

# The Iron Alonger

September, 2014

Anno Societatis XLVII

## The Newsletter of the Barony of Iron Bog

*From the Baronial Seat, Baron Collin and Baroness Marion*

Greetings Iron Bog!

We hope that you all had a fantastic summer! It was a busy event season, none busier than Pennsic. We wanted to thank Baron Larry for the fantastic luau that broke out during Iron Bog court. The food was plentiful and a good time was had by all. Katelin de Monro received an Iron Punk in recognition of all her hard work with Youth Activities. Vivat Katelin!

No sooner had Pennsic drawn to a close then River Wars was upon us. The rain and damp weather did not darken the fun had by all. Congratulations to Lord Sterling and his wonderful staff. Lady Charis and her crew provided a wonderful and fulfilling feast. Lady Marion Quyn wowed the judges with her cattail preparations and in Court, she was named our new A&S champion. We also wish to thank Lady Valerie for her service as our A&S champion and for organizing such a fantastic competition. Nigel Rhys-Davies proved victorious in the Baronial Archery championship. We look forward to working with both of our new champions.

Baroness Drueta was also added to the rolls of the Silver Cattail. She has been an example of what a true Iron Bog citizen should be for a long time. On a Kingdom level, Lord Lorenzo was recognized for his study of period swordsmanship by being inducted into the Order of the Maunche. This is a well-deserved honor. Vivat to all of these fine gentles!

Please look to our Yahoo and Facebook pages for upcoming announcements on the date of our Rattan Championship and also the naming of our Heir(s).

In Service,  
Collin and Marion

## *Congratulations to...*

Lord Heinrich Watcher and Lord Connery  
Newest recipients of the Sable Martlet

Lady Caitrina “Katya” Gordon, Newest recipient of the Sable Gauntlet

Lady Marion Quyn, Baronial A&S Champion

Lord Nigel Rhys-Davies, Baronial Archery Champion

Baroness Drueta De la Rosa, Newest recipient of the Silver Cattail

## *Cooking with Cattails*

**Recipes (from the Historical Cookery and Gode Cookery) courtesy of Lady Quyn newest Baronial A&S Champion:**

### **Pickled Reedmace**

*Based on the following Pickled Cabbage recipe*

**Country: Germany**

**Century: 15th**

- 1 lg head of cabbage (or 2 smaller ones) (**Reedmace tender stems substituted**)
- 9oz stone-ground mustard
- 4oz honey
- 1/2 cup white wine
- 1 tsp caraway seeds (dill substituted)

Boil cabbage until just tender (cabbage should be soft, but not mushy). Mix remaining ingredients in a saucepot and bring to a slow boil for about 5 minutes. Peel leaves from cabbage head. Pour sauce over cabbage and chill.

*Original Recipe Sources*

Source [[Ein Kochbuch aus dem Archiv des Deutschen Ordens](#), G. Balestriere (trans.)]:[[31]] *Wilthu machenn eyngemacht Crautt: so seudt weysse Heuptt und ein zweythell Sennffs und das dritthell Hoengs und die selbing mach undereinander mitt Wein und thu darein <<124>> Koemel und ein des genug und leg dan des gesotten Kraut darein und [[nnd\_Ed.]] gibe es kalt. also magt auch priesen die Seudt mitt Wrczenn und gyb sy hin.*

### **Marinated Reedmace**

Based on the following recipe from The Historical Cookery:

Cucumbers marinated in vinegar, mint, & garlic - contributed by L. J. Spencer, Jr.

1/4 pint Ice Water

1/4 cp. Vinegar

2 Cucumbers, sliced (**Reedmace new shoots substituted**)

1/2 T Fresh mint, chopped fine

3 cloves Garlic, peeled, lightly crushed (omitted)

1 T Olive oil

1/2 tsp. Salt

Mix water, vinegar, mint, garlic, oil and salt together. Pour over cucumbers. Leave in a cool place for several hr., turning occasionally. Serve.

