

# FEWMET

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## BARONIAL OFFICERS

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SENECHAL: Genevotte nau d'Anjou
CHRONICLER: Padraig na Féasóige Ua Céileachair
HERALD: Elzbieta Traidenyte
MARSHALLS: Heavy Weapons: Lucius Avitus Gregorius Fencing: Padraig na Féasóige Ua Céileachair Archery: Edmund of Worcester Thrown Weapons: Sigvaldi inn enski
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MISTRESS OF ARTS & SCIENCES: Adren cu Faol
MINISTER OF THE LISTS: Matilda Bosvyle de Bellaqua
CHATELAINE: Adelheid Grunewalderin
GOLD KEY: Nikki of the Swamp
WEB MINISTER: Eric Grenier de Labarre
STEWARD: Steffan Wolfgang von Ravensburg
HISTORIAN: Nezhah bint Saleem
CHIURGEON: Nikki of the Swamp
CHANCELLOR MINOR: VACANT (all officers can be contacted through the Baronial Webpage ( <a href="http://www.thescorre.org">http://www.thescorre.org</a> ))

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**Business Meeting 2/19/13**

Genevotte Nau d'Anjou brought meeting to order at 7:30

Number of Attendees: 17

**Officer Reports**

Eric Grenier de Labarre – Web Minister

Need to update the calendar. Have OP to upload after it's updated since awards at C3R.

Padraig na Féasóige Ua Céileachair - Chronicler

Newsletter is regular. Last one was on time.

Padraig na Féasóige Ua Céileachair – Fencing Marshal

Fencing practice has been happening and well attended. Fencing classes went well at C3R

Adren cu Faol – Minister of Arts and Sciences

We are still doing A&S, as proven at C3R.

Sewing day was cancelled due to weather.

Edmund of Worcester – Archery Marshal

Nothing to report– winter break.

Sigvaldi inn enski – Thrown Weapons Marshal

Nothing to report– winter break.

Lucius Avitus Gregorius – Knight Marshal

Not Present.

Matilda Bosvyle de Bellaqua – Mistress of the Lists

Nothing to report– winter break.

Elzbieta Traidenyte – Herald

We had an event, I have a report to write. Need to update the OP.

Alina Marie de Valenciennes – Exchequer

Accounts:

Checking: \$4,399.01

Savings: \$3,617.93

Event report for C3R is finished \$651.11 Profit 185 attendees.

Nikki of the Swamp – Gold Key

Got rid of some stuff, and taken in a lot of clothing items.

Brought about 75 items to C3R and received \$155.00 in Donations.

Nikki of the Swamp – Chirurgion  
No Activity needed.

Adelheid Grunewalderin -Chatelaine  
Have a library room for newcomer's meetings.  
Looking to move meetings to Wednesday night, every other month at Brighton Memorial on Elmwood.

Nezhah bint Saleem - Historian  
We have history happening every day.

Steffan Wolfgang von Ravensburg - Steward  
We have stuff, blah blah blah

Genevotte Nau d'Anjou – Seneschal  
College of 3 Ravens Chancellor  
We had a great event.  
Hour of lunch positively received.  
Shoes must be removed before using baby nurseries.  
Needs to be on list next year.  
Better lines of communications with Church.

Baron Aquila de Athos and Baroness Bronwyn nic Gregor - Their Avian Excellencies  
Nice event.  
Lots of people acknowledged.  
Want Nominations for awards.  
Our year to hold 76 Pearls Dinner at Pennsic  
Need Donations.  
Scroll cases are coming along.

### **Guilds**

Caldron Bleu - Katja  
Requesting moderate sized cookpots, 30 Medium sized serving spoons and condiment bowls  
Passed to spend up to \$170.00

Raven Raqs Beledi - Dancers: Dehka Drummers: Carlo  
Continue to meet at Nezhah's and having a good time.

The Crow's Feet Dancers - Baroness Peregrine  
Not present.

Threadworker's Guild - Ysabelle Reynald  
Last one Feb. 12 cancelled due to weather  
Next one is March 9 Webster.

Scriptorium - Roberta McMorland.  
Still meeting.

### **Old Business**

Baronial Champs Bid  
Genevotte bid to have at Richards house.  
May 24-26. Need a lunch cook  
Site fee \$150.00  
Lunch Budget \$150.00  
Pump Septic \$125.00  
Handicap porta-potty \$175.00  
Passed and also doing Sgts and Yeomans at Champs.

