

# *Class Descriptions*

## **Ayreton Brewers' Guild Series: Devil's in the Details – Yeast Propagation**

*Eoghan o Siodhachain*

In the production of wines, particularly meads, successful yeast re-hydration and propagation is one of the primary factors in the final quality of your mead. Join Ayreton Brewer's Guild officer Eoghan o Siodhachain for a discussion about the types of yeast available for mead production and the temperature, time, nutrients and handling they require to serve you in this most noble endeavor.

## **Ayreton Brewers' Guild Series: Methods in Brewing – Intermediate Mead**

*Eoghan o Siodhachain*

The modern mead revolution has created a vast pool of information for the aspiring meadmaker - often enough to overwhelm the curious novice. Join Ayreton Brewer's Guild officer Eoghan o Siodhachain for a discussion of several meadmaking techniques, including a walk-through of the "no heat" method (1-gallon batch size). Topics will include the chemistry of the fermentation process, fermentation control, spices or fruits and techniques in aging. Novice meadmaker's kits and limited 1-gallon batch kits will be available for a fee.

## **Basic Knife Skills For a Feast Cook**

*Raphael Escoffier*

Learn proper care of your tools! Learn to cut faster, more safely, and more accurately! Class taught by Culinary School graduate.

## **Chicken Slaughtering 101**

*Johann von Metten*

Pre-registration by Oct 10th is preferred, with a minimum of 5 persons and a maximum of 10. Class rate \$10.00 a person will cover the cost of a chicken and the supplies to take it home!

## **Cloud Forest Hall Collection of Rules for Drinking and Eating**

*Bojei Temur Beki*

Class based on the Cloud Forest Hall Collection of Rules for Drinking and Eating.

## **Did Roman Cheese Taste Gouda?**

*Elizabeth von Kulmbach*

Was it possible that the Romans were eating and making a cheese similar to modern Gouda? A discussion and comparison of modern and classical cheese-making techniques as applied to Columella's description of Roman cheese making and eating preferences in *De Re Rustica*. Fifteen copies of the handout will be available. Anyone who prints theirs out in advance will be greatly appreciated. Handouts can be downloaded in advance from:  
<http://eithni.com/ReferenceDesk/RomanCheese.pdf>

## **Elizabethan Food and Dining**

*Iago Gwyllt Blaid*

An overview of food and dining during the Reign of Queen Elizabeth I. A discussion of what was eaten and why it was eaten. Also covering the common ingredients and flavorings, and the not so common. The information was accumulated from a variety of sources.

## **Exploring the New World**

*Tacit Darby with Gianetta Andreini da Vicenza*

Did you know that there were full settlements in Mexico for almost the entire 16th century? Join us to learn about the period foods eaten in pre-conquest and just post-conquest Mexico, and get a preview of our All Soul's event feast.

## **Feast Design**

*Gunthar Jonsson*

This is a discussion on how to design a feast. Not the logistics of getting dishes or cooking but how to make a balanced meal that will appeal to diners. Too often feasts are unbalanced in taste, texture, visual appeal, number of courses, etc. This class will discuss some of the common problems with ill-designed feasts such as too many or too few courses, every dish having the same flavor or texture aspect, unbalanced service, etc. Budgetary constraints will be discussed as well as various types of feast design such as formal service, sideboard, limited facilities, grand feasts and more casual meals. Sometimes great feasts are ruined by bad design. Come and learn some basics to prevent that.

## **Feast in a Field: Preparing an SCA Feast without Facilities**

*Giles fitz Alan*

The class will cover planning, preparation, and service of an SCA feast with no kitchen or dining hall. We will discuss menu planning, food preparation, sanitation, and service both before the feast and on the day of the event. Aspects of kitchen and dining hall design and layout will be covered. No fee, no age limit, no class limit, handout available.

