


# The Viaduct

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## Meetings and Practices

### Baronial Business Meetings

1st Thursday of each month Sachem Public Library (Holbrook) 7:30pm  
 Contact Seneschal David Cortijo for information.  
*All are welcome. Officers are encouraged to attend.*

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**Incipient Canton Business Meetings**  
**Hawkes Reache**

2nd Tuesday of each month at Harborfields Library 7:30pm  
 (Greenlawn), Kitchen Meeting Room. Directions:  
<http://harb.suffolk.lib.ny.us/directions.htm>  
 Contact Seneschal Alexander MacLachlan (Brett Kessler) for information.

### Directions to Sachem Library

Take the L.I.E. to exit 61, Patchogue-Holbrook Rd. CR-19 towards Patchogue/Holbrook. Merge onto Expwy Drive South, turn left at Holbrook Rd. The library is at 150 Holbrook Rd. 631-588-5024

### Fighter Practice

Tuesday evenings 7pm,  
**RESUMING APRIL 14**  
 Islip Grange Park: Broadway Ave., Sayville, two cross streets north of Montauk Hwy. Contact Lisa Soto 516-446-8197 before 10pm

### Fencing

Friday evenings 7:30 - 10pm  
 Loaner gear available. Anyone 14 yrs. and older welcome. 640 Belle Terre Rd., Building F, Port Jefferson, NY 11777 .  
 Contact Moresca at 347-276-8813 or [moresca@aol.com](mailto:moresca@aol.com)

### Archery & Thrown Weapons

TENTATIVE: Sunday 4/26  
**(call before coming)**  
 Contact Lord Logan de Londres and Damianna de Londres (Mark & Dina Wolyniec) for information: 631-924-6968

# Baronial Officers

## Baron & Baroness

**Baron Ateno of Annun Ridge & Baroness Lassar Ingen Aeda**  
(Eric and Andrea Rhude)  
34 Oakland Drive N  
Riverhead NY 11901  
(631) 208-3767 before 10pm  
[atneo@panix.com](mailto:atneo@panix.com)

## Geneschal

**David Vázquez de Valençia**  
(David Cortijo)  
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Centereach NY 11720  
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[sca@draxius.com](mailto:sca@draxius.com)  
**Accepting letters of intent.**

## Exchequer

**Lady Sorcha**  
(Pam Jacques)  
16 Leonard Drive,  
E.Northport, NY 11731  
(631) 754-8977  
[pjjny@yahoo.com](mailto:pjjny@yahoo.com)

### Deputy

**Vettorio Antonello**  
(Erik Soto)  
516-443-2352

## Acting Web Minister

**David Vázquez de Valençia**  
(Dave Cortijo)  
[sca@draxius.com](mailto:sca@draxius.com)

## Knight Marshal

**Catrina ab Aque**  
(Lisa Soto)  
216 Berkshire Drive  
Farmingville, NY 11738  
(516) 446-8197 before 10pm  
[eris235@gmail.com](mailto:eris235@gmail.com)

### Deputy

**Lord Dankwert Bathory**  
(Adam Steinfeld)  
(631) 514-1104 after Noon  
**Deputy (Fencing)**  
**Moresca**  
(347) 276-8813  
[moresca@aol.com](mailto:moresca@aol.com)

## Archery Marshal

**Baron Don Jean Xavier Boullier**  
(Peter X. Boullianne)  
59 Old Neck Road  
Center Moriches NY 11934-2811  
(631) 874-2748 before 10pm

## Master of Lists

**Lord Logan de Londres**  
(Mark Wolyniec)  
2 Sylvia Lane  
Middle Island, NY 11953  
(631) 924-6968

### Deputy

**Lady Christine McDevitt**  
(Christine Wright)  
[christinemcdevitt@wench.org](mailto:christinemcdevitt@wench.org)

## Chronicler

**Alissenda la Gailharde**  
(Linda M. Davies)  
887 Park Avenue  
Huntington, NY 11743  
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[poetryqn@optonline.net](mailto:poetryqn@optonline.net)

### Deputy

**Caivs Eqvitys Hilarivs**  
(Anthony Cavalli)  
cell: (631) 678-6989  
[lordofstuff@gmail.com](mailto:lordofstuff@gmail.com)

## Minister of Arts & Sciences

**Lord Methias T. Weasel**  
49 Lambert Avenue  
Mastic NY 11950  
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### Deputy

