

# The Scarlet Letter

Shire of Loch Ruadh



May/June  
(A.S. XLIII) (C.E. 2008)

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## Subscription and Submission Information

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## Loch Ruadh Web Page:

<http://www.lochruadh.org>

**Note:** All Loch Ruadh meetings, practices, and gatherings are posted on the Loch Ruadh online calendar at [www.lochruadh.org](http://www.lochruadh.org), and reminders are sent out on the the Loch Ruadh email list.

The email list is maintained on the Kingdom of Ansteorra web server and can be accessed at [www.ansteorra.org](http://www.ansteorra.org). Both of these contain address information with online map links for directions. If you don't have computer or email access, please contact the Seneschal or any other Officer for directions.

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## Seneschal

Greetings unto the Populace,

I hope that everyone is enjoying the start of tourney season. We are well into the planning for Lughnasad and it is going very well. Thanks to all who have helped out with getting the pre-event work off to a good start. There are many ways to help out, so if you do not already have something going on speak with Lord Terrence about ways you can help out. We have a gate trip scheduled at the end of May, please if you are available go get with Lord Terrence or Lord Kaz. If you can not go see what you can donate to help make their trip easier.

This last month as acting Seneschal has been an eye opening experience. I did not realize how much time and energy it takes to do this job. So my hat is off to all of those who have held this position. We as a group need to assist our Seneschal when she gets back to attending activities. Please remember her time will be stretched thin.

Our group needs to start thinking about how to increase attendance at our meetings. Please be thinking about ideas and suggestions on how to increase attendance. We will need to discuss this in the upcoming months. All of the events except one that I have attended since Gulf War are seeing a decrease in attendance. We will need to be mindful of this. Please if you have ideas or suggestions about increasing attendance email [seneschal08@lochruadh.org](mailto:seneschal08@lochruadh.org).

In Service,  
HL Aingeal  
Acting Seneschal  
(hopefully not much longer)

## Chronicler

I hope that you enjoy this issue of The Scarlet Letter. Please send in articles, art, etc! The next deadline is June 20. If there is any informational articles you would like to see in here, please let me know at [chronicler08@lochruadh.org](mailto:chronicler08@lochruadh.org).

In Service,  
Floria Blackdragon

## Archery

Loch Ruadh archery practice has been pretty much ho-hum during the last two months. Most times, we only had five people show up. Once, it was only me and Rolf and he was there for fighter practice.

However, on two occasions, we had some spectacular events. Gulf war was great. Loch Ruadh had three archers participate and we scored 36 war points for Ansteorra.

This last Sunday, Loch Ruadh hosted a troop of Girl Scouts. Eleven pre-teen girls, Wheee! Actually, they were well behaved young ladies. Listened to instructions, patiently took their turns and tried their best. A number of the parents also tried their hand at shooting, six I think.

With our five, seventeen from the girl scouts and three from Elfsea, we had a total of twenty-five archers and eight camp followers in attendance.

All in all it was great time. Let's do it again some time.

Gruffydd Mawr ap Rodri,  
Loch Ruadh Archery Marshal

## Hospitaler

Greetings,

We have had a few visitors this last month, Dunstan's friend Kellye and Gruffydd's friend Frankie. The Girl Scouts were out to archery practice and I have made contact back with them, so hopefully we will be seeing a few new faces. We look forward to seeing them again and as always please make them feel welcome.

I look forward to having a library day for all new and old to look at what the Shire has to help us in our quest of the SCA. The visitors from out of town have commented on our library and wishing their group had one. Please let me if I can help you with anything.

In Service,  
HL Aingeal





## To Prepare a Most Honorable Feast

by Maistre Chiquart

translated by Elizabeth of Dendermonde

And first, God permitting to be held a most honorable feast at which are kings, queens, dukes, duchesses, counts, countesses, princes, princesses, marquis, marquises, barons, baronesses and lords of lower estate, and nobles also a great number, there are needed, for the ordinary cookery(1) and to make the feast honorably, to the honor of the lord who is giving the said feast, the things which follow.

And first: one hundred well-fattened cattle, one hundred and thirty sheep, also well fattened, one hundred and twenty pigs; and for each day during the feast, one hundred little piglets, both for roasting and for other needs, and sixty salted large well fattened pigs for larding and making soups. And for this the butcher will be wise and well-advised if he is well supplied so that if it happens that the feast lasts longer than expected, one has promptly what is necessary; and also, if there are extras, do not butcher them so that nothing is wasted.

