

The Dreiburgen News

July 2021

AS LVI



All The News That Fits We Print



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A letter from their Excellencies

Greetings Unto the Populace of Dreiburgen,

Welcome to the new world! We are open!

Coronation was amazing and our Largesse Group represented. We had five entries in the Largesse Competition. Thank you to everyone that participated.

Summer Arts is this weekend, and we are looking forward to our new Arts & Sciences Champion.

Our time is waning. These past five years have been life changing. There are too many people to thank for all they have done. We are proud with where our Barony is, and we are looking forward to where our Barony is going. It takes a village, and we are a village.

This has been the most rewarding time for us in the SCA and we thank you all for this. You never know until you know.

Logan Blackrune

Baron

Cyne Mac Thersone

Baroness

Upcoming Events

Dreiburgen Summer Arts (Virtual)

Saturday July 17th at 9am

Queens Champion Ranged Weapons

Sunday August 1st at 8am Woodley Park, Van Nuys

Queens Champion Combat

Saturday July 24th at 8am Cedar Grove Park, Tustin

Highland War - Single Day Event

September 4th at 8am 15425 Wild. Rd. Helendale, CA. 92342

Great Western War

October 5th - 12th Buena Vista Aquatic Center

Dreiburgen Anniversary and Investiture

October 30th 8am Rancho Jarupa Park, Riverside

Traveling Arts and Sciences Schedule

July 26th

Cutwork: Using a Jewelers Saw on Metal
Part 1 - Lesson by Baroness Megan deBarri

August 23rd

Cutwork: Using a Jewelers Saw on Metal
Part 2 - Workshop by Baroness Megan deBarri

September 27th

"Laws of the Leash" Medieval Dog Handling
By THL Sigbiorn Sigmundarson

Tales from the Tower

The 5th Brigade

By Sir Thurstan de Barri

This is a story of the people of Dreiburgen and my time as general and baron. As I recall, this was also a place in time where there was great comradery and fellowship, or maybe that recollection is just the fog of war and home blended alcohol.

When I was a Lt. Commander in the 5th and Master Duncan Brock was General, he started having coins minted so that the fighters could be paid for their service. Large coin and small - other than as mementos, souvenirs of war and pride, there was little that could be done with them. At some point after Master Duncan moved on and I became General we decided to open a store so pay could be spent. We minted 700 coins about the size of a nickel and some paper payment was printed. We were also paying in salt, as we figured that anyone showing up was worth their salt. The pay process was very formal. Usually, a table would be set up with guards posted and a designated paymaster. The combatants would be called up one at a time to sign a roster for their pay. Then they would be paid according to their rank based upon period sources. The formality of the pay system was started by Master Duncan.

Lord Gregory de Saville and others contributed to the production of dies and we used aqua regia to cut the die faces. Gregory built a machine to hold the dies so the coins could be mass produced. We decided to use a soft metal of silver hue and Gregory's father provided us with a sheet of aluminum (not period but acceptable). Gregory and I began production and were surprised that we were having trouble with the imprint on the material. We thought, well, aluminum is soft, right? Not always. We used a 15lb sledge and hammered as hard as we could to not much improvement.

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Truth be told, the die holder assembly blew apart under the stress, but through sheer force of will, we managed to produce the 700 coins. Come to find out the metal was an experimental aircraft aluminum that Gregory's father had picked up in Lancaster, CA.

(Very , very hard). We opened the store with few goods to sell until we all put our heads together and someone suggested donations to the cause. People began to donate garb, books, armor, beer, booze, camp goods, fabric, jewelry etc. All donated by the people of Starkhafn and Dreiburgen. One time someone in the Brewer's Guild donated a case of homebrewed garlic beer...

It did keep the vampires and fairy folk at bay.

Goods were purchased from the General's Store with the 5th Brigade pay, while at one Potrero War some of the merchants participated by providing a discount off of the purchase of goods at their booths with the use of 5th Brigade coin.

