenemies



### Caer Mear's 35th Jubilaun Fest (Anniversary Feast)

March 16, 2013

Canton of Rivers Point

The barony is currently under German rule by Baron Wolfgang Moennich von Luppin and Baroness Iseulte of the Red Cliffs. There will be heavy weapons, rapier and thrown weapons in the morning. The afternoon and early evening will feature a special feast in the medieval style prepared by the cooks, bakers and brewers of Caer Mear. This feast will last many hours with time for entertainment and socializing. As the evening draws on a revel will take place. Join the dancing, take time to socialize, and enjoy a dessert from the side board. Of special interest to the populace of Caer Mear: Their Excellencies also plan to choose their Armored and Rapier Champions as well as their Arts and Sciences Champion at this event!! Martial Activities: Armored, Rapier and Thrown Weapons. The event Marshall In Charge is Lady Osa the Archer (Samantha Baxter) and the Mistress of the List is Baroness Bojzena Z Osturna (Kathleen Warren).

Arts & Sciences Activities: Table décor is an important part of this event. Use your creative skills and have the best table décor. Feel free to bring your personal heraldry and display it proudly in our feast hall! There will also be a competition of silk banner paintings.

#### Cost:

Pre-Registration Received by March 1, 2013: After March 1, 2013:

Adult, Member: \$ 8.00 Day-Trip
Adult, Non-Member: \$ 3.00 Day-Trip
Adult, Non-Member: \$ 3.00 Day-Trip
Adult, Non-Member: \$ 15.00 Day-Trip
Youth \$ 0.00 Day-Trip
Trip

Feast: \$15.00

Make Checks Payable To: SCA, Inc., Canton of Rivers Point

**Cost Notes:** Pre-register by March 1, 2013 to save money. ALL Youth are exempt from gate fees but MUST pay for feast. Feast must be by pre-registration.

Site: Tomahawk Ruritan Club 4101 North Bailey Bridge Road, Midlothian VA 23112. Opens at 8:30 am and closes at 11:00 pm.

Site Restrictions: Wet Site-Beer and Wine only and is not provided. No pets. No open fires. Feast Information: A Medieval Feast is being prepared by the cooks, bakers and brewers of Caer Mear. This afternoon into the evening meal will be primarily German. Feast preregistration is required and closes on March 1, 2013. Mestre Tomas de Montroig (Master Thomas Longshanks is the feast coordinator.







\_\_\_\_\_\_

# Defending The Gate XII March 30, 2013

Izaak Walton League, 12400 Herndon Road, Spotsylvania, VA 22553.

It is the spring of 1415. England and France have been in almost constant war for the last 78 years. The latest rounds of negotiations are under way but no one seems hopeful. Even grandpa can't remember a time when the two great kingdoms were at peace. With war on the horizon, your Kingdom calls on you to prepare for battle once again. Bring your weapons, your heraldry, and your friends to answer the call of your King. We invite you to come once again and be part of Defending the Gate!

Martial Activities:

Rapier fighters will have the opportunity to participate in scenarios created by Lord Dante di Pietro . Authorizations and inspections will begin at 10am when site opens; team division will begin at 11am. The Egg Hunt melee will start at 11:30am, to be followed by a break for lunch. After lunch, an hour long Capture the Flag resurrection battle will commence, which will be followed by a Blacksword Tournament. The field will remain open for pickups until 30 minutes before court.

Archers can look forward to a great shoot designed and executed by Lady Sanada Katsumi. The Kingdom of France is in turmoil. The Armagnacs and Burgundians fight amongst themselves as the English capture French town after French town. During this turbulent time, one of history's most famous women emerges as a hero to the people of France, and a thorn in the side of the English invaders: Joan of Arc, The Maid of Orleans, leading France to victory for a mere two years, but forever leaving a mark on history. Join us for a shoot exploring Joan's life from the holy visions that drove her to take up arms to her execution for heresy. A note to our atlatl throwers: we may hold an atlatl skirmish if time allows, but there will also be targets for your enjoyment.