**Damianna de Londres**  
(Dina Wolyniec)  
(631) 924-6968

## Chatelaine

**Lord Alexander MacLachlan**  
(Brett Kessler)  
(631) 419-0771  
[captgoldman01@aol.com](mailto:captgoldman01@aol.com)

## Herald

**Baroness Mistress Suzanne Neuber de Londres**  
(Susan Maebert-Frank)  
[dlondres@optonline.net](mailto:dlondres@optonline.net)

### Deputy

**Ellsaid of Ayrshire**  
(Lisa Seckler-Roode)  
(631) 838-0458 before 7 pm  
[whophreak@aol.com](mailto:whophreak@aol.com)

## Canton Geneschal

**Hawkes Reache (Incipient)**  
Alexander MacLachlan  
(Brett Kessler)  
124 Cimarron Ct.  
Amityville, NY 11701  
(631) 428-7492 (before 10:30pm)  
[captgoldman01@aol.com](mailto:captgoldman01@aol.com)

*Letters of Intent should be submitted to the Baronial Seneschal & Coronet via mail or email. Letters may also be submitted at the Baronial business meeting. See page one for time and location.*

# Event Calendar

Local Barony of An Dubhaigeainn events listed in red.

| April                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | May                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>4/11</b> Coronation of Andreas and Gabriella: Shire of Nordenhalle - Kingston, NY</p> <p><b>4/11</b> Tourney of Love, Smoking Rocks Barony Birthday: Barony of Smoking Rocks - Kingston, MA</p> <p><b>4/18</b> Crystal Snowflake Ball: Barony of Concordia of the Snows - Albany, NY</p> <p><b>4/18</b> Balfar's Challenge: Barony of Dragonship Haven - Meriden, CT</p> <p><b>4/18</b> Wiosna - Springtime in Poland: Shire of Blak Rose - Grantville, PA</p> <p><b>4/18</b> Jehan's Fencing and Fighting at the Fort Shire of Endewearde - Prospect, ME</p> <p><b>4/18</b> Russian Household Challenges: Barony of Havre des Glaces - Québec, QC</p> <p><b>4/19</b> <b>April Commons Barony of An Dubhaigeainn (see below)</b></p> <p><b>4/24 - 4/26</b> East Kingdom Southern Region Spring War Practice and Royal University: Shire of Owlsherst - York Haven, PA</p> <p><b>4/25</b> Spring Thyng VI - The Hunt: Shire of Caer Adamant - Middletown, DE</p> <p><b>4/25</b> Northern Region Rapier Academy &amp; Champion's Tourney : Province of Malagentia - Eliot, ME</p> <p><b>4/25</b> La Festa di San Marco: Barony of Ruantallan - Truro, NS</p> <p><b>4/25</b> Spring's Inspirations VIII: Province of Malagentia - Eliot, ME</p> | <p>5/1 - 5/3 Mountain Confederation Ladie's Champion: Shire of Eisental - Leighton, PA</p> <p>5/3 May Day: Barony of Carolingia - Waltham, MA</p> <p>5/9 Spring Crown Tourney: Barony of Carillion - Manalapan, NJ</p> <p>5/15 - 5/17 Middleground -- Field Tournament and Schola: Shire of Lyndhaven - Jacksonville, NB</p> <p>5/15 - 5/17 West Windsor Ren Faire: Barony of Carillion - West Windsor, NJ</p> <p><b>5/16 House Three Skulls 25th Anniversary: Barony of An Dubhaigeainn - Huntington, NY See pg.11</b></p> <p>5/22 - 5/25 War of Roses: Barony of Concordia of the Snows - Mariaville, NY</p> <p>5/22 - 5/25 Quest XXVI - The Towering Inferno: Barony of Settmour Swamp - Neshanic Station, NJ</p> <p>5/22 - 5/25 Panteria XIV : Shire of Panther Vale - Hardwick, VT</p> <p>5/30 St. Sebastian's Faire: Shire of Hartshorn-dale - Schwenksville, PA</p> <p>5/30 Spring Mayhem: Shire of Rusted Woodlands - Tappan, NY</p> <p>=====</p> <p><b>HOLD THE DATE - June 6 Potted Arms</b></p> <p>=====</p> <p>For more information on these events see the East Kingdom website:<br/> <a href="http://www.eastkingdom.org/event-list.html">http://www.eastkingdom.org/event-list.html</a></p> |

**April Commons:** Sunday, April 19, Noon-6 at the home of Sorcha of Stonegrave and Peter of Hawkwoods, 16 Leonard Drive, East Northport, NY 11731. 631-754-8977. Among other things, this is a Pennsic planning meeting. Garb is requested but not required. Please bring your own beverages and a dish to share for 4-6 people. We hope to be outside, so please dress accordingly and if you can, bring a camp chair for your comfort.