In the early 90's the 5th included units from Starkhafn, Dreiburgen, and points beyond. We also hired mercenaries for a negotiated fee (usually beer, booze, and food). The 5th was a pickup unit, meaning, anyone that didn't have a home was welcome to camp and fight with the 5th. We had a very large camp, usually with two campfire rings, and all were welcome. One firepit for the rough and rowdy, and the other for the quiet pursuits of gentler folk where bards would sing and recite poetry. Around the large fire ring we would tell stories of war and on Saturday we had a potluck feast.

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After feasting we would pass the great drinking horn which of course was filled with alcohol of various mixings and upon the horn was writ (phonetically) in Anglo-Saxon Futhark Runes:

Take this draught from bulls great horn,

With his strength to battle borne.

The warrior way to honour show,

Die with honour at weapon blow.

When phoenix rise from ash to flame,

To fly courageous and victory claim.

Chivalric bow we to the king,

For of phoenix bard shall sing.

At that time the person with the horn would tell a tale of the feats of other's good deeds and glory, not their own. Anyone could tell a story, it didn't have to happen at the field of battle, and often it was of a good deed done in camp or elsewhere at the war site. Then the fighters who fought with the 5th would have their badge/favor (usually leather) branded with the brand for that particular campaign. Brands were made from wire coat hangers that were bent to shape and heated in the fire. The General Store and the combined efforts of all those persons involved to ensure its success created an opportunity for everyone to share their personal skills and areas of interest. Bards, costumers, weavers, brewers, cooks, illuminators and calligraphers, metal workers and artisans of all ilk were involved.

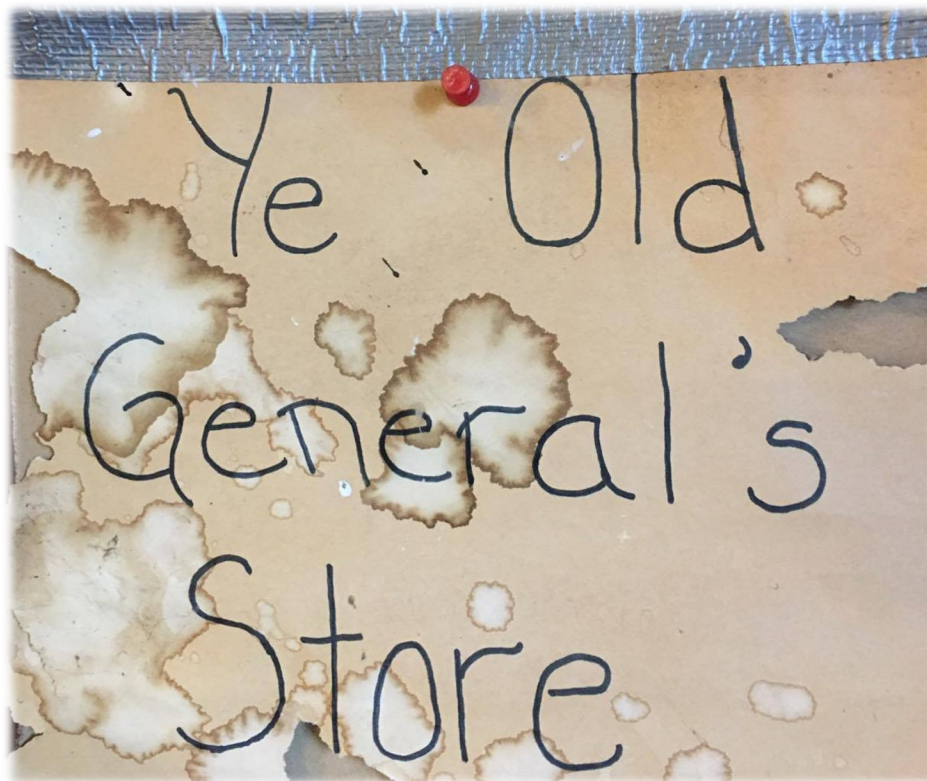
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Tales from the Tower Continued...

Many lasting friendships were developed and continue to thrive to this day, 25- 30 years later. Imagine what an effort like this could do for the Known World today. Specifically, for the Barony of Dreiburgen. The 5th Brigade is a thing of the past. What I am advocating and will support is the formation of a Dreiburgen Fighting Unit, a General Store all the possibilities that may bring for both the Populace of Dreiburgen and the Kingdom of Caid. It has been suggested to me that there may be a possibility of other units wishing to join in the effort in order to form a larger, even more formidable unit.