#### Heavy fighters will defend the gate in melee scenarios.

Art and Sciences: The Arts and Sciences Competition of Defending the Gate will be all things Heraldry! There will be many competitions for all to participate in. Merchants, show us your best signage using Heraldry. Fighters, show off your colors and charges proudly. Artisans, craft your best arms or device, scroll, illumination or any documentable item with Heraldry displayed on it. Awards will also be presented for documentation including best short form (font must be 8 point or larger), most creative, best long form (but not necessarily the longest), and best overall documentation. Please contact Sara van Eerde for more information about these competitions.

**Poetry Competition:** Lady Katarzyna Witkowska, Poeta Atlantiae , will host a competition of poems in praise and honor of either Their Majesties or Their Highnesses. Please include at least short form documentation. Come out, show off your skills and get in some practice for the Poeta Atlantiae Competition at Coronation in April. Silent Auction: A silent auction will be held. Shhhh... Please fill out the <a href="https://en.auction.org/en-auction-

Site: Izaak Walton League, 12400 Herndon Road, Spotsylvania, VA 22553.

#### The site is dry. Pets are not permitted. Site hours: 10 am to 10 pm.

Lunch: Lunch is included in your site fee. We strongly encourage pre-registration to ensure lunch for everyone. Lunch will be prepared by Lady Anastasia of Sudentorre.

Autocrat: Herrin Genefe Wölfelin (Mary Pruitt) 108 Cool Spring Rd. Fredericksburg, VA 22405

Reservations: Please download, fill in, print and mail the <u>pre-registration form</u> to Lady Miriel de Nedham (Nichelle Harrison) 8416 Pine Tree Ln, King George, VA 22485. **The deadline for pre-registration is March 23rd, 2013.** Merchants: Merchants are welcome!! Contact the Autocrat for details.

Directions: From I-95 (North or South) take exit 130B West towards Culpeper, Route 3. Go 9.5 miles on Route 3. Turn left onto Route 621 (Orange Plank Road). Go 0.2 miles then turn left onto Herndon Road. Go 0.9 miles to the site on the right.

Cost:		Day Trip	Youth (6-17)	Children (0-5)	Feast	Make checks payable to: SCA/Canton of
M	Member	\$10	\$6	Free	\$10	Sudentorre.
	Non-Member	\$15	\$6	Free	\$10	

## Poetry Corner

# FROM "ASTROPHEL AND STELLA." SIR PHILIP SIDNEY.



Loving in truth, and fain in verse my love to show,
That she (dear She) might take some pleasure of my pain:
Pleasure might cause her read, reading might make her know,
Knowledge might pity win, and pity grace obtain;
I sought fit words to paint the blackest face of woe,
Studying inventions fine, her wits to entertain:
Oft turning others' leaves, to see if thence would flow
Some fresh and fruitful showers upon my sun-burn'd brain.
But words came halting forth, wanting Invention's stay,
Invention, Nature's child, fled step-dame Study's blows,
And others' feet still seem'd but strangers in my way.
Thus, great with child to speak, and helpless in my throes,
Biting my truant pen, beating myself for spite"Fool," said my Muse to me, "look in thy heart and write...

#### http://www.theotherpages.org/poems/sidney01.html

You may read Astrophel and Stella in it's entirety at this website.

**Sir Philip Sidney** (30 November 1554 – 17 October 1586) was an English poet, courtier and soldier, and is remembered as one of the most prominent figures of the <u>Elizabethan Age</u>. His works include <u>Astrophel and Stella</u>, <u>The Defence of Poetry</u> (also known as *The Defence of Poetry* or *An Apology for Poetry*), and <u>The Countess of Pembroke's Arcadia</u>.

http://en.wikipedia.org/wiki/Philip\_Sidney

# Barony of Lochmere Midwinter's Revel Event A 15<sup>th</sup>/16<sup>th</sup> century Italian and French Feast January 19, 2013



Christ in the House of Mary and Martha by Vincenzo Campi

# Researched and prepared by Lady Lisette la Roux and Syr Christian Darmody

In the spirit of the Commedie Del Arte, Lady Lisette la Roux and Syr Christian Darmody present the populace a documented feast based on and inspired by Italian and French recipes of the  $15^{th}$  /  $16^{th}$  century.

