

Flammeus Alles



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The Barony of Fenix



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Submissions for the next quarterly issue are due by December 31st, 2019. Please send officer letters, educational or entertaining articles, artwork, calendar updates, etc. Please include a signed release form with your submission. Thanks!



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Baronial Officers Page



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Baronial Calendar

Rapier Practice: every Monday from 7:00-10:00pm*

Populace Gathering & Fight Practice: every Tuesday from 7:00-10:00pm*

Business Meeting: 2nd Tuesday of each month at 7:30pm*

* Held at Evendale Cultural Arts Center, 10500 Reading Rd, Cincinnati, OH 45241

Upcoming Events

May 16h- May Day in Fenix

May 16, 2020 @ 9:00 AM - 8:00 PM EDT

May Day in Fenix May 16, 2020 9am-8pm Camp Craig 6113 Price Rd, Loveland, OH 45140-6922, United States **Site is Dry**

Site is NOT pet friendly Adult Day Non-Member Registration (18+): \$20 Adult Day Member Registration (18+): \$15 Pre-Registered Adult Day Non-Member Registration (18+): \$17 Pre-Registered Adult Day Member Registration (18+): \$12

A&S Classes, Hosted by Baron Hengist and Her Excellency Hypathia

MEAD 101

Participants will each leave with just over 1 gallon of their own flavored mead. Participant cost: \$10.00. (honey isn't cheap)

January 15 - Field trip and cooking night. We will go shopping for ingredients and learn how to cook a basic sack mead.

February 12 - We will learn how to stop fermentation, discuss the importance of racking, and do the first racking of our mead.

March 11 - This will be the second racking of the mead. We will divide the mead up into individual batches, and flavor each batch as the participants see fit.

April 16 (NOTE THIS IS A THURSDAY) - This will be the final racking of our mead.

May 13 - This is the day we will bottle. This is the final mead class.

FIBER TRACK #1

This class has unlimited participation slots. There is no fee, but you will need to provide your own fabric (linen is highly recommended because it takes the paint from the stencils better). Participants in this full track will end up with a basic tunic/dress made from stenciled fabric, or with a stenciled borders. Another possibility for this class is using a canvas drop cloth to make a stenciled floor cloth.

January 22 - Selecting stencil designs, and cutting stencils.

January 29 - Fabric painting.

February 19 - Tunic/dress sizing, cutting, and assembly.

February 26 - Tunic/dress assembly, continued.

FIBER TRACK #2

This class is limited by the number of looms we are able to find. I will update this as we get closer. Participants will be given a shopping list prior to the first night. Participants who come to each night will end up with a 6 panel hat embellished with woven trim.

March 4 - Introduction to tablet weaving and Inkle weaving.

April 1 - Basic 6 panel hat design and construction.

ANIMAL MATERIALS TRACK #1

There are 10 participation slots available for this track. The materials cost is \$5.00. Participants must attend both nights to complete the project. Participants will end up with a small horn cup sealed with bees wax.

April 29 - Horn cup construction.

May 6 - Sealing the cup.



Cake Bread

By, THL Lynne Fairchild

Introduction

This is a re-creation of a recipe from Archimagirus Anglo-Gallieus; Or, Excellent & Approved Receipts and Experiments in Cookery (England, 1658), entitled "Cake Bread".

This is a bread with currants in it, along with a hint of nutmeg, cinnamon, and rosewater.

The Source Recipe

The original text of the recipe is as follows:

“Take one Gallon of flowre, two pound of Currans, and one pound of butter or better, a quarter of a pound of sugar, a quarter of a pint of Rose-water, halfe an ounce of nutmeg, & half an ounce of Cinnamon, two eggs, then warm cream, break the butter into the flower, temper all these with the creame, and put a quantity of yest amongst it, above a pint to three gallons, wet it very lide, cover your Cake, with a sheet doubled, when it comes hot out of the Oven; let it stand one hour and a half in the Oven.” (Matterer)

Related Recipes

While interpreting this recipe, I also considered the following recipe that appears to be related:

To make a Cake otherways, from the Accomplisht Cook (England, 1660), #239

“Take a gallon of very fine flour and lay it on the pastry board, then strain three or four eggs with a pint of barm, and put it into a hole made in the middle of the flour with two nutmegs finely beaten, an ounce of cinamon, and an ounce of cloves and mace beaten fine also, half a pound of sugar, and a pint of cream; put these into the flour with two spoonfuls of salt, and work it up good and stiff, then take half the paste, and work three pound of currans well picked &

rubbed into it, then take the other part and divide it into two equal pieces, drive them out as broad as you wold have the cake, then lay one of the sheets of paste on a sheet of paper, and upon that the half that hath the currans, and the other part on the top, close it up round, prick it, and bake it; being baked, ice it with butter, sugar, and rose water, and set it again into the oven.”
(May)

Materials

The original recipe calls for the following ingredients:

flour	nutmeg
currants	cinnamon
butter	eggs
sugar	cream
rosewater	yeast

For this recipe, I used Zante currants. In earlier manuscripts, the Zante currants that we know were previously referred to as "raisins of corinth", which are raisins made from the black corinth grape. Over time, these were referred to as currants.

Also, I chose to use salted butter rather than unsalted butter. Medieval butter was salted for preservation. "A typical modern salted butter contains 1-2 percent salt, whereas medieval butter contained 5-10 times as much: according to a record of 1305, 1 pound of salt was needed for 10 pounds of butter, i.e., the butter was 10 percent salt." (Wilson) Although the salt would have been washed out of the butter prior to use, I believe some trace amounts of salt remained in the butter.

Procedure

The original recipe indicates adding all of the ingredients together at one time. First, create the yeast. Next, combine the flour and water. Then, add the yeast to it. Once a dough has formed, then add the other ingredients, saving the currants for last.

Ingredients:

6 cups flour	8 oz. currants
2 cups water	3 Tbsp rosewater
1 package of yeast	1 tsp nutmeg
1/4 cup sugar	1 tsp cinnamon
10 Tbsp butter	1 egg

1/8 cup cream

Put a damp cloth over the bowl for 1 hour. Poke the bread (after it has risen) to flatten it. Roll it out on a floured board with a rolling pin. Divide it and fold it into the two bread pans. Place the damp cloth over the bread pans for 1 hour. Preheat the oven to 350 degrees F. Bake in the oven for 40-45 minutes. Remove from the oven and allow it to cool before serving.

Yield 2 loaves.



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How to Make Simple Sack Mead

By: Baron Hengist Hawardessune

To put it in basic terms, mead is a wine fermented using honey. The earliest known record of honey being used as a fermentable, the Hymn to Ninkasi, dates back to the nineteenth century B.C., but we are not here today to talk about the history of mead. We don't need to know that, until recently, honey was considered one of the most valuable substances known to mankind. We don't need to know that there are cave paintings in Africa which depict honey gathering, or that the Egyptians were using honey as a sweetener as early as the fortieth century B.C., or that bee hives were one of the assets specifically counted in the Domesday Book. We don't need to know that fermented honey beverages are one of the most prolific and popular beverages the world has ever seen. We just need to know how to make it.

This article will walk you, step by step, through my process of making a Sack Mead, or just Sack, which is a strong, sweet honey wine. Before we begin, there are a few things I feel you do need to know. This is not what is commonly referred to as quick mead. While there is plenty of historic precedent for quick, or "green", mead, the process described in this article will take eight months to complete. Because we will want plenty of mead to enjoy while we are waiting for the next batch to finish, this recipe will make five gallons. With that being said, let's get started by taking a look at the equipment you will need:

- Bleach (or sanitation powder)
- Brewing bucket
- 5 or 6 gallon fermenter, with cork
- Auto siphon
- 4' of rubber hose (for the auto siphon)
- Airlock
- Bottle filler
- Bottle corker
- 2 cases of 750ml wine bottles (I prefer green)
- corks
- Large pot (at least 3 gallons)
- Large spoon
- Whisk
- Thermometer
- 17 pounds of honey
- 5 gallons of spring water
- 1 packet Lalvin D47 white wine yeast

Most of what you need can be found at your local brewing supply store. Some of what you need can be found at your local grocery store, and some of it is probably already in your kitchen. A quick note on honey: It is okay to use store bought honey, just make sure what you are buying is 100% pure honey. Some companies sell "honey product", which is not pure honey. I use honey from Deer Creek Honey Farms, which is a local honey farm and is available at local grocery stores.

Now, let's get started....

Step 1: Use the bleach, or sanitation powder, to sanitize all of your equipment. I have a bathtub in my house that I use for this. To sanitize, wash everything with the bleach once, then rinse twice. Wear old clothes, because accidents happen.