Pax Interruptus  
Siege for authorizations and Target

### **New Business**

Request from Kadlin  
Apr. 20 for Classical Idol  
Requesting borrowing Baronial equipment by Kadlin  
Will contact Rob  
OK with Barony if ok with Rob

Oxhide  
Reservations made

Monroe County Parks close Oct. 12  
Unavailable for Crown Tourney Weekend.  
Friedrick

Meeting was closed by Genevotte Nau d'Anjou at 8:52 PM.

## ***The Mongolian Lunch at College of Three Ravens***

By Baroness Mistress Daedez of the Dark Horde Moritu

Tsagaan Sar is the Mongol celebration of Lunar New Year, which generally falls in February. Like many western New Year celebrations, it features a great deal of eating, drinking, and visiting with family and friends. I would like to thank Don Grendel, autocrat of the College of Three Ravens in 2013 C.E., for allowing me to share a taste of Mongolian culture in both the literal and figurative sense, as I have wanted to share a Tsagaan Sar meal for quite some time now.

When hunting and the herds are limited, there may not be a great deal of meat, but even in the most prosperous years Mongol feasts feature a great deal of dairy. The luncheon I served was not 100% authentic in substance. We did not serve mutton or lamb as it was being served at dinner, and the quantities of smoked cheeses one could expect were not financially feasible.

In accommodating the wider variety of diet preferred by many SCAdians, we did provide a salad—despite the Mongol proverb that “Meat is for men and greens are for animals.” At the same time, we tried to balance that departure from tradition by insuring that there were ample yogurt and cheese curds for all.

The more traditional Mongolian foods we made were fried meat dumplings, called Huushuur; stacks of flat bread, called Boov; and a beef and goat soup of the sort discussed in the Yuan Dynasty cookbook: A Soup for the Q’an. We also served pears, in reference to a passage in *The Secret History Of The Mongols* which relates that Mother Hoelun nourished Temujin and his siblings with “pears, wild onions, and roots that she dug up with a stick.” It is a particularly poignant reminder for Mongols, that Hoelun’s son rose from such an impoverished beginning to become the conqueror Westerners now know as Genghis Khan.

### **GOAT/BEEF SOUP**

After reading the descriptions of several soups in the Yuan Dynasty cookbook *A Soup For The Q’an*, Bryn and I assembled the list of ingredients we wanted to include:

Beef Stew meat, cubed  
Frozen Leg of goat, thawed, deboned, and cubed  
Carrots, peeled and sliced  
Onions, finely chopped  
Lotus Root, peeled and cut into 1/8 inch thick slices  
Mushrooms  
Chickpeas  
and Beef stock

To get roughly 200 cups of soup, I made four batches of about three gallons each. Each batch contained approximately 1 lb. of stew beef, a bit over 1/3 lb of goat; 2 lbs of carrots; nearly 3 lbs of onions; two LARGE king oyster mushrooms washed, sliced and quartered; two 8 inch or so long lotus root tubers; 2 smallish packages of straw mushrooms trimmed and with the clump they came in separated as much as possible.

All of these ingredients were prepped in advance, the meat browned, the onions and oyster mushrooms sautéed, and then frozen with the carrots, lotus root, and straw mushrooms in up to a gallon of the goat stock created when we were defrosting the goat meat.

On the day of the event, we used 6 tablespoons of a commercial gluten and alcohol free beef stock concentrate to get a gallon or so of stock going in each of four pots. Once they were boiling merrily, we decanted a batch of the frozen prepared ingredients into each one and let them simmer for 3-3 ½ hours, adding 2 large cans of drained chickpeas to the mix about an hour before serving time.

Stirring at frequent intervals insured nothing burned on the bottom, bless you Andrew and Bryn.

## **BOOV**

(Mongolian Flat bread)

One of the Tsagaan Sar traditions I read about are plates of a flatbread called Boov. They are served stacked in an odd number of layers with an odd number of flatbreads in each layer. The number of layers is determined by the host's position in their family hierarchy. A young couple, for instance, would only have 3 layers, their parents--5, while their grandparents would put out 7 layers. Since we were serving far more than a single extended family, Katrina kindly set up 3 layers of 7, 3 layers of 5, and 3 layers of 3 on each of three trays, achieving odd numbers in every aspect, for tremendous good luck.