And there should be for each day of the feast two hundred kids and also lambs, one hundred calves, and two thousand head of poultry.

And you should have your poulterers, subtle, diligent, and wise, who have forty horses for going to various places to get venison, hares, conies, partridges, pheasants, small birds (those which they can get without number), river birds (those which one can obtain), pigeons, cranes, herons, and all wild birds - what one can find of whatever wild birds. And they should turn their attention to this two months or six weeks before the feast, and they should all have come or sent what they could obtain by three or four days before the said feast so that the said meat can be hung and each dealt with as it ought to be.

And they should provide for each day of the said feast six thousand eggs.

Again, for the said feast there should be provided two *charges* [about 320 pounds] of the major spices, that is white ginger, Mecca ginger, cinnamon, grains of paradise, and pepper.

The minor spices: of nutmeg six pounds, of cloves six pounds, of mace six pounds, and of galingale six pounds; again, 30 loaves of sugar, 25 pounds of saffron, 6 *charges* of almonds, one *charge* of rice, 30 pounds of amydon, 12 baskets of candied raisins, 12 baskets of good candied figs, 8 baskets of candied prunes, a quintal [about 110 pounds] of dates, 40 pounds of pine nuts, 18 pounds of turnsole, 18 pounds of alkanet, 18 pounds of gold leaf [!], one pound of camphor, one hundred ells of good and fine tissue for straining; and these things are for nothing but the use of the kitchen. And again, there should be for the said feast two hundred boxes of sugar-spice pellets of all sorts and colors to put on potages. And if the feast lasts longer one will thus be provided with extra.

And for the profit of the lord who gives the feast, and in order to satisfy the need more promptly and quickly, one should grind to powder the aforesaid spices which are necessary for

the said feast, and put each separately into large and good leather bags.

And in order to better prepare the said feast without reprehension or fault, the house-stewards, the kitchen masters, and the master cook should assemble and come together three or four months before the feast to put in order, visit, and find good and sufficient space to do the cooking, and this space should be so large and fine that large working sideboards can be set up in such fashion that between the serving sideboards and the others the kitchen masters can go with ease to pass out and receive the dishes.

And for this there should be provided large, fair, and proper cauldrons for cooking large meats, and other medium ones in great abundance for making potages and doing other things necessary for cookery, and great hanging pans for cooking fish and other necessary things, and large common pots in great abundance for making soups and other things, and a dozen fair large mortars; and check the space for making sauces; and there should be twenty large frying pans, a dozen large casks, fifty small casks, sixty *cornues* [bowls with handles], one hundred wooden bowls, a dozen grills, six large graters, one hundred wooden spoons, twenty-five slotted spoons both large and small, six hooks, twenty iron shovels, twenty rotisseries, with turning mechanisms and irons for holding the spits. And one should definitely not trust wooden spits, because they will rot and you could lose all your meat, but you should have one hundred and twenty iron spits which are strong and are thirteen feet in length; and there should be other spits, three dozen which are of the aforesaid length but not so thick, to roast poultry, little piglets, and river fowl. And also, four dozen little spits to do endoring and act as skewers.

And there should be two casks of vinegar, one of white and one of claret, each of eight *sommes* [110 gallons], a good cask of fine verjuice of twenty *sommes* [275 gallons], and a cask of oil of ten *sommes* [137 1/2 gallons].

And there should be one thousand cartloads of good dry firewood and a great storehouse full of coal, and you should always be sure of having more in case of there not being enough.

And so that the workers are not idle, and so that they do not lack for anything, there should be delivered funds in great abundance to the said kitchen masters to get salt, pot-vegetables and other necessary things which might be needed, which do not occur to me at present.

And in order to do things properly and cleanly, and in order to serve and accomplish it more quickly, there should be provided such a large quantity of vessels of gold, of silver, of pewter, and of wood, that is four thousand or more, that when one has served the first course one should have enough for serving the second and still have some left over, and in the mean time one can wash and clean the vessels used during the said first course.

And as at such a feast there could be some very high, puissant, noble, venerable and honorable lords and ladies who do not eat meat, for these there must be fish, marine and freshwater, fresh and salt, in such manner as one can get them.