Step 2: In the large pot, bring 2 gallons of water to a rolling boil.

Step 3: Remove the pot from heat. Add the 17 pounds of honey. Using the large spoon, stir the solution until the honey is completely dissolved.

Step 4: Allow the honey and water solution to rest for 10 minutes.

Step 5: Pour the honey and water solution into the brewing bucket.

Step 6: Add the additional water, up to the 5 gallon point, and stir the solution together. You now have "must" (and unfermented wine).

Step 7: Wait for the temperature of the must to drop to between 80 to 90 degrees Fahrenheit, then use the whisk to pitch (vigorously mix) in your yeast. If you add the yeast when the must is too warm, it will kill your yeast. Using the whisk to vigorously mix the must as you are adding the yeast not only mixes in the yeast, but also aerates the must, which is important when you want your yeast to make alcohol. (Tip: chilling the extra water in your refrigerator, prior to adding it to the must, will help to cool the must quicker.)

Step 8: Using the auto siphon and the rubber hose, transfer the must from the brewing bucket to the fermenter. Then seal the fermenter with the cork and airlock. The fermentation should start to be noticeable in a few hours, up to a few days. You will know that fermentation has started when you see bubbles in your airlock.

Step 9: Every 30 days, for 8 months, rack the mead. Racking simply means transferring the mead back into the brewing bucket, cleaning out the fermenter, and then transferring back into the fermenter. Be sure to sanitize all of your equipment, including the fermenter, each time you do this. As you are racking, try not to disturb the yeast cake. The "yeast cake" is the sediment that you will see at the bottom of the fermenter. One of the reasons we rack mead is to get rid of the yeast cake, or sediment. Leaving the must sitting on an old yeast cake for too long will produce bad flavors. Another reason we rack our mead is, over time all of the dead yeast and such will precipitate out of the solution. This is why we should rack mead several times. As this happens the mead will become less and less cloudy, causing the flavor to be more clean and crisp.

Step 10: Transfer the mead into the brewing bucket (sanitize everything), then using the auto siphon, rubber hose, and bottle filler, bottle your new mead. Seal all of the bottles using the corks and bottle corker.

The only thing left is to enjoy and share your mead. Cheers!

Letter from the Chronicler

The quarterly report has been submitted. Having very recently taken on this office, I intend to carry on the excellent work of my predecessor. This missive has a few notes in it from this past quarter. I intend on adding more to the Flammeus Spring as I become more familiar with this Baronial Family.

Everyone in this Barony has been extremely welcoming to the new members and potential SCAdians that we have interacted with; myself included. In my short time here we've had several officer changes, a new influx of heavy, rapier, and youth fighters, and more. This spring these new members should find their way to their SCA passions, and I foresee having more to highlight in this missive.

I want to give a special thank you to THL Lynn Fairchild. She has not only been a great mentor for the passing of this position, but she has been an excellent guide for two new groups of participants in this society. Along with her husband, Reinhold von Glier, new members have been guided to potential activities that pique their interests and have remained available for questions about any and all topics with regards to the SCA.

I look forward to this next quarter with this amazing group, and am excited to report on our future endeavors.

In Service,
Dorran of Glochester

Letter from the Baron and Baroness

Greetings unto the Great Barony of Fenix from Angus and Melisande, Baron and Baroness.

First, we want to express our thanks to everyone who came out for the Tri-Baronial 12th Night. We had an amazing time celebrating with our cousins of Flaming Gryphon and Middle Marches and our many friends around the region. After discussion with Barony members who attended, we have determined that, while this tradition will likely continue and we will be happy to participate, we will also hold our own local 12th Night next year. We want to foster the relaxed, family-gathering atmosphere and camaraderie of the pot luck that we have all come to love.

With the winter holidays behind us, it is time to prepare for May Day. We look forward to welcoming our neighbors and friends for a regional War Practice. It should be a grand day of fighting, archery and thrown weapons, as well as A&S. As we were not able to do so at 12th Night, we will hold both our gaming and bardic championships at this event. If you are not already on the staff, please volunteer your time somewhere at the event. Many hands make light work and it takes all of us to make a successful event.

As THL Elspeth mentioned, we will also be holding a competition for an official Baronial Seal to use on scrolls and correspondence. Please see Elspeth's announcement on Facebook for the requirements.

Sit Surge Fenix

(Let Fenix Rise)

Angus and Melisande