In the past so many groups as well as individuals were involved and none of this could have been possible without their help and participation. I would like to express my gratitude to all that contributed to the efforts at that time. The Barony of Starkhafn, Their Excellencies, the Populace, and all the other fighting units both large and small whose names have passed into history. The list goes on and on and is spread over many years Havoc, Bloody Moon, etc.. Thank you all for the good times. The depth and breadth of a project of this magnitude was not and cannot be accomplished by any one individual, but instead requires the great efforts of many people.



Love Apple Catsup

by Baroness Tyne MacPhersone

Redaction from the Recipe by James Mease 1812

Slice the apples thin, and over every layer sprinkle a little salt; cover them, and let them lie twenty-four hours; then beat them well, and simmer them half an hour in a bell-metal kettle; then add mace & allspice. When cold, add two cloves of raw shallots cut small, and half a gill of brandy to each bottle, which must be corked tight, and kept in a cool place.

-Archives of Useful Knowledge, M.D. James Mease, Philidephia 1812

My Recipe:

16 Roma tomatoes

2 tablespoons sea salt

½ teaspoon mace

¼ teaspoon allspice

2 cloves of shallot diced

¼ cup of E&J Brandy per container

Process

1. I sliced the tomatoes and put them in a rubber container. I sprinkled salt over each layer, covered them and but in refrigerator for 24 hours.
2. I smashed the tomatoes by hand with a masher in the liquid that was produced from the tomatoes.
3. I simmered the mashed tomatoes in a metal pot for a half hour.
4. I removed from heat and added ¼ teaspoon of mace and ¼ teaspoon of allspice. The allspice was over powering so I add another ¼ teaspoon of mace. I covered it in the pot and set aside to cool completely.
5. Once completely cool I added the shallots
6. I pour ¼ cup of brandy into three 16 oz. mason jars filled to the top with the catsup put the lids on and put in the refrigerator.

Love Apple Catsup Continues on the Next Page >>

I used Roma tomatoes for this recipe because they have the best consistency and flavor for sauces. Sea salt is the salt I had on hand. I chose E&J Brandy because I only had two choices at the grocery store and I was familiar with E&J. I guessed at everything that did not have a measurement.

History of Ketchup

Ketchup comes from the Fujian province of China and was a pickled fish brine called ketchup, koechiap or ketsiap. Asia has been fermenting fish dating before 300 BCE. The Dutch and English sailors brought it to Europe in the 1600s. The word 'catchup' first appeared in 1699 in the New Dictionary of the Terms

Ancient and Modern of the Canting Crew.

By 1740, the English were making several types of ketchup, using ingredients such as mushrooms, oysters, anchovies, walnuts, and beer. The first recipe in print was The Compleat Housewife by Eliza Smith in 1758. It is believed that tomato ketchup was created in the United States. The first tomato ketchup recipe was printed in the Archives of Useful Knowledge by James Mease in 1912, in Philadelphia. In 1882, Henry J Heinz created a patent for a ketchup recipe that is now one of the most popular brands of ketchup. The New York Tribune, in 1896, declared tomato ketchup America's national condiment.

Ingredient History

The Aztecs used tomatoes in their cooking the exact date of domestication is unknown. The Aztec word for tomato is tomatl. The tomato made its way across the sea to Spain and was referred to as pomi d'oro, apples of gold, by herbalist Pietro Andrae Matthioli in 1544. It was believed that the tomato was similar to mandrake, which was poisonous but known as an aphrodisiac. The French called tomatoes pomme d'amour, apples of love. It was noted by herbalist William Salmon, in 1710, that tomatoes were being grown in South Carolina.

Allspice is a dried unripe fruit of the pimento dioca tree from south Mexico and Central America. Christopher Columbus discovered this dried fruit in Jamaica on his second voyage to the New World. The English thought it smelled like several different spices and started calling it allspice by 1621 Mace is the dried outer aril of the nutmeg kernel. It has a stronger aroma and flavor than nutmeg.