**DIRECTIONS:** **From the east:** take the LIE to exit 54, Sagtikos/Sunken Meadow Pkwy. North. Follow that to Pulaski Rd. West toward Huntington. Stay on Pulaski to the 4th light, then make a right onto Larkfield Rd. Go over train tracks and bear left at the light onto Laurel Rd. Make your 1st left onto Upland Dr. **From the west:** take Northern State to exit 42 (Rt .231 North), bear right at fork and follow to Jericho Tpke, head East to next traffic light and make Left onto Elwood Rd. at Shell station. Follow a couple of miles until you cross Pulaski, the RR tracks and see Northport HS on your left. At the next light, make a right onto Bellerose Ave. Make the 5th left just past the LIRR Station onto Leonard Dr. Go down the hill and park by the cemetery,

## Combat Arts: fighting, fencing, archery & thrown weapons

**Heavy Weapons:** Outdoor practices are resuming at Islip Grange Park on Tuesday, April 14 at 7 p.m. An Internet search for 88 Broadway Ave., Sayville, NY 11782 will give you a nifty map and directions from your location. The Marshal would like to remind folks to be prompt; if no one is there by 7:20, practice will be cancelled. For information call Lisa Soto at (516) 446-8197 before 10 pm.



For those wishing even more swat time, the fighters of Ostgardr continue to meet on Sundays in Brooklyn from noon until about four pm. They meet at Quality Conservation, 140 58th Street, Bldg. A, Unit 8M. The site is indoors - a large warehouse with plenty of room, so even polearms are fine. There is also plenty of parking within a fenced and guarded lot. For those taking public transportation, the site is two to three blocks from the R/N train stop at 59th Street.

There is only one entrance and that is on the corner of 58th and 1st. As you enter, Building A is on the right (near the water). Let the guard know that you are going to a meeting at the Quality Conservation building. There is even some storage for fighters who might want to leave their equipment in the warehouse if they don't want to transport it every week.

Non-fighters are welcome to attend. There are bathrooms and a drinking fountain readily available and a number of locals have even been bringing food. There are plenty of chairs and no floor fees. There are also a number of restaurants within walking distance of the site. If you have any questions, please feel free to ask. Best contact method is via [RobertEsteves@gmail.com](mailto:RobertEsteves@gmail.com)

## Archery & thrown weapons

The next practice is scheduled for Sunday, April 26th at the home of Dina and Mark Wolyniec. Please call before coming in case plans change. 631-924-6968. Loaner equipment should be available for all those interested. If you've never thrown a spear, axe or knife, now is your chance to try it out in a safe and supportive environment. There is also an outdoor space for archers and archer wannabe's. Come in comfortable street clothes, and remember we're outdoors so dress accordingly and bring sun block and tick protection. We generally do potluck, so please bring some food to share and a beverage of your choice. Extra chairs are always welcome.

Archers can also continue to hone their skills on Tuesday evenings at an indoor range in Hicksville. Contact Peter of Hawkwoods (Pete Farrell) for further information. (631) 754-8977 before 9PM, or [pfarrell27@yahoo.com](mailto:pfarrell27@yahoo.com)

## Fencing Practice

Remember, we have new practice space at 640 Belle Terre Rd., Building F, in Port Jefferson. As noted, practice for fencers is Friday evenings, 7:30-10 PM. Some loaner gear may be available if requested beforehand. If you're curious, come see what we're all about! Contact Moresca at 347-276-8813 or [moresca@comcast.net](mailto:moresca@comcast.net)



# Event Summaries

## Schola Review and photos by Allisenda la Gailharde unless otherwise attributed

Judging from the smiles all around, the Baronial Schola event on March 21st in Riverhead was a huge success. The weather cooperated with lots of sunshine so even though temperatures were a bit nippy, many classes were held outdoors at the picnic tables and the yurts. Thank you to their Excellencies for providing the yurts. Indoors, there was music, dancing and great food as the kitchen classes led by Master Adamantius sent out dish after mouth-watering dish. The Schola was also graced by live music provided by Magistra Rufina Cambrensis & Master John Elys, among others. (Sorry, I was unable to get everyone's names - apologies.)

