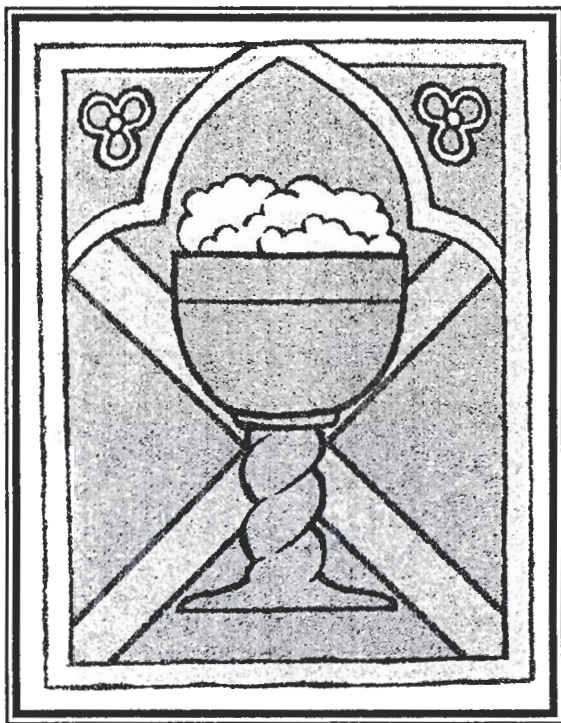


# Brewers' Guild Newsletter



March Crown  
N. S. XXXV

# rewers' Guild Ranking System

## **DEFINITIONS:**

**Style** - beer, wine, mead, cordial, or non-alcoholic beverage.

**Public Service Work** - teaching a workshop, submitting articles or art to newsletters, holding a contest or tasting, etc.

**Proficiency** - competency in a style, as judged by fellow brewers from a sampling of at least four different brews.

## **RANKINGS:**

**Apprentice** - Anyone who wants to play and participate in the Brewers' Guild activities. (Is entitled to wear the Guild badge on a green field.)

**Journeyman** - Someone who is proficient in at least one style of brewing and has performed at least one public service work. (Is entitled to wear the Guild badge on a blue field.)

**Craftsman** - Someone who is proficient in at least two styles of brewing, and had performed at least three public service works. (Is entitled to wear the Guild badge on a red field.)

**Master Brewer** - To achieve this rank you must have attained the previous rank of Craftsman, be nominated by your fellow Craftsmen, and be approved by the other Master Brewers. (Is entitled to wear the Guild badge on a purple field.)

All members of the Guild are encouraged to donate bottles of their beverages to the Guild for use as "taxes" given to the reigning Royalty during court presentations. Brewers outside of the central Kingdom, or in the more distant regions of the Marches, may achieve awards up through Craftsman by participating in their local events. Such individuals should write to the Guild Master to inform him or her of their level of participation.

**The Guild badge is as follows: "Fieldless, a laurel leaf Vert on a tun Or". The tun, as generally depicted, is a wooden barrel.**

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**The Kingdom Brewer's Guild newsletter is an unofficial publication and is printed and published through donations and unofficial subscriptions. It is published at no cost to the Brewers' Guild or the SCA. Members who would like to have a newsletter mailed to their home (vice hoping to pick up a spare copy during Kingdom events) are welcome to donate \$ 5.00 per year to the Guild Chronicle. Both stamps and suitable coins of the realm will be gleefully accepted!**

### **Time to let go...**

Well, my dear friends, it has a lot of fun being your chronicler during these two years or so, but I am getting seriously too busy in my “real-world” business life to devote the necessary time and research it takes to publish this quarterly newsletter. While I still intend to contribute articles to many of the next chronicler’s issues, it is now time for me to step down. The March Crown issue shall be my last one as the Brewers’ Guild chronicler, and I want to thank you for the support and, in some cases, your tolerance of my work!

Our guildmaster, Lady Crystal, has agreed to find a replacement when I leave, and I strongly encourage those among you who like to do research *and* want to learn more about brewing to apply for the chronicler position. I am truly amazed at how much I have learned since taking over the newsletter, and am absolutely certain the same will hold true for you as well!

Thanks, again!  
Duncan Saxthorpe of Alnwick

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### **From our Guildmaster:**

The Brewers' Guild will be hosting the Kingdom Arts and Sciences Pavilion at March Crown. If you would like to contribute to the display or bring a beverage for sampling, please contact the Guild Head, Crystal of the Westermark at [xtal@rtfm.com](mailto:xtal@rtfm.com) or [crystal@pdr-is.com](mailto:crystal@pdr-is.com). Even if you cannot contribute, stop by, check out the display, and attend the Guild meeting at **2:30pm**. There will be a mead making demonstration and discussion after the meeting.