Nutmeg comes from the Banda Islands, known as the Spice Islands.

Shallots are a type of onion. Shallots do not grow in the wild, so are believed to have been cultivated either in the Mediterranean or Southwest Asia.

Brandy is a spirit produced by distilling wine. The word brandy is from brandywine derived from the Dutch word brandewijn, "burned wine". The wine was distilled as a preservation method.

It was discovered that when stored in wooden casks the product improved and tasted much different than the original product. By the 1400s, the production of brandy as a beverage was significant.

Salt has been being used as a preservative for thousands of years. The earliest evidence of salt processing is around 8,000 years ago in China and the area now known as Romania.

**** Fun Fact****

A gill is a unit of measurement equal to a quarter of a pint. The $\frac{1}{4}$ gill was previously the most common measure in Scotland, and still remains as the standard measure in pubs in Ireland. In southern England, it is also called a noggin.

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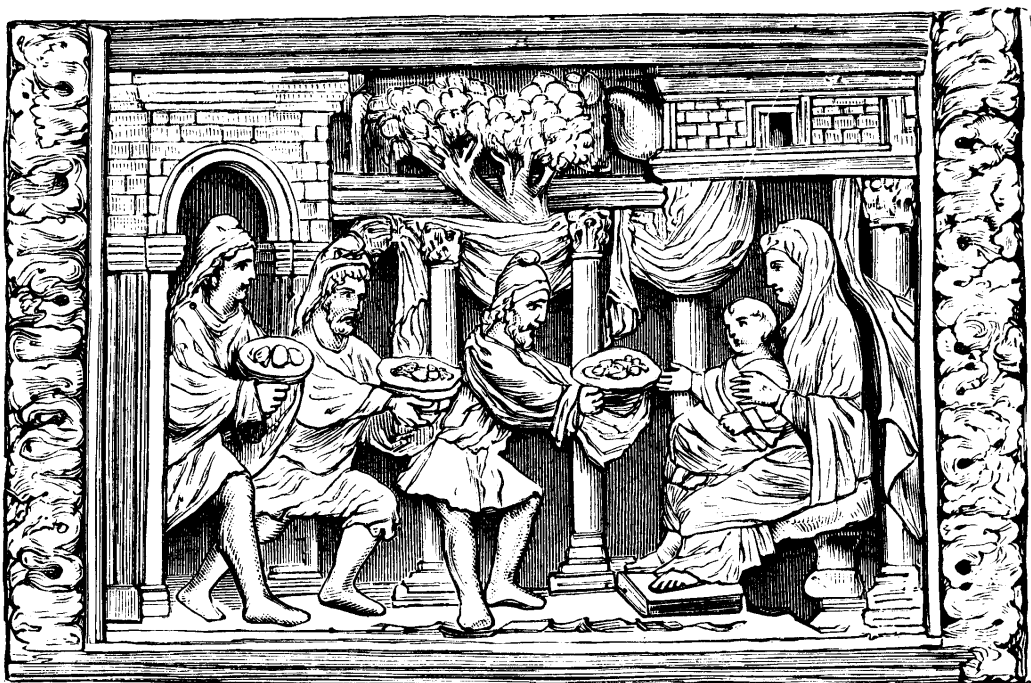
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Mead Mustard

by T.H.L. Agnes Wurtman



A recent conversation about mead mustard prompted immediate interest and requests for recipes. The Internet doesn't have much to offer on the topic so here's a summary of several years' practice and research.

Technique

Around 2013 I began making mustard as a way of using the lees from mead making. Lees are a slurry of yeast husks and mead that accumulate at the bottom of a fermentation vessel during the brewing process. Most brewers discard lees after racking or bottling because yeast husks are unpalatable. In order to see whether something could be done with it I poured the lees from a batch into a mason jar and left it to settle for a few days. Soon the yeast had drifted to the bottom and a layer of clear mead had emerged, so I decanted that mead off the top. This wouldn't be suitable for drinking, but maybe the stronger flavor of mustard would mask any off notes this last bit of mead had acquired from the yeast.