While I found assorted references to this practice, and the ger to ger visiting that attends Tsagaan Sar, a recipe for the Boov itself was conspicuous in its absence. I wanted to serve a Mongol-esque bread and had looked at a couple of allegedly Native American variants. Bryn came over one night to help me trial them. The results were edible if you aren't gluten intolerant, but one was too crumbly and the other (deep fried) looked more like dough baseballs than flatbread.

Bryn to the rescue: The next night she brought over "Baking Illustrated" which contains a recipe based on South and Central Asian breads. What follows is a short version with comments (I did NOT do the mixing by hand!)

1 pkg (2 1/4 tsp) instant yeast

2 tsp sugar

1 1/2 tsp salt (plus more if you want to add a salt sprinkle after baking.)

1/4 cup whole wheat flour (*use more given how gooey the dough came out.*)

2 1/2 cups white flour (plus some for dusting your work surface, or adding if the dough is still too gooey)

1 cup room temperature water

1/4 cup plain yogurt (though vanilla or even lemon could be fun.)  
1 Tablespoon olive oil, plus some for oiling the bowl.  
Sesame seeds— I like 'em so I used lots.  
1/2 stick of butter if you want to brush it on the bread and add the salt sprinkle. (I skipped those)

I combined the yeast, sugar, salt, and flours in a standing mixer and blended them with a fork, then mixed the water, yogurt and olive oil and poured that in, while mixing at a low speed with a dough hook, building up to medium for about 8 minutes, and adding more flour or water in small increments if necessary for the dough to clear the sides of the bowl. (It tries to stick to the bottom no matter what.) Scrape down the sides with a rubber spatula if necessary to get all the flour worked in.

Next, transfer the dough to a large, lightly oiled bowl. *<This is when I found out just how much I dislike handling gooey dough, and we added a bunch more flour.>* Cover it tightly with plastic wrap and place in a draft free spot. The recipe said it ought to double in size in 45 minutes to an hour. In our case, I think it took closer to 2 hours.) You can then punch down the dough, wrap it tightly in plastic wrap, and refrigerate it for up to 2 days before baking it.

When you're ready to start cooking the breads, turn the dough onto a lightly floured work surface. We added yet more flour at this point because it was still sticky. As directed, we cut the dough into 8 fairly equal pieces using a chef's knife, and rolled each piece into a ball. The individual balls are rolled out into roughly 4 inch circles, which then need a 10 minute nap (so they don't squabble?) After nap time, you roll them out to about 6 inches in diameter.

Now the recipe says that if you want to add sesame seeds you should brush the rounds with water, sprinkle with 3/4 teaspoon of seeds and then roll gently once or twice with a rolling pin to make the seeds adhere. I was not about to moisten the dough I had had to add all that flour to, and since—as I've said— I LIKE sesame seeds, I just sprinkled 'em liberally and mashed those little beggars on in there. *I figured it would be okay, because the recipe says to stretch the rounds out another inch just before you cook them, but the pictures I seen since then show a somewhat thicker bread, so you might only want to roll the rounds out to a little over 5 inches.*

Bryn got the cast iron skillet up to heat (medium high) and working in tandem, she'd oil the pan, I'd beat a dough round into seasamed submission, and she'd press it politely into the pan. You cook the first side just until little bumps start appearing on the surface of the dough, as little as 30 seconds. Using tongs, you flip the bread and cook a minute or 2 until the bottom is speckled with deep golden brown spots. Flip one more time and a minute or so later both sides will have those golden brown spots and your flat bread is done.

At that point you can brush with butter and sprinkle with salt or tear into them to see how they taste warm, which was my approach. You can also wrap them tightly in foil and store at room temperature "for up to two days." I nuked 'em for 15-20 seconds on day 2 and fed them to our D&D crew. Most had positive comments, though one salt vampire felt I had erred in skipping that step. I made myself a roast beef sandwich using the last flatbread on the evening of day 3 and the taste and texture were still pleasant, so the 2 day recommendation may be conservative, depending (I suppose) on the

ambient temperature of your living/cooking space.