## **Feast Planning Logistics: Learn To Love Your Lists**

*Gianetta Andreini da Vicenza*

So you have a fantastic menu, and have done some nifty research you want to share to make a fabulous feast or dinner. Now what? How do you scale recipes to serve 80 instead of 8? How do you track what's been test-cooked to perfection and which redactions still need work? How do you decide what can be cooked ahead, what can be frozen, what can be farmed out and cooked by others? How do you plan for and manage a budget, and how do you manage the day-of schedule so that everything is hot at the right time, you have enough oven and burner space, and the feast is served on time? We'll work through techniques for managing all these feast logistics, and spreadsheets to support them. All participants will receive electronic copies of the templates and spreadsheets we discuss in class.

## **Feasting on Fish: Fabulous Fast Food**

*Berengaria Mordaunt*

An overview of the place of fish in the medieval feast, its preparation and presentation, with special consideration of its uses in SCA feasts.

## **Feeding an Army: How to Properly Eat at War**

*Verena Entenwirth*

What foods and recipes are best for events (and best for your body)? Class will include a recommendation of the best foods to eat while away on campaign, recipes, and guides to stay healthy, how to cook for a large group and some historical documentation on what a real army would have eaten.

## **~~Food and Feasting in Renaissance Italy (Canceled)~~**

*Suzanne de la Ferté*

During the Italian Renaissance, food and art combined to create fabulous feasts that were fanciful, day-long (or night-long) events filled with great food, wine, and entertainment. Rediscovery and reprinting of ancient Roman texts relating directly to ancient cuisine led to the ambiance of the feast being considered as important as the flavors of the feast. These texts contained graphic descriptions of meals or expounded architectural theories on the best environments for dining. Students in this class will learn more details about these fascinating feasts as well as information about the chefs who produced them.

## **Food Safety in the SCA**

*Edouard Halidai*

This class looks at the very basic things you need to know to help you run your feast safely and make your health inspector happy. The items in this class are based on the FDA's recommendations for food safety. (Class notes by Avelyn Grene - m.k.a. Kristen Sullivan)

## **How to Cook a Picnic, or: Not About Sandwiches**

*Tacit Darby*

It's easy enough to purchase bread, meat and cheese for an event picnic lunch, but sometimes it's more fun to make it yourself. We'll look at simple recipes for bread, sausage, cheese and mustard, and taste the results.

## **Illusion Food: In its Plumage or To Make Two Hennes of One**

*Nicholaa Halden*

A look at two poultry illusion dishes with related techniques. This is a demonstration class examining serving a bird reclothed in its plumage. Similar techniques are used in preparing two hennes.

## **I've Got a Lovely Bunch of Coconuts**

*Aasa Sorensdottir*

In this class we will look at the botany and geography of coconuts, as well as period uses and historical references. A coconut sweet from Annals of the Caliph's Kitchen, a 10th-c. Middle Eastern cookbook, will be prepared. Note: not only is this candy made of coconut, it has both ground almonds and almond oil in it, so folks with nut allergies may want to steer clear!

## **Levain Dough**

*Verena Entenwirth*

A historical and modern look at levain starter. Class will include historical documentation on starters and other period leavening agents as well as recipes and samples. A recipe book and a starter sample will be available at cost. Hands on.

## **Meet "The Compleat Anachronist" Editor**

*Minowara Kiritsubo no Ason*

Come meet the editor of The Compleat Anachronist publication. CA is the Society for Creative Anachronism's quarterly monograph for its membership throughout the Known World. Each issue deals with a single topic in depth, and is a major resource for SCA members in a variety of areas of study. This is your chance to find out how you can play a part in the publication and how to become a subscriber!

## **Non-Alcoholic Period Drinks**

*Gunthar Jonsson*

A lecture class on common drinks in period that weren't fermented. People in period drank more than ale, beer and wine. Fruit syrups were long lasting, refreshing and very popular in the non-alcoholic Muslim world as well as in Christian Europe. With the growing popularity of period food at events it is hoped that more period drinks will be seen at feast and tournament field. These drinks are refreshing in the summer and wonderful as hot drinks in cooler weather. The class will cover the history of the drinks and several redacted recipes from both Muslim and non-Muslim sources. A couple of the syrups will be made on site and there will be samples handed out. The drinks include barley water, period lemonade, tamarind drink, apple syrup and others.