#### First remove

Assortment of Bread, Butter, Olives / Artichoke Toast with Hard Cheese / Ravioli a la Companya (Veal, Chicken ravioli) – contains meat and cheese

Ravioli Epinard (Spinach and Mint ravioli) – does not contain meat / contains cheese / Savory Toasted Cheese / Grilled Asparagus

#### **Second remove**

Roasted Pork /Savory Snap Peas and Sweet Snap Peas /Italian Rice - contains cheese

#### Third remove

Zabaglione served with Fresh Berries / Pate a choux drizzled with Honey

#### First remove Recipes Assortment of Bread, Butter, Olives

Bread and butter were a common staples on tables throughout history; eaten at virtually every meal throughout the day. Olives are noted in both French and Italian texts to be consumed individually and used for the production of olive oil.

"HERE FOLLOWS the herbs & greens that are needed for the kitchen, that which Cooks must know & understand. Firstly the cabbage flowers.....Olives...."

"For the second service. ... Oranges & olives..." (Ouverture de Cuisine, 1604)



olive oil production by J. Galle Johann Stradnus c. 1570

"Olives. Then we gather olives, which have to be picked unripe to process for eating. The oil is made from ripe olives, but since its health giving qualities and many uses are so well known I need not describe them here."

(Riley, p. 96, 2012)

#### **Artichoke Toast with Hard Cheese**

Artichokes are widely seen in portraits in the  $16^{th}$  century in images portraying food and are referenced as common foods in both Italy and France. This perennial thistle is eaten both alone and used within dishes combined with other ingredients.

"HERE FOLLOWS the herbs & greens that are needed for the kitchen, that which Cooks must know & understand. Firstly the cabbage flowers...Artichokes...." (Ouverture de Cuisine, 1604)

"[Artichokes] At least for the Italians both were in use and distinguishable. This can be inferred from the culinary recipes for the same, use of them in menus taken from Scappi and descriptions taken from Castelvetro." (Smithson, 2004)

Artichokes have not often been represented in SCA feasts. Understanding that they can be intimidating when presented in their steamed - whole form, they would probably not be enjoyed as much as they could be. Therefore I looked for some way to be able to introduce artichoke into a feast by making it appetizing and welcoming to people who may not yet have experienced artichoke.

This particular recipe was inspired by Giacomo Castelvetro's (1546-1616) description on how to prepare artichokes and artichoke bottoms. Castelvetro was an Italian refugee, teacher, and writer who traveled through Western Europe in the late  $16^{\rm th}$  century. His description of preparing artichokes included boiling in

Still Life with Artichoke by Osias Beert c. 16th century

fresh water, boiling in beef or capon broth and serving on moistened bread with sprinkles of hard cheese and pepper. (Riley, p. 50, 2012)

#### **Artichoke Toast with Hard Cheese**

Baby or medium artichokes / Water / Vegetable Broth / Baguette size Bread slices ½ thick / Grated Asiago Cheese

The artichokes are cut down to where the purple leaves can be shown, then boiled in water for approximately 20-25 minutes until the leaves can be removed from the stem with relative ease (not

to the point of falling off). The artichokes are then moved to a pot of boiling broth for a remaining 10-15 minutes. In period, capon, chicken, or some sort of meat broth would have been used.

For the purposes of making this a vegetarian friendly dish, we did experiments to see if there was a significant taste difference between meat broth and vegetable broth. When no significant taste difference was noticed, we decided to use vegetable broth instead.

Once the artichoke has finished its boil, the "leaves" are removed to the "choke". Scoop away the choke, careful not to remove any of the

"heart". This "heart" is cut up into small pieces, placed on the slices of bread and topped with grated asiago cheese. The toast is then baked in the oven at 400 degrees for approximately 10 minutes or until slightly browned. Sprinkle with pepper to taste.

