

FEWMET

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(I'd lost the handouts for the feast, so they were not available
At the event. Here are the recipes for those of you who would
Like to cook the dishes themselves. — Padraig.)

COLLEGE OF THREE RAVENS

February AS 50, CE 2016

Menu

Drink

Clarea de Agua

(Spiced Honey Water)

Water

First Remove

Estofado de Conejo et Volateria

(Rabbit Poultry Stew)

Espinaca Picadas

(Chopped Spinach Salad)

Bread

Second Remove

Sidre de Cerdo en Salmuera

(Cider Brined Pork)

Salad of Greens

Third Remove

Estofado Catalona

(Catalan Beef)

Baked Beet Roots

Dessert

Almond Torte with Pear Sauce

Xocholatl

Clarea de Agua.

This drink was recommended to me by Lady Katja Orlova, who directed me to Vicente Coenca's article on the drink in Stefan's Florilegium. Since we have a Lady attending who is very allergic to ginger, I adapted his recipe to:

Spice Mix -- 3 parts Cinnamon, 2 parts Cloves, 1 part Grains of Paradise. Roughly crunched.

Bring 1 quart water to boil. Tie 6 oz. of the spice mixture in a cheesecloth bag & seep overnight.

The next day remove the bag of spices, heat the liquid and stir in 24 oz. honey. This syrup is enough for 3 gallons of clarea.

Estofado de Conejo et Volateria.

3 Rabbits

1 Duck

3 Chickens

1 bunch celery

2 lbs. carrots

7 lbs. Parsnips

7 lbs. Celeriac

7 lbs. Purple Carrots

3 ½ lbs mushrooms

Parsley

Rosemary

Chop up the carrots and celery. Sautee the vegetables in 2 T Olive Oil and a pinch of salt.

Brown the rabbit, then place the vegetables and all the carcasses in a large stew pot with a bit of salt and pepper, cover with water, bring to a boil, then simmer. Remove the meat after one and a half to two hours. Save the broth.

Strip the rabbit, duck and chickens of meat.

Save the carcasses. Place in stock pot, cover with water, bring to boil & simmer for four hours.

This will give you a lot of broth. What you don't use for the stew can be frozen to be used for soup later.

(For this event the meat was prepared in advance.)

Reheat the meat and broth.

Chop up remaining root vegetables, add chopped up vegetables, mushrooms, and spices to meat & broth. Heat till root vegetables are soft -- about ten minutes.

Espinaca Picadas.

I used a British version of this recipe. The Spanish version uses prunes instead of currants, and includes chicken schmaltz.

3 handfuls spinach

½ cup currants

½ teaspoon cinnamon

3 Tablespoons red wine vinegar

4 Tablespoons sugar

Bring water to boil.

Add spinach.

Boil for 3 minutes. Drain.

Chop fine.

Heat 2 Tablespoons olive oil.

Fry spinach for 1 minute.

Add currants and cinnamon. Fry for 2 more minutes.

Add vinegar and sugar. Lower heat. Boil down to thicken.

This is good as a sort of pesto on bread.

Sidra de Cerdo en Salmuera.

This is adapted from a contemporary Andalusian recipe. The apple orchards of Andalusia were renowned in period & continue to be so. Cider was used in the region in marinades in place of the wine used elsewhere. So it seems reasonable to me that a dish similar to this would be served. Anyway, I think you'll like eating it.

½ cup Honey
2 cups Water
1 cup Salt
8 Bay Leaves
3 T Coriander Seeds
1 t Black Peppercorns
1 quart Apple Cider
2 cups Ice
5 lb. Pork Loin
6 Yams
2 Red Onions
2 Yellow Onions
5 T Olive Oil

Combine Honey, Water, Salt, 2 of the Bay Leaves, 1 Tablespoon of the Coriander Seeds, and 1 teaspoon of the Peppercorns. Bring to a boil, then reduce heat to simmer, stirring to dissolve salt and honey, for about four minutes. Transfer to a large bowl and add cider and ice. Let cool. When brine is cool, seal pork and brine in a large brining bag and refrigerate for at least eight hours. (I brined the pork for two days.) Remove pork from brine & pat dry. Let sit at room temperature for one hour.

While waiting, quarter the yams and halve the onions. Toss them with 4 Tablespoons of olive oil and arrange on baking sheet.

Season with salt and pepper.

Preheat the oven to 425.

When pork has sat an hour, crush 2 Tablespoons of coriander and crush 6 bay leaves. Season pork with salt and pepper and rub all over with crushed spice mix. Heat 1 Tablespoon of olive oil in large skillet over medium high heat. Brown the pork on all sides, about 8 to 10 minutes. Nestle the pork among vegetables on the baking sheet. Roast for 60 to 75 minutes. (Until meat thermometer shows center of meat at 140 degrees.)