*Note: in Mongolia the stacks of Boov are often decorated with little treats (like sugar coated seeds and dried cheese curds.) Our budget was \$2/person, so we made do with undecorated stacks. It you check out "mongolian gangnam style shine ue" at <http://www.youtube.com/watch?v=IWUzUfWSFDs> there is a decorated stack of boov on the table in the ger.*

### **Huushuur (fried) or Buuz (steamed) Mongolian Meat Pastries:**

The base recipe is from Avargha Chagatai, a member of the Silver Horde in the East Kingdom, who resides in the Rhydderich Hael. He, in turn, credited Puppy Khan's wife Bombar Ghoa, a native born Mongolian, with helping him develop it. His article, which includes several other spiffy recipes, is on the Silver Horde's web site under the heading "Culture/Food."

#### **Ingredients:**

For the filling:

2 lbs minced mutton or beef, with some fat included (we used 85% lean ground beef)

1 lb cooked rice

3 ½ teaspoons salt

1-2 medium onions, minced (couple seconds in a food processor is far quicker and less tearful than doing them by hand... we be modern Mongols here.)

2 cloves garlic, crushed or a heaping teaspoon of minced garlic

Soy sauce to taste (\*If you are doing just the filling for folks who are gluten intolerant, make sure your soy sauce is gluten free.)

1 Heaping Tablespoon Asian 5 Spice power (contains cinnamon, ginger, cloves, anise, fennel and licorice root,) *I'm not a big licorice fan, but Bryn was right, this really made the filling much richer and more flavorful.*

For the dough:

4 ½ cups flour

1 teaspoon salt

water to mix, <<*Bryn tells me the amount wasn't specified because it can vary depending on altitude and humidity. I was using about 2 cups, adding it slowly to achieve a heavy, but not too gooey, dough.*>>

#### **Directions:**

Knead the dough. Divide into smaller pieces and roll these into cylinders about 3/4 inch in diameter. Cut the cylinders into 2 inch lengths. Take one length of dough and squash it into a circle. Roll it out on a floured surface, until it is about 4 inches in diameter. Roll more at the edges than in the middle, so the dough is slightly thinner around the edges Put 1-2 teaspoons of meat mixture onto one side of your circle, leaving a space around the edge. Fold the other side over, pinching the edge flat. Leave one corner open, squeeze out the air, then seal the corner. Fold the corner over and pinch again, then work around the edge folding and pinching into a twist pattern. Repeat the process with the rest of the filling and dough pieces.

*<<We used a plastic "dumpling press" given the large number we had to make in a short time. The crimping and folding of authentic huushuur is both an art and a matter of domestic pride among Mongolian cooks. Brushing the edges very lightly with water helps achieve a good seal. It's important to keep the dumplings from opening while they're frying.>>*

Heat ample cooking oil in a wok. Fry the pastries a few at a time for two minutes each side, until they are brown and the meat is cooked. *<<Cooking time may also vary depending on how hot your oil gets. Watch close! We had to make a lot of these, so we cooked the meat ahead of time, filled the dumplings and froze them for later frying. If you freeze the huushuur with the filling uncooked, you end up overcooking the dough to get the centers fully cooked, cooking them fresh eliminates that problem but just wasn't a possibility logistically..>>*

Avargha noted that you can exclude rice and steam the dumplings instead of frying them to make booz or substitute your favorite mushrooms instead of the meat for a vegetarian version. We stuck to the single fried variety.

*<<You should get about 4 dozen per batch of dough. Our dumpling presses didn't hold as much filling, so you might have to make more than one batch of dough if you opt to use such things, or maybe start by making half a batch of the meat filling and adjusting as needed.*

*If you decide to do the Buuz version, Mistress Sadira has said no matter what you are steaming, it takes 20 minutes. She has a spiffy bamboo steamer and recommends using pieces of lettuce leaf in lieu of parchment (which is pricier) to keep the dumplings from sticking to the steamer.>>*

The salad, pears, and cottage cheese were all basically open and serve commercial products.

Dressing for the green leaves (or "fodder") contained, oil, water, balsamic vinegars, and finely minced ginger.

The yogurt was a blend of plain and vanilla commercial yogurts.

The balancing seasonings of salt, pepper and basil were presented in the shape of a yin-yang.

Hot tea was provided, but we didn't seriously expect anyone to salt it or add rancid butter before drinking it.

