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The Barony of Brendoken



The Portcullis



December 2022

Greetings Unto the Populace

And just like that, it's December. Another year has gone down into history, and with it, many wonderful memories.

As we celebrate this holiday season, I hope that each of you will look back on this year with fond memories of friends and family, and look forward to the coming new year with anticipation and hope.

This missive I send out to all of the armored fighters of Brendoken - At Masque of Courtly Love, in the Marche of Alderford, I will be holding the Baronial Armored Champions Tournament. Rules for the tournament will be forthcoming. I am looking forward to seeing all of our fighters come out and show your prowess and determination to be the next Champion of Brendoken! If anyone has any questions about the duties of a Champion, please, seek me out and ask.

My wish for all you, the populace of Brendoken, is of peace, love and hope for the coming year. May the road be easy, and always traveled with friends.

Yours in Service, and with Love,
Cadwgan
Baron of Brendoken



front page artwork by Dungan MacRogan

Group Reports - continued from page 3

Alderford - Dane is stepping down. There will be a vote on Tuesday for a new seneschal. We will also be voting on a date for Masque. We can use some help outside of Alderford. A public works person, merchant coordinator, royalty liaison, combat marshal in charge, youth activities, lunch tavern service (it will be a spud and salad bar. The title is Masque of Courtney/ Courtly Love, Finding Nirvana.

Gwyntarian - There will not be a meeting on November 24, or December 22 and 29th.

3 Towers - THURSDAY AT 6 PM - 8 PM Three Towers SCA IOI Class 480I State Route 545, Ashland, OH 44805

Thistle - Christianna Aedammair (Holly Becht) - is the new Seneschal General

Judith - future yummy cooks guild - January get together

Friday November 18th A&S power tools night

Deirdre - Opening Alderford Elves to the Barony. If you know someone who needs a hug let me know. I need addresses. We will be crafting on December 3rd at my house. Also, Holiday party December 10th. Outside weather permitting.

A&S Lena Kreiger

This month we are having a potluck! I will have a display with a hands on activity. In this activity you will create a power forte which is a savory seasoning blend. You will also get to try some other seasonings used in period. In our January meeting we are going to try some different, Works in Progress Live. This is a chance for artisans in the barony to bring project they are working on to share. You will not need to give a class on your project just share it with the group. We will have tables set up on one area and folks can come by and get inspired to try something new or rekindle an old project. This will be held at the end of our meeting after the business meeting. No need to sign up, just show with your projects either finished or in progress. I know we have many great artisans in our barony.

White Jello

5 tsp (25 ml) gelatin (10 tsp = 3.3 Tbsp or 50 ml)
1 pint (575 ml) milk (2 cups) (2 pints = 4 cups)
4 oz (100 g) sugar (1/2 cup) (8 oz = 1 cup) USE MY SCALE!
5 tsp (35 ml) rosewater 10 tsp = 3.3 Tbsp)

Sprinkle the gelatin onto 4 tablespoons (60 ml) of the milk in a cup.
Leave for 5 minutes before standing the cup in hot water until it is completely dissolved.

Warm the remaining milk, stir in the gelatin and sugar, and simmer, stirring continuously, for 5 minutes. Remove from the heat, stir in the rosewater, and pour into a shallow baking dish about 7 inches (15 cm) square which has been freshly rinsed in cold water, and allow to set before cutting into one-inch cubes. Badger Bagbane

A Period Possible Chicken Soup with Beer.

INGREDIENTS:

4 T butter
Chicken sections (legs, thigh, etc)
or whole chicken (3lbs) cut into large pieces
3 T wheat, rice or oat flour
1-3 onions or leeks (diced or chopped)
3-4 carrots
1 turnip (peeled and chopped)
12 oz dark beer



Up to 3 cups chicken or mushroom broth or water

Preheat oven to 350

Melt butter in bottom of pan on medium heat until browned, Add chicken pieces to brown outsides. Once color is golden brown, remove chicken and set aside, add onion or leeks to pot and carmelize. Add flour and stir until coated.

Slowly add dark beer to deglaze your pan, add remaining vegetables. Add enough water or broth of choice to cover ingredients, bring to a boil. Add chicken on top of vegetables. Cover and Bake 350 for 45 minutes, remove lid and bake another 40 minutes. Once done you can leave the chicken pieces whole to enjoy with the soup, or shred off the bone and enjoy IN the soup. Serve with a thick crusty bread and enjoy! Deirdre MakKyneth

Baronial Meeting Minutes for November 6, 2022

The meeting was delayed a little because of an accident on Rt. 21

Excellency - There's a good turnout today. A Huge thank you to everyone who helped with Crown. Everyone did a fantastic job. Baroness Catriona was awarded the Baronial Heart at court and it was presented to her at the Alderford meeting. Award req's for Masque are needed. The travel Challenge is starting up again. If you go to an event outside of the Barony let me know. You will get a token. Who ever gets the most tokens at the end will win a prize. (Bacon may be involved)

Seneschal - The site people at Crown were very pleased and would love to have us back again. This is my final meeting as your Seneschal. Vlad will be the new Seneschal.

Exchequer - Our bank balance is \$4,860.69, Crown \$7,144 gross, expenses - \$4,270.14 net profit of \$2,673.86 split 50/50 with Kingdom is \$1,336.93 There were 344 adults in attendance.