And as the sea-bream is king of the other sea fish, listed first

is the sea-bream, conger-eel, grey mullet, hake, sole, red mullet, dorade, plaice, turbot, sea-crayfish, tuna, sturgeon, salmon, herrings, sardines, sea-urchin, mussels, eels, boops, ray, cuttlefish, *arany marine*, anchovies, eels, both fresh and salted.

Concerning fresh-water fish: big trout, big eels, lampreys, filleted char, fillets of big pike, fillets of big carp, big perch, *ferré s*, *pallé s*, graylings, burbot, crayfish, and all other fish.

And because at this feast there are some lords or ladies as was said above who have their own master cooks whom they command to prepare and make ready certain things, for such there should be given and made available to the said master cook quickly, amply, in great abundance and promptly everything for which he asks and which he needs for the said lord or lady or both so that he can serve them to his taste.

And also there should be 120 quintals of best cheese; of good and fine white cloth six hundred ells to cover the sideboards, fish, meats, and roasts; and sixty ells of linen cloth to make the colors of the jellies; and of white broadcloth to make the colors like the color of hyppocras, to make a dozen colors.

And there should be two large two-handed knives for dismembering cattle, and a dozen dressing knives for dressing; and also, two dozen knives to chop for potages and stuffings, and to prepare poultry and fish; also, half a dozen scrubbers to clean the sideboards and the cutting boards, and a hundred baskets for carrying meat to the casks, both raw and cooked, which one brings to and from the sideboards, and also for bringing coal, for roasts and wherever it is needed and also for carrying and collecting serving vessels.

And if it happens that the feast is held in winter you will need for the kitchen for each night sixty torches, twenty pounds of wax candles, sixty pounds of tallow candles for visiting the butchers' place, the pastry-cooks' place, the place for the fish, and all the doings of the kitchen.

And for the making of pastry there should be a large and fair building close to the kitchen which can be made for two large and fair ovens for making meat and fish pastries, tarts, flans and *talmoses*(2), *ratons*(3) and all other things which are necessary for doing cooking.

And for this the said workers should be provided with 30 *sommes* [about 412 gallons] of best wheat flour for the afore-said needs, and should be sure of getting more if the feast lasts longer.

And because, by the pleasure of the blessed and holy Trinity, the which without fail gives us amply of all good things, we have good and fair and great provisions for making our feast grandly, it is necessary for us to have master cooks and workers to make dishes and subtleties for the said feast; and if it happens that one is not provided with the said cooks and workers, one should send a summons to places where one can find them so that the said feast can be handled grandly and honorably.

**Notes:** Master Chiquart was chief cook to the Duke of Savoy and in 1420 wrote *Du Fait de Cuisine*, from which the above is taken. He goes on to give both meat-day and fish-day menus for his feast, which is to last two days and consists

of dinner and supper on both days, and he includes recipes for most of the dishes. These range from the simple to the extremely elaborate; his entremet consisting of a castle would take another article to describe.

It is often said that medieval food was highly spiced; since most medieval recipes do not give any quantities at all it is hard to tell if this is true or not. Chiquart, however, lists amount of meat for his whole feast by number of animals and amount of spices by weight. My lord, Cariadoc of the Bow, has calculated the approximate amount of meat (on the assumption that Chiquart's animals were smaller than ours) to get a total of about 70,000 pounds of boneless meat, plus whatever amount of meat Chiquart got from game; this gives a ratio of spices to meat of about 1:100 by weight. This is not far from what he and I use for medieval dishes when we prepare them to our own taste, suggesting that the "heavily overspiced" theory is incorrect.

**Reference:**

Terence Scully. *Du Fait de Cuisine par Maistre Chiquart, 1420. (Ms. S 103 de la bibliotheque Supersaxo, a la Bibliotheque cantonale du Valais, a Sion.)*. Vallesia v. 40, pp. 101-231, 1985.

**Footnotes:**

1. The phrase I translate "ordinary cookery" probably means the food prepared for the servants and the rest of the household as opposed to that prepared for the lords.
2. A kind of cheese and egg pie.
3. A sort of cake.