#### Ravioli a la Companya (Veal, Chicken ravioli)

This is an Italian recipe found in the Neapolitan Recipe Collection. The only changes to the recipe were the use of ground chicken instead of capon and the use of basil, onion, and garlic to enhance the flavor of the ravioli. A capon is a rooster that has been castrated to improve the quality of its flesh for food. We were able to find capon and experimented with capon versus ground chicken, specifically the flavor differences between the two when prepared in ravioli. The taste difference was not one that was significant enough to warrant the cost prohibitive nature of purchasing capon over chicken for a large feast. Therefore, we made the decision to substitute ground chicken for ground capon. Basil, garlic, and onion were commonly found in well-stocked kitchens in both Italy and France. The first iteration of the recipe was good, but inclusion of the basil, garlic, and onion complimented the meat and cheese within the ravioli so well



 $Image\ courtesy\ of\ \textit{This Italian Life}$ 

The original recipe: "10. Ravioli. Get a pound and a half of old cheese and a little new creamy cheese, and a pound of porkbelly or loin of veal that should be boiled until well cooked, then grind it up well; get well ground fragrant herbs, pepper, cloves, ginger and saffron, adding in a well ground breast of a capon, and mix in all of this together; make a thin dough and wrap nut-sized amounts of the mixture in it; set these ravioli to cook in the fat broth of a capon or of some other good meat, with a little saffron, and let them boil for half an hour; then dish them out, garnishing them with a mixture of grated cheese and good spices. " (The Neapolitan Recipe Collection, 2000)

**Our version:** Meat filling: 1 lb ground veal / 1 lb ground chicken /  $\frac{1}{2}$  white onion (or 1 cup diced) / 1 tbl garlic /  $\frac{1}{2}$  tbl ground pepper / Olive oil to cover pan

Ravioli filling: 1 cup meat filling / ½ cup finely shredded asiago cheese / 1 tbl chopped basil / Salt to taste

Pasta: 5 eggs /  $\frac{1}{2}$  cup water /  $\frac{3}{2}$  cups flour /  $\frac{1}{2}$  tsp salt / 1 tsp olive oil This makes 60 whole ravioli or approximately 120 pieces.

The pasta should be cut into two parts, a top and a bottom. Place appropriate amount of filling to allow for crimping of the top and bottom pasta pieces (we used ½ tablespoon per ravioli). Baste the bottom piece with egg whites to promote sealing of top piece to bottom piece. Place the top piece over filling and crimp the edges together (or use ravioli crimper/cutter). Boil in chicken broth for approximately 5 minutes or until done.

Drain completely and sprinkle with shredded asiago cheese. Serve immediately.

Lessons Learned: Do not allow the uncooked ravioli to touch (i.e. store in Tupperware) without dusting with corn meal or flour. The ravioli will stick and clump or fall apart when boiled. Trust me.

#### Ravioli Epinard (Spinach and Mint ravioli)

This is a French recipe found in the Ouverture de Cuisine, however is also mentioned in Castelvetro's list and prepared not only as a dish by itself but also in tortellini (Riley, p. 46, 2012).

"Another ravioli. Take a good handful of boiled spinach, a small handful of chopped mint with the spinach, & press out well the water, three ounces of grated parmesan, four ounces of fresh butter, three egg yolks, two nutmegs, half an ounce of cinnamon, & make little ravioli, & put it to boil like the others, & put on plate as you want to put with water & butter, parmesan & cinnamon thereon like the others, & serve them so when they are boiled two or three boilings thereon the plate." (Gloning, 2012)

 $\mathbf{Our}$  version: 1 10 ounce package frozen spinach /  $\frac{3}{4}$  stick Butter / 2 tbls chopped mint /  $\frac{3}{4}$  cup shredded Parmesan cheese

Boil frozen spinach per package instructions. Drain thoroughly. Mix cooked spinach, mint, and butter in food processor until well blended. Fold in Parmesan cheese to spinach mixture. The pasta should be cut into two parts, a top and a bottom. Place appropriate amount of filling to allow for crimping of the top and bottom pasta pieces (we used ½ tablespoon per ravioli). Baste the bottom piece with egg whites to promote sealing of top piece to bottom piece. Place the top piece over filling and crimp the edges together (or use ravioli crimper/cutter). Boil in vegetable broth for approximately 5 minutes or until done.