If you aren't a home brewer then you can use bottled table mead for mustard making. If you do brew your own, then five gallon batches produce about a quart of lees and one gallon carboys produce about a pint of lees. After settling, a jar of lees will yield about half its volume in mustarding mead.

Background

Culinary mustard seeds come from several species of *Sinapsis* and *Brassica*, which are native to Europe, to the Mediterranean, and to temperate parts of Asia. Use of the plant has been documented since ancient times: Pliny the Elder mentions it as a medicinal herb in his *Natural History* during the first century A.D. The Biblical books of Matthew, Mark, and Luke mention mustard seeds in a parable.

Mead Mustard Continued on the next page...

Mustard as a condiment is documentable to the fourteenth century. The English cookbook *Forme of Cury* includes a recipe for wine mustard and attributes it to the Italian region of Lombardy. The Avignon Pope John XXII created the office of Grand Mustard Maker to the Pope and hired his nephew for the job. That peculiar appointment is the origin of the French idiom "Il se prend pour le moutardier du pape," which is a disparaging remark about someone who has more self-esteem than talent. It remains a matter for speculation whether that pope had a special fondness for mustard or a nephew who landed a trivial sinecure because he lacked other aptitudes.

During the late fourteenth century the *Menagier of Paris* recorded three different recipes for making mead. Perhaps equally significant, he describes mead as a domestic product of well to do households. So it is plausible to surmise that fourteenth century French cooks may have used mead in mustards for the same reason I do: as a thrifty way to make the last of a batch palatable in contexts when mead is more handy than wine. The word "mustard" itself is a portmanteau of "mout-ardent" meaning "burning must." In this sense "must" references fermentation, primarily from grape juice yet potentially from other sources such as other fruits or honey. The etymology suggests a longstanding kinship between the condiment and fermentation traditions.

When teaching mead mustard I focus on skills rather than exact measurements because meads themselves can be quite different. A sack mead can be cloyingly sweet while a dry oaked melomel may risk being too bitter after it comes off the lees.

The basic process starts by soaking the mustard in mead one to three days in advance, then a few minutes in the kitchen with a food processor finishes the condiment. The shearing action of the blades has a thickening effect on mustard that produces an appropriate consistency. Other ingredients should be added to taste. If the resulting mustard becomes too thin, then corn starch in half teaspoon increments and blend until the desired thickness is achieved.

The most popular species for mustard condiments in the United States is *Sinapis alba*, which looks bright yellow but is also known by the confusing common name of "white mustard." Black mustard is *Brassica nigra*. My favorite Middle Eastern market sells mustard in 4 oz packets: yellow mustard as whole seeds or ground, and black mustard as whole seeds. Both of these species are suitable for a period plausible French mustard. Other mustard species are well worth exploring for culinary possibilities.

When whole mustard seed is ground it produces bitter compounds that dissipate after a few days. In order to reduce this effect and to soften the mustard I soak it in mead for at least one night before making mustard. Three nights is better. 4 oz of yellow mustard can absorb about half a cup of mead. If blending black mustard with yellow, expect less absorption and pour off any non-absorbed mead after a day. Black mustard is more spicy but not nearly as absorbent than yellow, so when making spicy mead mustards I never use more than 50% black mustard seed.

A few other tricks can compensate if a spicy condiment is your goal. Pre-ground yellow mustard tends to be hotter than whole seed. For a more intense heat up front you can also blend in fresh horseradish root. One of the most interesting effects is that adding vinegar during preparation creates a lingering (but not necessarily intense) heat due to the effects that mild acids have on the natural heat of mustard seed. Complex vinegars are worth it: I favor white wine vinegar or red wine vinegar over distilled vinegar. Other options worth considering include rice vinegar, balsamic vinegar, and apple cider vinegar.

Mead Mustard Continues on the next page >>

Various spices and herbs can add savory notes. Salt and pepper are obvious choices. Sometimes I substitute grains of paradise (from the ginger family) in place of black pepper and I often use sea salt or Himalayan salt. White peppercorns or long pepper are other possibilities. Garlic is another flavor that complements mustard: I add it either fresh or pickled. Three or four cloves of garlic per 4 oz of mustard should satisfy a garlic lover. Other members of the Allium family such as cloves or chives work well too. A personal favorite of mine is dried leeks, whose mild flavor rounds out the flavor in the background.