# Events in Loch Ruadh

## May

Sun 4 - Archery & Fighter Practice  
Dutch Branch Park 2:00 pm

Wed 7 - Populace Meeting  
IHOP on Quebec 8:00 pm

Tues 13 - Needleworkers Guild Meeting  
Mistress Caterina Fregoso's

Sun 18 - Archery & Fighter Practice  
Dutch Branch Park 2:00 pm

Mon 19 - Scribes & Illuminators  
Laird Caerell &  
Honorable Lady Aingeal's 7:00 pm

Wed 21 - Officer's Meeting 8:00 pm  
IHOP on Alta Mesa

Sat 24 - Bardic  
Steppes Warlord

Tues 27 - Needleworkers Guild Meeting  
Mistress Caterina Fregoso's

## June

Sun 1 - Archery & Fighter Practice  
Dutch Branch Park 2:00 pm

Wed 4 - Populace Meeting  
IHOP on Quebec 8:00 pm

Tues 10 - Needleworkers Guild Meeting  
at the home of Mistress Caterina Fregoso

Sun 15 - Archery & Fighter Practice  
Dutch Branch Park 2:00 pm

Wed 18 - Officer's Meeting 8:00 pm  
IHOP on Alta Mesa

Tues 24 - Needleworkers Guild Meeting  
at the home of Mistress Caterina Fregoso

Sat 28 - Bardic TBA

## Loch Ruadh's Meeting Places

**Populace Meeting**  
IHOP  
5920 Quebec Street  
Fort Worth, TX 76135

**Archery & Fighter Practice**  
Park Road  
Dutch Branch Park  
Benbrook, TX 76126

**Officer's Meeting**  
IHOP  
3700 Alta Mesa  
Fort Worth, TX 76133

**Mistress Caterina Fregoso**  
4341 Meadowknoll  
Fort Worth, TX 76123  
817-423-4807

**Laird Caerell &  
Honorable Lady Aingeal's**  
2604 Creekwood Ln  
FortWorth, TX 76123  
817-294-8136

### **Ballad of Gulf War XVII or Oh Loch Ruadh**

Words by Gruffydd Mawr ap Rodri

Well, it rain all night on Monday, and Tuesday morning there was more.

I left a tub against the wall and there was a flood upon the floor.

Refrain

Oh Loch Ruadh don't you cry for me.

For I come from Mississippi with a Bandage upon my knee\*.

Well, the Opening Ceremony was proceeding right on course.  
Until that fateful incident, when the Queen fell from her horse.

Refrain

Well, the ravine battle was going well, not a Trimarian in sight.  
Our allies the Meridians were battling Atlania and no one shouted light.

Refrain

We, at our bardic on Wednesday night it was so elating.  
With Pdraig, Efenwealt and Grimel, we had three bards, not waiting.

Refrain

Well, our closing court went perfectly, the King expressed no remorse.

The Queen could not speak at all, I think she found her horse.

Refrain

\*actually it was my shin, but that don't rhyme.

# Kingdom Calendar

## May

- 2-4 Elfsea Springfaire - Elfsea (Ft. Worth, TX)  
9-11 Squires & Cadets - Loch Soillier & Stargate (Houston, TX)  
Namron Beltain - Namron (Norman, OK)  
16-18 Eldern XXX - Eldern Hills (Lawton, OK)  
23-25 Steppes Warlord - Steppes (Dallas, TX)  
30-1 Lysts at Castleton - Bryn Gwlad (Austin, TX) Multi-group event  
Castellan - Northkeep (Tulsa, OK)

## June

- 6-8 Eldern XXX - Eldern Hills (Lawton, OK)  
13-15 King's College - Steppes (Dallas, TX)  
13-22 Out of Kingdom - Lilies XXII - Calontir (Kansas, MO)  
20-22 open  
27-29 Ansteorran Heraldic and Scribal Symposium - Westgate (Houston, TX)

## July

- 4-6 open  
11-13 Coronation - Stargate (Houston, TX)  
18-20 Queen's Champion - Bryn Gwlad (Austin, TX)  
25-27 Crown Tournament - Mooneschadowe (Stillwater, OK)  
25-31 Out of Kingdom - Pennsic XXXVII

## August

- 1-3 Out of Kingdom - Pennsic XXXVII  
8-10 Out of Kingdom - Pennsic XXXVII  
Lughnasad - Loch Ruadh (Benbrook-Weatherford, TX)  
15-17 Steppes Artisan - Steppes (Dallas, TX)  
22-24 King's Round Table - Mooneschadowe (Stillwater, OK)  
29-01 Gothic Wars XVII - Trelac (San Angelo, TX)



## The Scarlet Letter Shire of Loch Ruadh

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