## **Ottoman Cuisine of Suleyman's Time (Mid-16th Century)**

*Hauviette d'Anjou*

Using excerpts from the multi-sensory ebook "Celebration at the Sarayi; A Feast in the Palace of Suleyman the Magnificent," experience a visual and auditory overview of the culinary culture of the Topkapi Palace in late medieval Istanbul including sources for recipes. Learn the layout of the palace, its kitchens, modes of cooking, structure of meals for the Sultan as well as dishes served, serving ware and culinary culture of the palace in general. A good introduction to the culture and a good basis for replicating Ottoman style feasts today.

## **~~Period Ingredient Substitution (Canceled)~~**

*Kateryn de Develyn*

Period ingredients and possible substitutions are presented for the student to taste. Discussion on why/how to substitute without changing the dish.

## **Pease Porridge**

*Katherine von Schlosserwald and Gavin White of Westburgh*

From a peasant staple to the Great Lord's table and how it is served today. We'll discuss period recipe variations and taste a few. Called potage, porrys, gruel and now porridge, it's not just for breakfast anymore. We'll look at medieval and Renaissance recipes for a comfort food that we still enjoy today. Sources include; *Le Menagier de Paris* (c. 1395), *Ancient Cookery* (c. 15th cent.), *Laud MS553* (15th cent.), *The Forme of Curry* (1390) and a *Noble Cook Boke Off Cookery for a Prynce Houssholde* (c. 1470) among others. We'll discuss its place at humble as well as great tables and for the sick. We'll taste a small variety of potages from the ancient recipes. If you have a favorite, please bring some! Hot or cold, but perhaps not nine days old! No charge or limit. \$1 for a paper copy of the recipes to cover costs.

## **Period Coffee Houses: Over-priced and Addictive Throughout the Ages**

*Kara Atladottir*

We will take a brief look at the earliest known coffee houses and the expansion of other houses into "slightly out of period" Europe. You'll learn how to make a real cup of Turkish coffee. You'll get some myths, some controversies, some free samples. Kara will be available while the coffee house is running in the morning. She will discuss for anyone who comes by during that time. Full information is shared in about thirty minutes but you are welcome to step in and out as you choose.

## **Playing with Your Food: Beginner's Guide to Recipe Redaction**

*Sarra Romney of Mermaid Inn*

This is a beginner's level introduction to the process involved with taking period "recipes" from the text to the table.

## **Principles of Medieval Cooking**

*Edouard Halidai*

Medieval European cuisine isn't just about the recipes. It's also the raw ingredients, cooking techniques, and technology. This class approaches medieval cooking as a system of interrelated parts, and shows how the qualities and inherent limitations of those parts shaped the whole of the cuisine.

## **Reconstructing a Norse Feast**

*Helewyse de Birkestad*

While most widely known for Italian food, this fall I took on the Coronation feast of Ullr and AnneLyse. This required extensive research, in the sagas, in dig reports and in published books. These data were then combined with cooking expertise to produce first an idealized feast menu (what I would cook if I could get away with it), then an actual feast menu (what people would eat) for the Coronation. We will cover the research, the decisions and the outright guesses that went in to recreating a food for a culture with no cookbooks and few written descriptions.

## **~~Research Background for Feasts (Canceled)~~**

*Kateryn de Develyn*

Examination of research needed to provide credible period feasts. Uses two case studies from presenter's feasts.

## **Restaurants and Catering in 13th-Century (Sung Dynasty) China**

*Gwyneth Banfhidhleir*

Yes, banquet halls, carry out, street vendors, and restaurants are authentic. This will be an overview of the kinds of dining establishments available in Hangzhou, the capital of China during the Sung Dynasty.