I wish I could have cloned myself in order to attend more classes. The available list was rich with choices including classes on herbalism, pewter casting, combat, costuming, dancing and court etiquette. And this is by no means a full list! There were a full five blocks of classes for a day packed with activities.



A big thank you goes to all of our instructors: Wilhelm, Conandil, Sorcha of Stonegrave, Master Adamanatius, Baroness Gianetta Lucia Alegratta, Friderich, Lady Damianna de Londres, Lady Sara Faaskin, Baroness Mistress Suzanne Neuber de Londres, Baroness Lassar Ingen Aeda, Sulis ban Drui, Lady Catrina ab Aque, Lord Logan de Londres and Baron Jean Xavier Boullier.

As many of you know, the Schola was also the occasion of an Arts and Sciences competition to select a Baronial Arts and Sciences Champion. Their Excellencies were faced with some tough choices as the populace exhibited a wide range of talents. Cookery, weaving, painting, costuming, metalwork and siege weapon construction were

only some of the handwork represented. Thank you to all who entered.



In the end, their Excellencies honored lady Michelle as their official Court Painter and lady Magdalena d'Arzenta for technical merit before selecting lord Marcus as the new Baronial Arts and Sciences Champion for his submission of a scale model working trebuchet and a full medieval kit that included a velvet cotehardie,

linen undergarments and deer skin boots in process. Their Excellencies were impressed with the obvious workmanship of all the entries, and particularly impressed with lord Marcus' meticulous documentation. Marcus tracked his step by step progress for each of his projects as well noting all his historical research and sources. While lord Marcus was unable to accept his award in person due to his mundane job, he was thrilled with the honor and wished to express his gratitude both to Baroness Gianetta and Baroness Lisl for their invaluable instruction, as well as to their Excellencies for the honor bestowed. Most of you also know that lord Marcus is our Heavy List Champion as well, and as Her Excellency observed, "...if anybody takes him out (on the field), we're basically..." Well, you get the idea!



After a break for dinner, we all returned for a wonderful evening of dancing and socializing. All in all, a wonderful event. A great big thanks to the autocrat, our Seneschal, David Vazquez de Valencia, and to all who made the day possible. *(Thank you to lord Marcus for supplying the photo of himself wearing his prize winning cotehardie!)*

# Arts & Sciences news and notes

Interview by Alissenda la Gailharde

While we're on the subject of Schola, why don't we visit with Master Adamantius who taught the kitchen classes? He graciously consented to an interview, and even provided recipes and photos of those incredible sausages that were gobbled up by the populace.



1. When did you join the SCA and what attracted you?

My first event was in 1982, but I didn't become active in my group until 1985 or so, when I chanced to express an opinion at a meeting on how a particular event should be run. This was taken as an offer to serve as autocrat. I also cooked for that event. I've been doing both ever since.

2. Briefly, what were the circumstances leading to your focus in cookery?

I'm the youngest in a large family with busy and divergent schedules, so from my earliest childhood my mother cooked one meal a day. I learned to cook to support my habit of eclectic tastes, and in self-defense. As for cooking in the SCA, it just seems to me that it's an area where we can choose to contribute to the overall ambience of periodicity of an event, and too often I'll see people agonize over what they're going to wear and not worry too much about what they're eating. It's not that eating non-period food is a big problem, so much as - if you can do more to play this game of ours well, and it turns out to be fun in doing it, why not?

3. Are there any particular sources you refer to again and again for your recipes?

I always love looking at new sources, but no matter how much I think I know them word for word and all the ramifications of those words, I always manage to come back to the 14th and 15th century Eng-

lish sources, such as the *Forme of Cury* and its various prototype and offshoot manuscript sources, and find something new and exciting that nobody I know has done any work on. There are a lot of recipes that either raise a lot of questions on translation or interpretation, causing people to stay away from them, or dishes that don't lend themselves to the typical big SCA event, for example, the egg dishes we had at the Schola event. These would have been perfectly acceptable meat-day/feast-day dishes for the wealthy, and they're good food, but we shy away from them because cooking them for 400 people and then keeping them warm for a couple of hours while court runs overtime is logistically difficult. Which is why they seemed like a no-brainer to me for the Schola. Fewer people, a more forgiving schedule, and arguably, more people interested in what medieval people actually ate than some other events.