Remove from oven. Let rest 30 minutes before serving.

Salad of Mixed Greens.

Tossed with olive oil and white wine vinegar.

Estofado Catalana.

¼ cup Olive Oil

2 lbs. cubed stew beef

4 oz. grape juice

4 oz. red wine vinegar

2 cloves garlic

2 onions

1 carrot

1 stick celery

1 leek

1 oz. unsweetened baking chocolate

¼ teaspoon Cinnamon

salt and pepper

1 ½ cups beef stock (ox tail stock is good.)

Chop garlic, onions, carrot, celery and leek.

Heat Olive Oil in large skillet. Brown the beef, 3 or 4 minutes.

Add juice and vinegar & cook for another minute.

Pour into slow roaster. Add chopped vegetables, cinnamon, beef stock, and salt & pepper (to taste.)

Slow roast for 3 ½ hours, or longer.

If broth looks thin you can thicken with corn starch or arrow root.

Add chocolate 15 to 20 minutes before serving.

Baked Beet Roots.

Beet Roots

Thyme

Chives

4-5 Tablespoons Olive Oil per 500 gr beets

5-7 teaspoons Balsamic Vinegar
Salt & fresh ground black pepper
Goat's Cheese

Preheat oven to 400.

Cut beets into golf ball size pieces (3 to 4 pieces per guest.)

On doubled sheet of foil, place beets. Salt and pepper to taste.

Sprinkle on herbs. Fold foil up in a bowl. Add oil and balsamic.

Close foil, creating a sealed package.

Bake for an hour, until tender.

Almond Torte with Cinnamon Pear Sauce.

1 cup sugar

½ lb almond meal

7 eggs -- separated

¼ teaspoon cinnamon

Preheat oven to 350.

Stir together sugar and egg yolks till light & fluffy.

Beat egg whites till stiff. Add 2 or 3 Tablespoons of beaten egg whites to sugar yolk mix.

Stir in almonds and cinnamon. Then fold in rest of egg whites.

Bake for 45 minutes in greased 13"X9" pyrex.

Sauce:

32 oz. canned pears (You can use fresh pears & sugar water. Canned pears were just easier for me.)

2 T cornstarch

1 T butter

½ t cinnamon

Separate pears from syrup. Mash pears.

To ¾ cup of the syrup add cornstarch and butter. Mix up well.

Add mashed pears & cinnamon. Bring to boil over medium heat, then simmer till thickened.

Xocholatl.

I cheated & used Dagoba mix.

March - 2016

4-6 Tournament of the White Hart
Shire of Port Oasis (Barboursville, WV)

5 The 20th anniversary
of the Feast of the Bears
Shire of Stormsport

6 Regional Fight Practice and
Second Curia of
Magnus Tindal and Etain
Shire of Sterlynge Vayle (Binghamton NY)

11-13 Academy of St. Clare
of Assisi: Stitches in Time
Shire of Abhainn Ciach Ghlais (Millmont, PA)

12 Three Mile List Field (Demo)
Barony of Endless Hills (Scranton, PA)

12 East Kingdom Rapier
Academy
Kingdom of the East (Long Valley, NJ)

13-20 Gulf Wars WXXIV
Kingdom of Gleann Abhann

19 Pastime with Good Company
(and Stick Horses)
Shire of Nithgaard (Boalsburg, PA)

26 The Donnan Party:
A Day of Beatings!
Shire of Ballachlagan

26 Winter Haven II
Shire of Coppertree (Whitesboro)

April - 2016

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

2 Third Curia of TRM Magnus
Tindal and Etain
Barony of Rhydderich Hael (Buffalo NY)

9 Spring 2016 Æthelmearc Coronation
(With the Shire of Gryffyns Keep)

16 Siege of Harlech IV
Barony-Marche of Debatable Lands (Wexford
PA)

23 Aethelmearc A&S Faire
Shire of Hartstone (Wellsville, NY)

28 - May 1 Blackstone Raid XXV
Barony of Blackstone Mountain (Ripley WV)

30 Pen vs Sword IV
Shire of Angels Keep (Auburn, NY)

30 The Battle of Clontarf
Barony of Endless Hills

May - 2016

7 Spring 2016 Æthelmearc
Crown Tournament
NEW DATE!!!! (Region 5)
Barony of Delftwood (Elbridge, NY)

19-22 Aethelmearc War Practice
XXVII
Canton of Steltonwald (Slippery Rock, PA)

27-30 Wars of the Roses
Kingdom of the East (Schaghticoke, NY)