Strain the ravioli into serving dish and sprinkle with Parmesan cheese and serve hot. Lessons Learned: The same lessons for the Ravioli a la Companya apply here. Although notably tedious, individual ravioli were prepared to ensure best possible presentation.

#### **Savory Toasted Cheese**

Savory toasted cheese is included in the feast, well, because we are the cooks and we wanted it. It is a crowd favorite. This is a recipe created by Sir Digby, retrieved from Cariadoc's Miscellany by David Friedman and Elizabeth Cook.

Cut pieces of quick, fat, rich, well tasted cheese, (as the best of Brye, Cheshire, &c. or sharp thick Cream-Cheese) into a dish of thick beaten melted Butter, that hath served for Sparages or the like, or pease, or other boiled Sallet, or ragout of meat, or gravy of Mutton: and, if you will, Chop some of the Asparages among it, or slices of Gambon of Bacon, or fresh-collops, or Onions, or Sibboulets, or Anchovis, and set all this to melt upon a Chafing-dish of Coals, and stir all well together, to Incorporate them; and when all is of an equal consistence, strew some gross White-Pepper on it, and eat it with tosts or crusts of White-bread. You may scorch it at the top with a hot Fire-Shovel.

1/2 lb Butter / 1/2 lb Cream cheese / 1/8 lb Brie or other strongly flavored cheese / 1/4 t White pepper

Melt the butter. Cut up the cheese and stir it into the butter over low heat. You will probably want to use a whisk



The Fruit Seller by Vincenzo Campi c. 1580

to blend the two together and keep the sauce from separating (which it is very much inclined to do). When you have a uniform, creamy sauce you are done. You may serve it over asparagus or other vegetables, or over toast; if you want to brown the top, put it under the broiling unit in your stove for a minute or so. Experiment with some of the variations suggested in the original. (Friedmand and Cook, 1992).

**Our version:** Used the 3/2/1 combination of Cream Cheese, Brie, and Butter, for the entire feast we used 9 lbs Cream Cheese, 6 libs of Brie, and 3 lbs of Butter (for larger amounts, butter is reduced to taste). For the purposes of our feast (logistical convenience), the Savory Toasted Cheese was prepared in crock-pots.

#### **Cooked Asparagus**

Asparagus is a common vegetable in both Italy 15<sup>th</sup> and 16<sup>th</sup> century, eaten raw with Parmesan cheese or cooked. (Riley, 2012) For the feast, we are cooking it in a minimal way (oil, salt and pepper), which not only was a means to season asparagus as noted by Castelvetro, but also allows for it to compliment the savory toasted cheese.

"Others take the plumpest of spears of asparagus, oil them well, roll on a plate in salt and pepper to season them thoroughly, then roast on a grid." (Riley, p. 47, 2012)



**Roasted Pork** (prepared by Baron Vladimir Vladimirovich Vladimirov) Pork was a standard meat used throughout history.

The Butcher's Shop by Passeroltti, c. 1580

It is seen in many portraits during this time period as well as a flavoring agent and main meat in recipes. For the feast, pork chops, bone in were seasoned with salt, pepper, and garlic powder then roasted in an oven.

#### **Peas with Salt Pork**

"Get peas in the shell and bring them to a boil; get marbled salt pork and cut it into slices half a finger long, and fry them a little; then set the peas to fry with the pork, and add in a little verjuice, a little must, sugar and cinnamon. The same can be done with beans." (The Neapolitan Recipe Collection, 2000)

#### Our version:

Sweet and Savory Fried Peas

Originally we attempted to reproduce this recipe as close as possible to the original. Sweet Fried Peas: 1 lb snap peas (in the shell) / Cut pork fatback per original recipe / 1 slice of bacon (if additional "oil" is needed in pan) / Touch of Sugar / Touch of Cinnamon

Remove the ends and strings of the snap peas and boil for approximately 10 minutes. Fry fat back (and bacon if necessary) in a pan. Drain snap peas and fry in pan until slightly brown. Serve immediately.