## **Roundtable Discussion: Period Cooking Club Within the SCA**

*Lady Ann of Walton Woods*

Have you ever wondered how a guild or club gets started in a local chapter of the SCA? You can hear how a seed of an idea (start a cooking club with period recipes!) sprouts into a monthly meeting that's been going on for a few years with interested members sharing ideas, food and fun! Feel free to ask questions and share ideas you might have, as well.

## **“Ryori Monogatari” and the History of Japanese Cuisine.**

*Minowara Kiritsubo no Ason*

This course will include a discussion of Japanese foods and cooking from the early periods of history through the end of our period. This will include some of the western influences on Japanese cuisine. We will also discuss some recipes from an early 17th-century cookbook “Ryori Monogatari.”

## **Salt and Spice Tasting**

*Caitriona MacDhonnachaidh*

Salt and Pepper may sound like the everyday basics but what of Fleur de Sel and Grains of Paradise? Not all salt is the same. Every Peppercorn is not of the same plant. Come experience different salts and peppery spices and discuss their application as you taste each on a variety of fruits, bread and butter. Overview chat every half hour, but attendance is not required to enjoy the tasting.

## **So You Want To Do A Subtlety?**

*Elayne Gwenhlian de Belleme'*

Discussion and pictures of subtleties and tips on what to think about when planning a subtlety. As to what is a subtlety, it can be as simple as marzipan fruit to a full panorama of scenes and stuffed birds. It is usually a food or decoration made of something other than the finished product would normally be constructed.

## **So You Want To Feastocrat?**

*Iago Gwyllt Blaid*

General overview on planning a feast with tips and hints on how to make it less stressful. This is a set of helpful hints and tips to help avoid some of the pitfalls associated with cooking a feast. As taught by a veteran of about 20 feast kitchens for various size events.

## **Sugar Paste Exhibit in York (and More?)**

*Alys Katharine*

Photos of the sugar works made by Ivan Day and Peter Brears as exhibited in York. Drool at the artistry of sugar works that would have been presented in Elizabethan through Georgian times. Might also include some subtleties from the SCA.

## **The Making of the Dream Dinner: 16th-Century Dining as a Fund Raising Event at Pennsic 2010**

*Hauviette d'Anjou*

Twelve guests gathered to enjoy a feast based on Bartolomeo Scappi's 16th-century cooking manual. Master Cooks gathered their finest ingredients, their staff and others to provide a sumptuous meal, music and complete immersion in the experience. A year prior, this event was auctioned off to the highest bidder to benefit a young man whose injury at Pennsic left him unable to pay his medical debts. Background, research, structure, images, and video if available and a brief roundtable with participants on the use of this format for a future event.

## **Vegetarian Dishes from Form of Cury**

*Felice Debbage*

This class will explore select vegetarian dishes from the 14th century English cookbook, Form of Cury. Come learn what you can serve your vegetarian guests at your next feast while keeping your dishes historical. Leave armed with vegetarian recipes that you can use at your next event!

## **Vicarious Tour of Hampton Court Kitchens**

*Alys Katharine*

Visit the cooks as they prepare foods in Henry VIII's kitchen at Hampton Court. A photo compilation of 5 visits to Hampton Court. See clothing, utensils, and dishes prepared from Tudor recipes.

## **Visit to Classes by Ivan Day**

*Alys Katharine*

Can't travel to England? Take a quick visit to three of Ivan Day's courses: sugar work and confectionery, Tudor and Stuart cookery, pie making and pastry. A photo record of classes given by Ivan Day.

## **Working with Period Flours**

*Richard van Utrecht*

A hands-on exploration of the various period flours that are still around, such as durum wheat, spelt, and buckwheat. We'll be making bread from these various flours so that students can get a feel for the texture, smell, and working characteristics of each flour. We'll also discuss briefly the time and locations that we know of for each of these flours so that you can bake bread for your next feast accurate to the time and place you are cooking.