**Please bring your contest entries to the A&S Pavilion at 2:15pm. Winners will be announced at evening court.**

### **LOOKING FOR A FEW GOOD TEACHERS...**

The upcoming Collegium Occidentals is looking for teachers for the Food and Drink track. The site will permit us to make and taste alcoholic beverages. If you have been wanting to teach a class this

is your earliest opportunity. The site is the San Mateo Masonic Lodge.  
The date is **May 9-10**.

Scheduled class for collegium include: Thea of Midvale "Making wines from non-fruit sources," Henry an Eynhallow "Brewing historically accurate English ales," and Eirny Thorvaldsdottir "Creating authentic medieval ciders, cysers and perry".

The Kingdom Arts Minister will also be on the prowl for **TEACHERS** for the **A&S Tourney** which is fast approaching this **July 1998**. *Please* stop by the Arts and Sciences pavilion and volunteer.

His Royal Majesty, Fabian, has asked His guild to bring beverages to March Crown and the West/Ciad war. If you would like to donate to the continuing splendor and parrrrr-ty of the West Kingdom, please feel free. If you need help with transport, please contact Crystal of the Westermark (see back page for contact information). The **West/Ciad War** will be **April 25-26th**.

**Thank you** to everyone who donated items to the Brewers' Guild annual 12th night Auction. A special thanks to Master Wulfric of Creigull, who donated several items. Thanks also to everyone who donated taxes. Our beloved Queen sent the Guild a thank-you note that will be in the Guild notebook at March Crown.



Check out the new Brewers' Guild web pages on the West Kingdom Guilds Page, <http://www.west.sca.org/guilds.html>. For information about brewing, check out the Medieval/Renaissance brewing Homepage at <http://www.pbm.com/~lindahl/brewing.html> and their archived newlist at <http://www.pbm.com/~lindahl/hist-brewing/archive/>.

[Lady Crystal of the Westermark]

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*"Good ale, the true and proper drink of Englishmen. He is not deserving of the name Englishman who speaketh against ale, that is good ale."* George Borrow

(Contributed by Thea of Midvale & Jeff)

## **SUBJECT: BEER FOOD**

### Beer Food Part 1

When you are sitting around with your friends at the end of a long day drinking that perfectly crafted Medieval Ale, do you notice that something is missing? Something that you can't quite put your finger on? Perhaps it's the lack of that ideal authentically Medieval beer food - the bread pretzel.

According to Martin Elkort in "The Secret Life of Food", pretzels were invented by an Italian monk in 1610. Breadsticks were twisted into the shape of folded hands to reward his students for learning their Psalms correctly. In Europe, pretzels are a traditional food at Lent and (according to Martin) appear in many Medieval drawings and illuminations. Turks attacking Vienna in the sixteenth century were heard by pretzel bakers while attempting to dig under the city wall. The bakers notified the troops and saved the city.

Besides, since there's something natural about monks and beer, beer and pretzels just seem made for each other.

Use the following recipe or any favorite bread dough:

(Makes 2½ to 3 Dozen)

3 cups warm water	2 pkgs dry yeast
1 tbsp. salt	2 tbsp. cooking oil
8 to 9 cups flour	

In a large bowl mix the water, yeast and salt. Let sit 30 min. or until yeast has hydrated. Add the oil and 3 cups of flour, mix until smooth and continue adding flour one cup at a time until a smooth dough forms. Knead thoroughly, place in a lightly greased bowl and allow to rise until doubled in size (or about 45 min.). Punch down the dough, pinch off pieces about the size of a golf ball, roll them into a rope about 15 to 20 inches long. (About as big around as a pencil) Twist them into a pretzel shape and firmly press down the loose ends.


Preheat oven to 475 degrees. Bring to a boil 2 quarts of water. Add 2 tsp. baking soda and a dash of salt. Pick up the pretzels with a slotted spoon and drop them into the boiling water bath for 15 to 30 seconds or until the pretzel floats to the surface whichever comes first. Place the pretzels on a baking sheet about an inch apart. Brush them with diluted egg yolk and sprinkle with coarse kosher salt. Bake for 12 to 14 min.

Serve warm with **Hot Stout Mustard:**

1 box Colemans dry mustard	½ Tbsp ground Black pepper
½ Tsp. both oregano and basil	garlic powder to taste
1 bottle stout or other dark beer	

Combine the dry ingredients in a bowl. Heat the beer over medium until it just begins to boil. Blend the beer with the dry ingredients until the correct consistency is achieved. This is hot stuff - be careful!