### **Reedmace Blaunche escrepes** (w/honey)

PERIOD: England, 13th century | SOURCE: B. L. Additional 32085 | CLASS: Authentic

DESCRIPTION: White crepes or pancakes

#### ORIGINAL RECEIPT:

2. Blaunche escrepes. E une autre viaunde, ke ad a noun blaunche escrepes. Pernez fleur demeyne e blaunc de l'oef, e festes bature, ne mye trop espesse, e metez du [vin]; pus pernez une esquele e festes un pertuz parmy; e puy pernez bure, ou oile, ou gresse; e puy metez vos quartres deis dedenez la bature pur hastir; e puy pernez cel bature e metez de dunnz une esquele, e festes culer parmy cel pertuz dedenz la gresse; e puy festes une escrepe, e puy une autre, e metez vostre dei denz le pertuz de l'esquele; e puy jettez sucre desus les crespes, e dressez celes escrespes od les poumes de oranges.

#### TRANSLATION FROM TWO ANGLO-NORMAN CULINARY COLLECTIONS:

White pancakes. Here is another dish, which is called white pancakes. Take best white flour and egg white and make batter, not too thick, and put in some wine; then take a bowl and make a hole in it; and then take butter, or oil, or grease; then put your four fingers in the batter to stir it; take the batter and put it in the bowl and pour it through the hole into the (hot) grease; make one pancake and then another, putting your finger in the opening of the bowl; then sprinkle the pancakes with sugar, and serve with the "oranges."

- Heatt, Constance B. and Robin F. Jones. "Two Anglo-Norman Culinary Collections Edited from British Library Manuscripts Additional 32085 and Royal 12.C.xii." *Speculum* vol. 61, issue 4 (Oct. 1986): 859-882.

#### INGREDIENTS:

white flour (**40/60 reedmace rhizome starch/ flour**)

egg whites

white wine

pinch salt

butter or oil

sugar

### **Cock-a-leekie Soup** (c. 1598)

The Historical Cookery

Traditional Scottish soup of chicken & leeks - contributed by Rebecca A. C. Smith

1/2 chicken  
1-2 leeks (1/2 leeks 1/2 **Reedmace stems**)  
2 qt. broth  
1 tsp salt  
1/2 tsp pepper.

Use reserved cooking broth from chickens, adding bouillon cubes and water to make up sufficient liquid, if necessary. Put the broth on to boil with the salt, pepper and leeks. Let cook until leeks are tender then add chicken. Let simmer until heated through.

## *Monthly Activities*

**Fight Practice:** Come practice medieval heavy weapons fighting! Loaner armor is available if the Knight Marshal (Lord Heinrich Wachter) is contacted in advance.

Every Sunday 1:30pm to 4:30pm  
Location: Dominic Johnson Recreational Center, Pemberton NJ. Directions are on the website.

**Rapier Practice:** Learn the art of Fencing!  
Some loaner gear is available.

2<sup>nd</sup> & 4<sup>th</sup> Sundays of the month 1:30pm to 4:30pm  
Location: Dominic Johnson Recreational Center, Pemberton NJ. Directions are on the website.

**Archery Practice:** Learn the art of Archery!  
(no compound bows please) Loaner gear available.

1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month from 1:30pm to 4:30pm.  
Location: Dominic Johnson Recreational Center, Pemberton NJ. Directions are on the website.

**Business meeting:** Here the business aspect of the Barony is handled by the Baronial officers. All Barony members are welcome to attend and participate.

Second Tuesday of each month at 7:00pm.  
Location: Collingswood Library, Haddon Avenue, Collingswood NJ. Directions on website.

**Brunch with the Baroness:** A monthly traveling Sunday afternoon activity sponsored by the Iron Bog Cooks Guild. The activity is a medieval potluck open to all members of the Barony and beyond.

If you would like to host a Brunch please contact Lady Valery, Mistress of Arts & Sciences to schedule.

**A&S Night:** This activity is now a combination of project night, scribal night and sewing circle. It includes everything from working on and sharing your own personal projects to team efforts, learning/working on sewing projects including your own medieval garb, or learning the scribal arts! No experience required!

First Thursday of the month 6:30pm to 8:30pm.  
Location: Collingwood Library.

Please contact Lady Valery the Baronial Mistress of Arts and Sciences for more information on how to get involved!

## Baronial Officers

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Deputy Seneschal: Lady Picanina de Monte	
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Deputy Chatelaine: Lady Creatura Christi of Oaks	
Deputy Chatelaine: Lady Genevra D' Angouleme	
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Deputy Chronicler: Lady Genevra D' Angouleme	
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Youth Marshal: Lord Heinrich Wachter	
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Chamberlain: Lady Diana Spencer of Barmoor	

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