If adding honey to a mead mustard, select it not just for sweetness but also for the honey variety's own characteristics. Orange blossom honey adds strong sharp citrus notes, mesquite honey has a softer smoky flavor, and clover honey is balanced and neutral.

My first batch of mead mustard substituted mead for stout in a recipe that had been designed for beer mustard. Afterward I experimented with different flavors and different balances. Arguably my best mustard used both types of seeds with buckwheat honey, grains of paradise, sea salt, fresh garlic, and a dash of white wine vinegar. The result was sweet up front followed by savory, then several seconds later a mild heat came forward.

The choice of what flavor balance to aim for is entirely up to you: sweet, savory, or spicy or all three. When teaching classes in mead mustard I bring a variety of additions and invite each student to blend their own. At the end of the class we hold a tasting session and compare the different mustards each student produced. Think about what you plan to serve your mustard with and what would suit it: a lunchtime ham sandwich may want a lighter and sweeter mustard than a dinner bratwurst.

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Youth Activity: Homemade Butter

Kids love science projects. Kids also love to make a mess in your kitchen. This is a fun and easy project to do at home with the little ones. Butter was widely consumed throughout Northern Europe during the middle ages. Making your own homemade butter is a simple process that requires only a few tools and a little work. Fresh butter has a delightful light nutty flavor and can be easily infused with other elements to suit your personal tastes.

All you need is:

- *A Mason Jar, empty pickle jar, or a similar container with a tight fitting lid*
- *A Pint of Heavy Cream or Whipping Cream*
- *Cold Water*
- *Mixing Bowl*
- *Pinch of Salt (Optional)*

Fill your jar about half way with cream and secure the lid tightly. Shake the jar for about 20 minutes. Observe the jar as you shake. You will see the cream go through various stages. The cream will first turn into whipped cream and then eventually will start to separate into butter (fat) and buttermilk (water). Pour the buttermilk out and into another jar. You can use this buttermilk for baking! Continue shaking and pouring out buttermilk until it stops forming. Once the butter has formed, you will need to wash it to keep it from going bad. Scrape the butter out into a bowl and fill the bowl with cold water. Knead the butter against the side of the bowl. Pour off the water and repeat until the water runs clear.

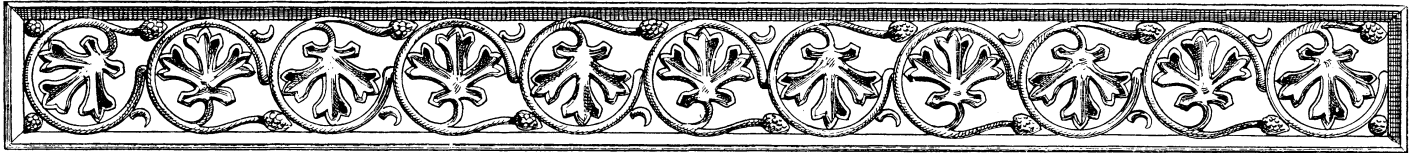
Now you have your butter, you can stop here or you can add a pinch of salt (to taste). Or if you wish, you may add some custom flavor by folding in a bit of honey, fresh herbs, garlic, etc.

Place your finished butter on a piece of wax paper or parchment, roll it up into a cylinder and twist the ends closed. Store in the refrigerator, where it will stay good for at least a couple weeks.

Meetings & Practices

Yes, We are BACK!!

In Person Practices have resumed with special conditions. Some guild meetings are still gathering online while others are adopting a hybrid model. Conditions are continually changing so please stay informed by checking the Baronial Facebook Group or contacting the individual group hosts.



Brewing Guild (Continuing to meet online)

When: 7:30PM—9:30PM , 3rd Monday of the month

Hosted by Lady Kungund Benehonig and Lord Ramvoldus Kröll.

This event is for anyone interested in brewing, fermenting foods, or becoming a judge. Sample different brewed and fermented foods, or try some homebrews. Every month is different. Please join the facebook group for more information on monthly activities.