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**“Or kindly when his credit’s out  
Surprise him with a pint of stout!”**

Jonathan Swift (from his *Journal to Stella*)

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## **TWO FOR THE PRICE OF ONE - ALMOST !!**

(by Thea of Midvale)

Spring is approaching and as our thoughts turn to the over-abundance of fresh fruit our trees produce and the resultant flurry of winemaking this represents, let me share with you this historical method of getting TWO batches of wine with the same fruit.

Pliny the Elder in his *Natural History* 1 mentions "After-Wine" or the process of making wine from the leftover fruit :

"The liquors made from grape skins soaked in water, called by the Greeks seconds and by Cato and ourselves after-wine, cannot rightly be styled wines, but nevertheless are counted among the wines of the

working classes. They are of three kinds: one is made by adding to the skins water to the amount of a tenth of the quantity of must that has been pressed out, and so leaving the skins to soak for another 24 hours and then again putting them under the press; another by a method of manufacture employed by the Greeks, ie. by adding water to the amount of a third of the juice that has been pressed out, and after submitting the pulp to pressure, boiling it down to one-third of its original quantity; while the third kind is pressed out of the wine lees - Cato's name for this is "lees - wine". None of these liquors is drinkable if kept more than one year."

A later reference is found (1550 to 1625) in the Martha Washington's Booke of Cookery 2: #255 To Make Raspie Wine " (2) you may put to the raysons the same proportion of water the second time & order it just as you did the first, but this will not keep soe long, beeing much smaller than the first." #256 To Make Wine of Currans " Now to make a smaller win. put into the currans that came from the former wine, 3 gallons of water & stirr them very well, & let them infuse together as before. then strayne out the liquor into a convenient vessell, & after a monthe or 6 weeks, it will be fit to drink."

Fortunately for us, given modern sterilization and storage methods, it is possible to make some excellent wines using this technique that will store longer than a year. (Provided that you don't drink it all.) The basic process described here consists of adding water to replace the must drawn off the pulp after primary fermentation and the addition of sugar, acid blend, tannin, pectic enzyme and yeast nutrient. Yeast is provided by the already activated fruit pulp.

Here's how it works: Every year we make a port style plum wine. For a five gallon batch this consists of 40+ pounds of slightly overripe Santa Rosa plums ( not overripe by choice, the tree works faster than we do), 7 ½ pints of water, approximately 19 lb. white sugar, 2 crushed Campden tablets, acid blend, tannin, pectic enzyme, yeast nutrient and a French white wine yeast. Make sure that the fruit is not spoiled or moldy in any way and be sure NOT to crush the plum pits with the fruit\*.

After stirring the must twice daily for two to three days, the liquid is strained off the fruit into a glass carboy for further fermentation in a cool and remote location. This leaves us with 40+ pounds of yeast activated fruit pulp. Into the already set up primary fermenter goes 12 lb. white sugar with additional acid blend, tannin, yeast nutrient, pectic enzyme and enough water to make up for the quantity of must initially drained off. Stir the must twice daily for two to three days as before. Strain the liquid off into a second glass carboy and fit with a fermentation lock.

The initial recipe is for five gallons but there is a ten gallon output with two differently styled wines. The first is a very heavy, sweet, plum dessert type wine and the second is a pleasant rose type table wine with plum overtones. We have never attempted a third batch of wine although there always seems to be plenty of juice left in the pulp.

From past experience I can tell you that this process will work well with all types of fruit provided that the first batch is a somewhat heavier wine than the second. If you want to make seconds wine from the pulp left from a lighter wine, only use half (or less) as much water in volume to replace the must that was removed. Based on the Martha Washington recipe # 255, it would also be historically correct to blend the two wines to make a "middle wine": "(3) but you may make a good middle wine, by mixing the strong & smaller infusions together."

*\* The seeds of plums, peaches, apricots, apricots, pears, cherries and citrus fruits contain Hydrocyanic acid which is released when the seeds are damaged. This is highly poisonous.*

Vivat! Thea of Midvale [Any questions? (510) 482-0219 *not* after 9pm please]

References:

1. Natural History, Pliny the Elder, Book XIV, section XII, pp243-5
  2. Martha Washington's Booke of Cookery, ed. by Karen Hess
  3. Winemaker's Recipe Handbook, by Raymond Massaccesi
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## Apple Cider Poached Pears

an original recipe from Duncan Saxthorpe of Alnwick (serves 3-4)

4 ea.	whole pears, barely ripe	6 ea.	whole allspice cloves
2 cups	apple cider or cyser	1 ea.	whole cinnamon stick
1 cup	sugar		zest from ½ lemon
¼ cup	honey		Saffron
⅛ tsp	ground ginger (or 1 slice fresh ginger)	1 Tbs	Triple Sec or Cointreau liquor

Place the cider in a large sauce pan and heat with the sugar, honey, zest, and spices. Slowly bring to a boil while stirring occasionally. Add one small pinch of saffron.