Lessons Learned: It's very important to start with a small amount of spice and add as needed. Hierarchy of amount is 2 parts sugar to 1 part cinnamon to  $\frac{1}{2}$  part salt. Good place to start. Good prep is essential. If you forget to remove the strings, it will be the last time you forget. Based on those results, we decided to try a savory version, preparing the peas the exact same way, except substituting the cinnamon, sugar, and salt for salt and pepper. Again, adding small amounts to begin and add to taste. For the vegetarians, we fried in vegetable oil.

#### **Italian Rice**

8. Rice in the Italian Style. Put fat and lean broth into a pot and boil it; then get cleaned rice that has been washed several times in warm water, put it in and boil it, giving it a couple of turns with a spoon so that it does not stick to the pot; then, when it is cooked, get eggs and grated cheese, and beat everything together, along with a little pepper; set it out in bowls. (The Neapolitan Recipe Collection, 2000)

Originally, I attempted this recipe as written, however used plain brown rice steamed in chicken broth, then added 1 cup of grated Parmesan cheese and 1 egg. It was wonderful, but in order to be more authentic to an

Italian recipe, I researched what rice was typically used in Italy during this time. I decided to try the recipe with Arborio rice, which is seen in dishes such as Risotto.

The Arborio requires being fried in broth and butter. Outside of not cooking it long enough, the flavor or rice, cheese and egg was phenomenal. Must serve immediately and hot.

Lessons Learned: The first lesson was that chicken broth does not make as much of a difference in flavor when compared to vegetable broth, so in order to allow more choices to the vegetarians at feast, I decided to use vegetable broth instead. Also, before making this dish for the masses, it is best to try working with Arborio first. If it is not thoroughly cooked, including constantly adding broth until soft, it will be too crunchy. The third lessons learned was to serve immediately after cooking, and ensure it is hot. With the cheese and egg, if it is allowed to cool, it becomes hard. It also does not reheat as well as ordinary rice.

#### Third remove

For the final remove we wanted to have both an Italian and a French finishing dish; therefore we chose Zabaglione and Pate a choux.

#### **Zabaglione**

"220. Zabaglone.6 For four cups of Zabaglione get twelve fresh egg yolks, three ounces of sugar, half an ounce of good cinnamon and a beaker of good sweet wine; cook this until it is as thick as a broth; then take it out and set it on a plate in front of the boys. And if you like you can add a bit of fresh butter." (The Neapolitan Recipe Collection, 2000)

Version tried: 4 egg yolks / 3 tbl sugar / 1 tsp cinnamon / ½ cup sweet wine

Place all these ingredients in pot and cook on low heat (careful not to cook to point of scrambling the eggs), also while constantly beating the mixer.

We chose to serve with sliced strawberries and blueberries.

#### Pate a choux

"Aliter dulcia: Accipies sililam, coques in aqua calida ita ut durissimam, deinde in patellam expandis. Cum refixerit, concidis quasi dulcia et frigis in oleo optimio, levas, perfundia mel, piper aspergis et infers. Melius, si lac pro qua miseris.

Take flour, cook in hot water so that it becomes a very firm polenta, then spread it on a plate. When it has cooled, cut it as for sweet cakes and fry in oil of the finest quality. Remove pour honey over, sprinkle with pepper and serve. You will do even better if you use milk instead of water." (Marques, 2009)

**Our version:** 1 cup water / 1 cup milk / 1 cup sugar / 2 sticks butter / 1/3 teaspoon salt / 2.25 cups bread flour / 6 eggs

Boil water, milk, butter, salt, and sugar. Add flour and remove from heat. Work mixture together return to heat. Work the mixture until all four is incorporated and dough pulls away from pot cleanly. Transfer dough into standing mixer or use electric mixer. Mix on medium, and let cool for 15 minutes. Turn mixer to low and add eggs 1 at a time, ensuring each egg is fully mixed in before adding the next. Dough should end up smooth and stretchy. Place 1 tablespoon of batter into greased tart pan. Basked at 350 12-15 minutes. Pipe bite sized balls of dough onto a parchment lined sheet pan and bake at 425 for 10 minutes. Cool to room temperature. Drizzle with honey and serve.

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# The Officers of the Barony of Lochmere



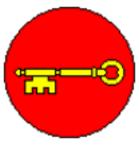
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