## Sergeants and Yeomen and Gallants Competition

On May 25th, at Baronial Champions Tournament, the Barony of Thescore will hold a "Sergeants and Yeomen and Gallants" competition. This competition, which started in the Kingdom of An Tir, is a sort of "pentathlon" of SCA life. It was originally designed to find and promote fighters who were considered to be excellent candidates for the knighthood. As we run "S&Y&G" in Thescore, we include all martial skills (fighting, fencing, archery, and thrown weapons) in the competition. The competition is open to anyone who chooses to enter. The categories that candidates are judged in are as follows:

- 1) **Martial skills** - the marshalls & those sergeants& yeomen present will watch to assure that that candidates prove their competence.
- 2) **Tactics** - candidates will take a test to determine if they have basic knowledge of battle tactics.
- 3) **Games** - candidates will be required to play & show competence in a number of basic games (draughts, nine man morris, fox & geese, hnaftafl).
- 4) **Dance** - candidates will required to participate in & show knowledge of basic dances (hole in the wall, basic bransles & pavaues). Instruction will be offered.
- 5) **Heraldry** - candidates will take a test to determine if they have basic knowledge of heraldry & of regional & kingdom arms.
- 6) **Performance** - candidates will be required to sing a song or tell a tale.
- 7) **A&S** - candidates should bring an A&S piece to display.
- 8) **Chivalry & Courtesy** - candidates will be observed during the course of day to determine their chivalry & courtesy.

At the end of the day, Their Excellencies will choose who receives a belt, based on the competitions and Their observations during the day.

Wow! That's a lot of stuff to do in the course of a day. Becoming a Sergeant or a Yeoman or a Gallant is a rigorous process. Time to learn some games, learn some heraldry, learn some dances, brush up your A&S, and figure out what to perform!

Over the next two months, I'll post links for games, heraldry, basic tactics, and dance instructions, to help you prepare. I hope that MANY candidates will make themselves known.

In service,

Fridrikr, Sergeant of Thescore & Coordinator of the "S&Y&G" competition.

**March - 2013**

1-3 Tournament of the White Hart XVI  
Shire of Port Oasis (Barboursville, WV)

2 Bears Event  
Shire of Stormsport (Erie, PA)

9 3 Mile List Field  
Barony of Endless Hills

9 It's All Greek to Me!  
Dominion of Myrkfaelinn (Ithaca, NY)

10-17 Gulf Wars XXII  
Kingdom of Gleann Abhann

23 The Golden Donnan Party: A  
Beating Jubilee  
Shire of Ballachlagan (Wheeling, WV)

30 Festival of the Passing  
of the Ice Dragon  
Barony of Rhydderich Hael (Buffalo, NY)

**April - 2013**

13 Is the Pen Mightier than the  
Sword?  
Shire of Angel's Keep (Auburn, NY)

6 Knights and Round Tables  
Shire of Misty Highlands (Clarksburg, WV)

13 Iron Comet 2013  
Barony-Marche of Debatable Lands (North  
Versailles, PA)

20 Aethelmearc Spring Coronation Placeholder

25-28 Blackstone Raid XXII  
Barony of Blackstone Mountain (Ripley, WV)

27 Feast of Bacchus II:  
Penelope's Challenge  
Barony of Endless Hills

**May - 2013**

4 Crown Spring Tourney  
Shire of Gryffyns Keep (Pleasant Unity, PA)

11 Heralds and Scribes  
College of Silva Vulcani (California)

16-19 Aethelmearc War Practice  
Canton of Steltonwald (Slippery Rock, PA)

31-Jun 2 Melee Madness  
Barony of Endless Hills (Meshoppen, PA)

31 - Jun 2 The Hornwood Guard Inn:  
Archery Festival  
Shire of Hornwood (Hazen, Jefferson Co., PA)

**June - 2013**

1 Brass Ring Thing  
Canton of Beau Fleuve (North Tonawanda,  
NY)

7-9 Northern Oaken War  
Maneuvers (Midrealm)  
Kingdom of the Middle

15 St. Swithin's Bog Baronial Investiture  
Barony of St. Swithin's Bog (Summerhill, PA)

28-30 Tournament of the Wind-  
mill II: For the Glory of  
Rome  
Barony of Delftwood, (Cleveland, NY)

29 Aethelmearc Academy,  
Summer 2013

Shire of Abhainn Ciach Ghlais (Hughesville,  
PA)