Peel, halve, and core the pears. Place in the boiling syrup and lower heat to medium, allowing the pears to simmer for 25 minutes. Turn the pear halves with a fork from time to time while cooking.

Remove the pears and place in a large, flat bowl. After cooling a bit, cover loosely with plastic wrap and refrigerate. Save 1 cup of the poaching liquid and discard the rest. Return the saved portion to the sauce pan, add the Triple Sec and a pinch of saffron, then reduce by 2/3 over medium high heat. (The syrup should coat the back of a spoon and have a reddish-golden tone to it when it's ready.) Remove from heat and place in a small glass or ceramic bowl to cool to room temperature.

To serve: Slice the pear halves lengthwise (fan-like) into 4-5 sections each and arrange 2 halves on a dessert plate for each serving. Drizzle with a little bit of the syrup. Serve with ladyfingers, shortbread, biscotti, or even a small slice of cake. Enjoy!

(Is it Period? Most likely, since the Romans were poaching fruit in wine long before the Middle Ages... but medieval recipe recreation was not the real impetus for this recipe. While trying other medieval recipes I learned that this combination of spices and flavors is simply delicious!)

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*"If barley be wanting to maike into malte, we must be content and think it no fault, For we can make liquor to sweeten our lips, of pumpkins, and parsnips, and walnut-tree chips"*

(American poet, 1690)

**Wanted:** Thea of Midvale is still looking to buy a copy of an out of print book on brewing entitled *A History of Brewing*, by H. S. Corran, 1975, pub. David and Charles. If you have a copy, or know where to get one, please contact her ASAP! (See the list of BG officers for her telephone number and e-mail address.) Thanks!

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Last Fall I created this Americanized version of an English ESB for those infamous scalywags, the Pirates, in payment of a debt which shall, for the moment, remain unnamed! However, the ale was not quite finished when the debt came due and thus another cask was called upon to fulfilled the task... and this "Pirate ale" was left to ferment quietly in a corner of my garage. And "wow!", what a great ale it has turned out to be! Clean, crisp, and full of those delightful Cascade hops. So here it is...

### **Pirate Brew (Makes 10 gallons)**

Full Mash S.G. 1.058 / F.G.1.015 Alcohol : 5.6% Hops 32 IBUs

#### Malts/Sugars:

20.00 lb. Pale Ale  
2.00 oz. Special-B  
0.75 lb. Aromatic Malt  
0.50 lb. Cara-Pils Malt  
0.50 lb. Crystal 40L

#### Hops:

2.00 oz. No. Brewer 9.3% x 60 min  
1.00 oz. Cascade 6.2% x 60 min  
1.00 oz. Cascade 6.2% x 30 min  
1.00 oz. Cascade 6.2% x 10 min  
1.50 oz. Cascade 6.2% x 5 min

Mash: Use a Grain/Water Ratio of 1.25 quarts/pound (I needed 6.75 gallons of 170F water) for a Mash Temperature of 156F. Hold this temperature for 1 hour, or longer if indicated by your starch test, then sparge with (and/or add to the kettle) enough 170F water to make a final post-boil volume of 10.0 gal of wort (I needed about 8 more gallons altogether). Water treatment: Add 1 TBS Gypsum and 1/2 tsp CaCl<sub>2</sub> to mash water, and acidify your sparge water to pH 5.0 or so with about 3/4 tsp lactic acid.

Boil for 90 minutes, and add the hops per schedule and 1 Tbs Irish Moss during the last 10 minutes of the boil. Cool down as quickly as possible (with either an immersion or counter-flow wort chiller) to below 70F, aerate well, and then pitch your yeast. (I used the Wyeast "London Ale" yeast, but just about any ale yeast will do just fine for this full-bodied ale.) Ferment at cool room temperatures, below 65 F or so, for about two weeks. Prime (or keg) as usual. (Ales take about 3/4 cup of corn sugar for each 5 gallons of beer when priming.)

# Brewers' Guild Leadership

## Head of the Guild

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## Oerthan Representative

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This newsletter is an unofficial publication prepared by and for the members of the Brewers' Guild of the Kingdom of the West. The articles, opinions, and recipes published herein are strictly the responsibility of their authors and not of the SCA or the Kingdom of the West. (Now that the lawyers are happy... relax and have a home brew!)