4. Any suggestions for introducing modern palates to medieval tastes?

Look at it as a regional or ethnic cuisine, the kind of thing you might get a little thrill from when going out to eat in an unfamiliar restaurant. A lot of the seasonings can be pretty similar to ones found in Indian and Middle Eastern cooking, and for the less adventurous, there are still plenty of rather simple, plain dishes with familiar ingredients in familiar combinations. One century's macrows [noodles with butter and cheese] is another's fettucine Alfredo [noodles with butter and cheese], pancakes are still pancakes, doughnuts are still doughnuts, and roast chicken is eternal, and if that's what a person needs to establish some kinship between their own food desires and needs and those of medieval people, well, that kinship is there in spades.

5. Any advice for folks who might be interested in medieval cookery, but feel a bit overwhelmed?

I like to tell students to read Middle English recipes out loud until the language becomes more familiar to them; after a couple of attempts they'll start to sound like someone speaking a variant of the Eng-

lish we know, like someone with a heavy accent or speaking a dialect that you might hear in Scotland, Ireland, or Australia. Some of the commonly available source books (like Constance Hieatt's 'Currye On Inglysch', say) have some excellent glossaries which can help greatly with the period terminology.

There are some good sources for period recipes adapted for the modern kitchen, such as Cindy Renfrew's "Take a Thousand Eggs Or More", or Constance Hieatt's and Robin Jones' "Pleyn Delit", but there are a whole lot more recipes out there that haven't been adapted, which I find more fun to play with. After all, if I'm looking at the original recipe, I don't have to worry about whether some modern author thinks I'm getting it right or wrong. There's a certain freedom in that.

And, of course, talking to people who are familiar with this particular hobby should help. Most SCA-dians who do this are usually pretty generous with their time, and most of them love to talk shop if you catch them at the right time.

#### 6. [Any other thoughts you'd like to leave us with?](#)

One of the things I find most striking about certain sources, like, for example, *Le Menagier de Paris*, is the way they feel when you're reading them. This is a letter written some 615 years ago, and parts of it still read like there's a grumpy old man watching over your shoulder while you're cooking the pot of beans, worrying about whether you're going to burn them, and what you can do to fix them if you do. It's like a medieval Helpful Hints From Heloise (is anyone reading this old enough to remember her in the local newspaper?) To me, that very vital and current-seeming voice from the past is about as close to time travel as we get in the SCA -- a centuries-dead Parisian speaking directly to us on a subject we can relate to: screwing up in the kitchen and what to do about it. When I'm doing something related to the SCA, it's one of the things I live for.

[And now for those delicious pork sausages taken \*Le Menagier de Paris\*:](#)

"353. *To make sausages after killing a pig. Take some meat and chops, first from the part they call the filet and then from*

*another area, and some of the finest fat, as much of one as the other, in the amount for the number of sausages you want. Have this finely ground and chopped by a pastry cook. Then grind fennel and a little fine salt. Next, thoroughly mix the fennel with a quarter as much of powdered spices. Combine well the meat, spices, and fennel. Fill the intestines, that is, the small intestines, with this mixture. Know that the guts of an old pig are better than those of a young pig because they are larger. After this, smoke them for four days or more. To eat them, bring once to a boil in hot water and then grill."*

-- "The Good Wife's Guide: *Le Menagier de Paris - A Medieval Household Book*" Translated by Gina L. Greco & Christine M. Rose, © Cornell University Press 2009 ISBN: 978-0-8014-7474-3

#### LE MENAGIER SAUSAGES

For 5 lbs., ~3.3 lbs dry

4 lbs pork butt / blade roast  
 1 lb pork belly or other "hard" fat source such as kidney fat, NOT processed lard  
 2 Tbs salt  
 1 cup ice water  
 1 Tbs cracked fennel seed  
 1 tsp fine spice powder - Hippocras Spice Powder\*, powder forte, etc., apple pie spice blend OK  
 1 tsp Insta-Cure #1, a.k.a. Prague Powder #1  
 1.25 oz Fermento (optional)  
 1-2 Tbs liquid smoke flavoring  
 hog sausage casings

#### HIPPOCRAS SPICE POWDER\*

4 oz Ceylon cinnamon sticks  
 2 oz powdered cinnamon (cassia)  
 1.33 oz nutmeg  
 1.33 oz dry galingale  
 1 oz dry ginger  
 1 oz grains of paradise

[\* This makes over ten ounces, close to a quart, of Hippocras powder, which was more than enough for a medium-sized SCA feast. We used some in the sausages, some sprinkled on our bunnies in papdele, and some on our cream dish, and there was still more than enough for us to have made hippocras for everyone on site. Unless you have some other use for it -- which we did -- another spice blend in smaller quantities will be fine for sausage.]