<https://www.facebook.com/groups/169670283212489>

Culinary Guild (Continuing to meet online)

When: 7:30PM—9:30PM 1st Thursday of the month

Where: Please contact Lady Yngvildr for location and directions.

Hosted by Lady Yngvildr in Írska and Lord Jarmarr Randviðsson

Explore and discuss period foods, recipes, and cooking techniques. Monthly meetings and Virtual Presentations hosted through Zoom. Learn from some of the most talented cooks in the SCA. Every month is a different topic or region. This is also a good online meetup to make plans to cook together in person.

<https://www.facebook.com/groups/1102487329838674>

Traveling Art and Sciences Night (Continuing to meet online)

When: 7:00PM—9:00PM 4th Mondays of the month

Where: Location varies every month. Please join the FB Group for current topics and locations . <https://www.facebook.com/groups/276434433004073/>

For further details, class location, general questions, or if you have a class you would like to teach or have a suggestion for a class you would like to take. Please contact Lady Kunigund Benehonig at KRAKEKIND@GMAIL.COM or via Facebook.

Bardic Circle (Online and In Person Hybrid)

When: 7:30pm-9:00pm 4th Thursdays of the month

Hosted by Mistress Mary Dedwydd verch Gwallter

This meeting is for anyone interested in Period style song, music, and storytelling. Come just to listen, or come to perform in a relaxed and casual setting.

<https://www.facebook.com/events/835409246899902>

Dreiburgen Armory

When: 1:00pm-9:00pm 1st Monday of the month

Where: At the home of Lord Ivar Krigsvin

Hosted by Lord Ivar Krigsvin

The Baronial Armory is open for anyone who needs help designing, building, or fixing armor for SCA combat. <https://www.facebook.com/groups/11945555427339>



Riverside Fighter Practice (In Person)

When: Every Wednesday Night beginning at 7:30 p.m.

Where: Andulka Park, 5201 Chicago Ave. Riverside, CA 92501

We are located beside the Parking Lot at the Northern edge of the Baseball fields.

For more information contact : seneschal@dreiburgen.org

Archery and Thrown Weapons Practice (In Person)

Where: Please contact Ramvoldus Kröll or Aldgytha of Ashwood for location

When: Select Sundays from 10am-12pm

Hosted by Kenari Aldgytha of Ashwood

Practices may not be held during Major SCA Events, Wars, or Archery Tournaments.

Please check the Dreiburgen Facebook group for the most current announcements.

<https://www.facebook.com/events/835409246899902>

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Chronicler's Notes

Unto the Populace of Dreiburgen;

As the calendar fills up with in person events, so do our hearts fill with hope for the future. The air is thick with a tense excitement as we return to our familiar places and faces. I am already looking back on the past year and a half with a peculiar fondness. This was indeed a tumultuous journey, but we made the best of it. From unimaginable distances we shared songs and stories. We improved our techniques and built new armor. We made new friends both near and far that we would not have without the circumstances. Longing for the companionship of my fellow populace, I desperately hope that those distant pyres can remain burning. For the knowledge, the arts, and the camaraderie, Love live the Society.

Yours in Glorious Service;

Ramvoldus Kröll

Chronicler, Barony of Dreiburgen



This is the July 2021 issue of The Dreiburgen News, a publication of the Barony of Dreiburgen of the Society for Creative Anachronism, Inc. (SCA, Inc.).

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Pg. 2: Vertical border; detail of a page from Horae, Paris (Pigouchet for Vostre) 1496/97 . Courtesy of godecookery.com.

Pg. 6 Picture of the 5th brigade coins courtesy of Sir Thurstan de Barri

Pg. 7 Picture of viking drinking horn courtesy of Sir Thurstan de Barri

Pg. 8 Picture of general store signage, courtesy of Sir Thurstan de Barri

Pg. 13: Vector image of medieval swordsman: <https://publicdomainvectors.org/en/free-clipart/Medieval-warrior-with-sword/41979.html>

Pg. 15: Writing My Masters Words Vector. <https://publicdomainvectors.org/en/free-clipart/Writing-My-Masters-Words-Vector/2341.html>

Chronicler Wax Seal Graphic courtesy of Lord Ramvoldus Kröll

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