Knights Marshal - There will be a practice after the meeting today. Domesday report for marshals is due. I need a deputy.

Rapier Marshal - I will have a replacement in place soon. There will be a practice after the meeting. There will be a Q and A session "What do I need to get going?" Domesday report is due tomorrow. We will start practicing melee for Pennsic, I will be teaching a class at Masque.

A&S - We're going to have a potluck next month. I'll need power strips for the crockpots. Paper products will be supplied, but feel free to bring your feastware. Let's start wearing garb to the meetings, and bring in works in progress. I'm looking for a deputy. (does whining help?) I will be teaching a class on how to make Powder Forte.

Herald - Maerwynn has had to step down and Gisla (Katie Nolan) will be the new Herald. If I have mispronounced your name, I'm sorry, let me know how to pronounce it. I can help with research.

Chronicler - (in a high winy voice) "I need a deputy!" The Portcullis will be on the website in Color! Congratulations to all who received awards at Crown. Next month will have recipes. Feel free to send some to me.

Chatelaine - I haven't heard back from Medina Library regarding a demo.

Social Media - If I approve someone to comment, it also means they are approved to post. If you see something that shouldn't be there, please let me know. I also need a deputy. (but not whining)

Regional North Oaken Combat Archery - Algar - We have space and can authorize siege weapons.

Stekys of Venison or Bef (Cinnamon Beef) From Halreian MS 279.

Translation:

2 lbs lean venison, beef, veal or pork steaks

$\frac{1}{4}$ cup dry wine

$\frac{1}{4}$ cup verjuice (or **3** tablespoons apple juice + **1** tablespoon cider vinegar + **1/2** tablespoon balsamic vinegar)

1 teaspoon Beef bouillon granules

$\frac{1}{4}$ teaspoon Black pepper

$\frac{1}{4}$ teaspoon Ground ginger

$\frac{1}{2}$ generous teaspoon Cinnamon

4 tablespoons butter

Slice the meat thinly and cook it with the butter in a heavy frying pan. Remove the meat from the juices to a serving platter and keep it warm. Add the spices, bouillon, verjuice and wine to the pan and reduce a bit. Pour liquid over the meat, and sprinkle with additional cinnamon and serve. Makes **4-6** servings.

Note: Because the venison is such lean meat, I opted to use butter to help keep from getting tough. Francesca deOnorati

A HOLIDAY BREAD

To Make a Spiced Bread

Take **2** pound of Manchet paste, sweet butter half a pound, currants half a pound, sugar a half a pound and a little Mace (if you will put in any.) Make in into a loafe; bake it in an oven no hotter than for Manchet.

Anonymous, The Ladies Cabinet Displayed, **1599**

Directions: Preheat oven to **415° F**. Scald one cup cream or milk; add $\frac{1}{2}$ cup sugar, **3** tablespoons butter and a few threads of saffron. Stir in until mixture turns yellow and is blended. In a small bowl sprinkle **1** package of Hodgeson Mill dried yeast over $\frac{1}{4}$ cup warm ale and stir until dissolved. Add a few spoons of milk (or cream)/sugar/butter/saffron mixture to the yeast/ale; you should see the mixture begin to froth and rise slightly. Combine both mixtures and beat in one egg. Add **3** cups unbleached flour and $\frac{1}{2}$ teaspoon mace, along with $\frac{1}{2}$ cup currants. Beat and then knead the dough; if necessary add more flour to make it easier to handle. Let rise for **1** hour in a warm place, then punch down. Shape into round balls, sides touching, in two **9"** greased cake pans. Bake about **20** minutes or until golden brown. Endore with egg/milk glaze and sprinkle a little sugar on top.

A Holiday Bread (con't.)

Manchet bread could be very plain (except for the whitest flour available) or very fancy (with milk, cream, eggs, sugar, sack, etc.). This is a late period receipt that is fancy enough to serve on Christmas morning with the addition of saffron. Andrew Boorde mentions saffron bread with "many little loaves joined together" in **1542**, so I made these into small cakes rather than **1** large loaf. Enjoy!

Judith of Kirtland

RECIPE FOR BASIC MEDIEVAL MEAT PIE:

- **1** $\frac{1}{2}$ lbs. Chicken meat parboiled and in small chunks
- **2 9"** pie shell (lid optional)
- **4** egg yolks
- $\frac{3}{4}$ cup meat broth (quantity depends on the dryness of the other ingredients - use your discretion. The final mixture should be on the wet side.)
- splash of red wine
- $\frac{1}{2}$ c. goat cheese
- **1** cup walnuts
- **1** Tablespoon Powder Forte
- $\frac{1}{2}$ teaspoon galingale

Mix well all ingredients. Place in pie shell and top with either a pastry lid or the cooked chicken pieces. Bake in a **350° F** oven for **45** minutes to an hour, or until the pastry is golden brown and the filling set. Serve hot or cold. Serves **6-8**.

"Powder Forte"

"A Gothic Feast: Food in the Time of Chaucer," The Feudal Gourmet Series by the Madrone Culinary Guild, Editor: Tristin Sale, **2015**.

1/2 tsp Black Pepper, freshly ground

1 1/2 tsp Ginger, powdered

1 tsp Cinnamon, ground

1/2 tsp Clove, ground

1/2 tsp Grains of Paradise

Grind any whole spices to powder. Mix all ingredients and store in an airtight container away from light and heat.

Lady Lena Krieger