For those unfamiliar with *Le Menagier de Paris*, it is a late 14th century French document -- essentially a household management manual -- written in the form of a letter from a well-to-do older Parisian man, generally believed to be a widowed law clerk, to his new, young bride, with detailed instructions on how he expects his household to be run. It includes recipes for foods, drinks, medicines, various household supplies for cleaning, laundry, etc., instructions for shopping, and even a section on hawking. Recipes for our sausages and the spice blend used to make them are also from that source.

The household described in *Le Menagier* probably wasn't large by aristocratic or royal standards of the day, and situated within or on the outskirts of a town, certain facilities we might expect to be present, such as a kitchen oven, are very likely absent, which would be compensated for by outsourcing to professional bakers for baking bread, pies and other goods, and in this case, the chopping of the meat and fat for our sausages. Medieval bakeries had the skills, the tools and the manpower for the chopping routinely required for pastry dough and meat pie fillings; we generally use machinery for this today.

As a modern city dweller, I also lack certain kitchen facilities, such as my own smokehouse. Many sausage recipes throughout history speak of hanging sausages in the smoke, either far enough above one's cooking fire to receive a coating of smoke without being cooked by the heat of the fire (see Apicius, for example), or inside the chimney (see Hugh Plat, Kenelm Digby, etc.). I opted to air-dry



our sausages after adding some liquid smoke flavoring, which is basically wood smoke filtered through water, and in the end not too different on a molecular level from actual smoking. This drying, combined with the salt, the spices, and small amounts of some chemical additives commonly used in the modern industrial sausage-making process, should produce a reasonable facsimile of the kind of sausage found and eaten in a late 14th-century Pari-

sian suburb, while still conforming to modern safety standards.

Which brings us to a note on the other weird chemical additives: I'd much prefer not to use them. *Le Menagier's* bride would not have added them. What medieval sausage makers did, however, include in their sausages was relatively unprocessed, mined salt which often includes a miniscule percentage of sodium or potassium nitrate or nitrite, which is an extremely useful inhibitor of potentially deadly botulinum bacteria. They also possessed and employed experience and a discerning eye for detail that we generally lack, and which can sometimes make the difference between a properly preserved and wholesome meat product and something to make several hundred of your best friends violently ill or worse. Since most of us can't look at a piece of meat with that experienced eye that will guarantee the safety of our loved ones, I opted to add a product called Insta-Cure #1, which is basically salt and about 6% sodium nitrite [there is an Insta-Cure #2 which contains sodium nitrate, and which is intended for meats that aren't going to be cooked], to our mix, as well as another product rather embarrassingly known as Fermento. This last is a cultured lactic fermentation substitute. Many long-cured meats have a sourish tang to them; summer sausage, some hams, corned beef, and certain salamis come to mind; this is the result of a harmless lactobacillic fermentation that occurs over a long storage period; the same process found in yogurt, sauerkraut, kim chee and most dill pickles. The acid tang in the finished product is not only considered tasty, but the pH levels produced in our sausage make them that much more impervious to harmful bacteria. In the end, we're only playing it safe by adding chemicals that would almost surely have been in the medieval version in some form anyway. Insta-cure, Fermento, casings and other sausage-making supplies can be ordered online from sites such as <http://www.sausagemaker.com>.

As this is not really intended as a sausage-making primer, I'll simply say the meat and fat are chopped (keep them cold while you do this!), mixed with the other ingredients, and stuffed into casings, tying them off into links at some reasonably appropriate length. Grinding the meat as coarsely or as fine as you want and finely chopping the fat by hand is



probably the best method; it keeps the fat from melting and disintegrating into grease before you want it to.

Once you have raw sausage links, they must be dried in order to preserve them, concentrating their flavor and further discouraging the growth of nasty bugs whose pee and poop are deadly to humans. The goal is for the properly dried sausage to have lost about 1/3 of its raw weight in evaporated moisture. This can be done in a cool smokehouse, which not only adds the flavor and color of smoke to the meat, but also adds valuable antibacterial and insect-repellent qualities to the equation. Since I have no smokehouse and no working fireplace, I went for drying the sausages in a cool, drafty environment. The basic goal is to keep the temperature above freezing -- chemical reactions are slow to nonexistent when the ingredients are frozen -- but cold enough to inhibit bacterial growth. Like your fridge, for example, only draftier and less humid.

In practice, our sausages were first hung out in the February breezes of my apartment balcony in Queens, no doubt to the annoyed confusion of some of my neighbors, but I have to look at their ugly patio furniture, so we're even. After several hours hanging over the back of an oak spindle-back chair outdoors, I became concerned about freezing (it was about 32 degrees F outside, and windy), so I brought them inside and hung them over a tension rod in the shower stall of our unused, smaller bathroom, which we could close off from the rest of our home simply by keeping the door shut, and the window open. Between the constant draft (assisted at times by a small electric fan), a radiator built into the wall which prevented freezing, and periodic temperature checks, it was practically ideal, at a nearly constant 45-50 degrees F.

After an afternoon outdoors in the wind, and a night hanging up to dry in the artificial chilly breeze, the sausage links had deepened dramatically in color to a dark mahogany red shade, and over the next couple of days, as they dried, they began to shrink and change shape slightly.

After six days, they had lost enough moisture weight to be, theoretically, safe from bacterial growth, but I was concerned about a phenomenon

that sometimes occurs in meat curing (and elsewhere) known as case-hardening. In the case of sausage or other meat products, this is when the product acquires a hard, jerky-like outer layer that is



very dry, which seals in and prevents drying of the inner layers, which can remain moist, soft, and otherwise resembling raw meat, resulting in eventual spoilage.

There are various ways to control humidity and prevent that; I simply concluded that the sausages had lost enough weight overall, took them down, cut them into lengths to fit, sealed them in one-gallon plastic zip-lock bags, and placed them in the refrigerator, hoping that the moisture content between the inner and outer layers of meat would equalize under safely chilled conditions, which is exactly what happened.

There are probably other solutions that wouldn't have involved cutting into the casings (for example, starting with smaller links than the giant meter-long sausages I made for the sake of expedience), which would have solved this problem with an additional view to keeping a large batch of sausage for a long time. These had to keep for a relatively short time, and then were all eaten within hours, so I didn't have to worry about some of the long-term repercussions, but if made with care, there's no reason why a large batch of these sausages couldn't be a major protein source for someone attending a camping event without a refrigerator, just as they were for medieval Parisians.

For the Schola and Dance At The River's Head Inn event, we served these sausages in two ways: first as an ingredient in sawgeat, a 14th-century English dish of eggs, sausage, and sage leaves, for which this 14th-century sausage seemed ideal, and then later, poached and grilled as suggested by Le Menagier, along with bread, Lombard honey mustard, and cooked cabbage dressed with salt and extra virgin olive oil.

All in all, I had a lovely time with this project, learned a bit more about 14th-century meat preser-

vation, as well as, I hope, adding to the period ambience of the entire day, and producing some good food for my friends.

Thank you, Master Adamantius, for all the wonderful information!



## Invitation to the Populace from the Chronicler

We invite the populace to submit articles of interest on events, books, movies, combat, arts and sciences, and anything else you can think of that would enhance our enjoyment of the SCA. We'd love to do more interviews as well as get more pictures and original art work from you. We'll even help you with editing, and you'll always get attribution for your work. Contact Alissenda la Gailharde for more info: [poetryqn@optonline.net](mailto:poetryqn@optonline.net).

## Sewing & Stained Glass Workshops

Just a quick reminder that the next two workshops will be held on **Sunday, April 19** and **Sunday, May 17 at 1 pm**. (For more info on the stained glass workshops, please call Baroness Lisl at 631-243-4734 or email at [iliketosew1@verizon.net](mailto:iliketosew1@verizon.net). Remember, Sir Richard Blackmoore has offered to open his extensive library on Arms and Armor for on-site perusal by interested parties while the classes are going on. Hope you can join us!

## Hauppauge Demo

Five volunteers from the Barony will be conducting demonstrations at the Hauppauge Middle School on Friday, April 24. Planned activities include introductions to Medieval and Renaissance Dance, Arms and Heraldry, Siege Weapons and Guilds. Thank you to everyone who volunteered to help out.

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# House Three Skulls 25th Anniversary

Saturday, May 16, 2009

Hosted by the Barony of An Dubhaigeainn

That household some of you hate to love, and some of you love to hate, has reached a milestone. To that end, under the kind auspices of the Barony of An Dubhaigeainn, House Three Skulls invites one and all, friend and foe alike to come on Saturday, May 16th, and celebrate the delightfully mixed blessing of their 25th year plaguing the assorted Cantons, Shires, Baronies and Kingdoms of the Known World. A sumptuous feast in a most suitable theme to the occasion and nature of the group concerned will be provided by Lord Bran and Lord Taylyn van Horn. There will be various entertainments, distractions, and delights during the day for all gentles, as well as numerous competitions in the A&S realm. Perhaps even feats of strength.

Archery for the day shall be run by Don Baron Jean Xavier who plans to give archers an opportunity not only to participate in a royal round but also the ever popular Boar Hunt speed shoot. Lady Catrina Ab Aqua has planned a day of heavy fighting in the great traditions and culture of House Three Skulls. Inspection will be held at 11am, with the Warlord Tourney at noon and the Grand Melee at 1 pm. Each fighter is requested to bring an item for the "war chest" to the event. This will be the grand prize to the winner of the Grand Melee. For more information about the fighting events and scenarios, check out the Three Skulls Web site:

<http://www.threeskulls.org/anniversary/>

There are also plenty of non violent activities planned for the day.: Two arts and sciences competitions and two brewing contests. The Twist? Entries by the populace will be judged by House Three Skulls in one contest, while in the other, House Three Skull entries will be judged by the populace!

## Directions:

From the Long Island Expressway, take Exit 49N (Route 110), or  
 From the Northern State Parkway, take Exit 40N (Route 110), or  
 From the Southern State Parkway take Exit 32 N (Route 110) then:  
 Take Route 110 North past Jericho Turnpike (Route 25) into Huntington  
 Village (Approx. 4 miles from Route 25)  
 Make left onto Main Street (Route 25A) then make first right onto Wall Street.  
 Continue on Wall Street for 3/4 mile, to Southdown Road.  
 Make a left onto Southdown Road and follow the signs to Browns Road.  
 There will be a stop sign at the corner of Browns Road and Southdown Road.  
 Turn right onto Browns Road. The site is on your left  
 shortly after the elementary school.

## At-a-Glance Event Information

### Site:

Unitarian Universalist  
 Fellowship at Huntington  
 109 Browns Rd  
 Huntington, , NY 11743

**Site Opens:** 10:00 am

**Site Closes:** 10:00 pm

### Event Fees:

Site : Adult on-board pre-reg  
 \$15.00

Adult on-board at the door  
 \$20.00

Child on-board \$9.00

Adult day board \$10.00

Child day board \$5.00

Pre-reg ends April 25th 2009

Large families contact the Auto-  
 crat about family rate

Merchant space available contact  
 the autocrat for information

### Send Reservations to:

Lord Titus Aurelius Magnus  
 (Kevin Dowd)  
 5 Bergen Street  
 Ronkonkoma, NY 11779

### Autocrat:

Lord Titus Aurelius Magnus  
 (Kevin Dowd)  
 1-516-810-3108  
 5 Bergen Street  
 Ronkonkoma, NY 11779

**Make Checks Payable to:** SCA  
 Inc. Barony of An Dubhaigeainn



# From the Coronet

## reetings from Ateño & Lassar!

Greetings Members of An Dubhaigeainn and other friends:

Thanks to everyone who came to the Schola and Dance! A big thank you to all the teachers and staff that helped it run so smoothly. It was a great time. I am even told that people in Calontir heard about our Schola and are planning on having their own event similar to ours.

Congratulations to lord Marcus for his display at our first Arts and Science competition. The trebuchet and clothing were beautiful, and the finishing touch with the silver duck buttons was great.

Also congratulations to Magdalena d'Arzenta for the Technical Award and Michelle being appointed Baronial Court Painter. The many and varied talents of the populace continue to amaze us. Well done, all.

The next month brings us many interesting events, from Coronation to Balfar's Challenge. Of course, the April Commons to be held on the 19th will focus on the Barony's Pennsic plans.

Unfortunately, we will not be at Spring War Practice due to a mundane wedding. It always seems that weekends fill up quickly when spring arrives.

While we're talking about upcoming events, I would also encourage everyone to make reservations for the Three Skulls 25th Anniversary event being held on May 16th in Huntington. It should be a fun time, and we plan on enjoying it.

Again we are proud to be your Baron and Baroness. Don't let the shiny coronets put you off. Come and talk to us at events.

*In Service,*

*Ateno and Lassar*

Baron and Baroness An Dubhaigeainn

