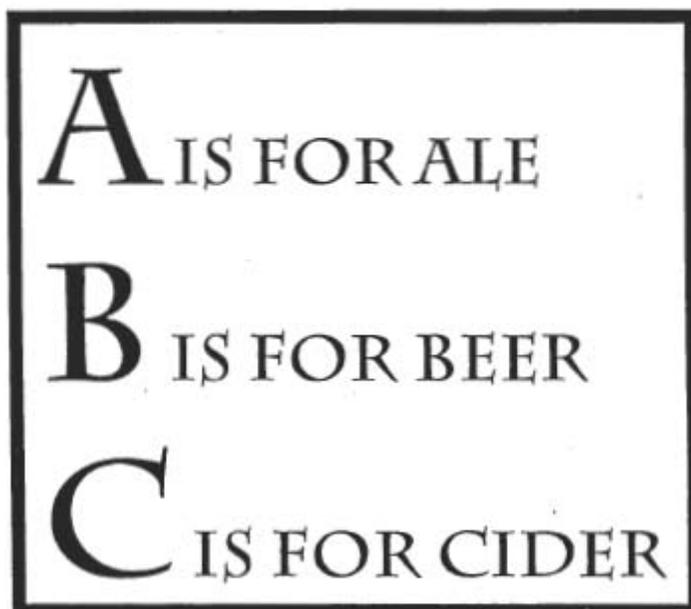


# BREWER'S GUILD NEWSLETTER



MARCH CROWN  
A.S. XXXIV

## Brewers' 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 tun palewise Or charged with a laurel leaf vert.". The tun, as generally depicted, is a wooden barrel.

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 Chronicler. Both stamps and suitable coins of the realm will be gleefully accepted!

## A Note from your Chronicler

The newsletter of any guild relies on the hard work of the guild members for the articles that make up each issue. While there is much that I can do as a chronicler to help the process, the content of the newsletter is up to each of you. This issue has a number of interesting articles that provide a wealth of information for aspiring, and experienced brewers alike. You can follow Crystal's approach to non-alcoholic brewing or jump into Thea's treatise on spiced wines. There's many different paths towards mastering the arts of brewing - each with their own challenges and rewards. But it all comes down to each of us as guild members passing on the information to neophytes brewers. With the variety of brews in this issue, there's bound to be something from nearly everyone.

It's hard to believe that two years have passed since I accepted this post. In two years the guild has become re-invigorated, our competitions have a respectable number of entries, and teaching brewing has become a way of life for some of us. Contributions to the newsletter have expanded, and there are more brewing classes offered at collegiums.

I am pleased to announce that the next West Kingdom Brewer's Guild Newsletter will be edited by Eirny Thorvaldsdottir who has served as Deputy Chronicler for the past year (and helped me immeasurably in the year before that as well).

Yours in Service,

Henry an Eynhallow

## Non-Alcoholic Drinks

By Crystal of the Westermark

Here's some of my favorite non-alcoholic recipes, mostly syrups intended to be diluted for drinking. All or nearly all involve bringing sugar solutions to a high temperature, so be careful - it's easy to get badly burned.

Let's start with the inevitable sekanjabin recipe:

Anonymous. An Anonymous Andalusian Cookbook of the 13th Century. A Complete Translation by Charles Perry of the Arabic Edition of Ambrosio Huici Miranda with the assistance of an English Translation by Elise Flemming, Stephen Bloch, Habib ibn Al-Andalusi and Janet Hinson of the Spanish Translation by Ambrosio Huici Miranda. ©1992 by Charles Perry. Reprinted in A Collection of Medieval and Renaissance Cookery Books by Friedman, David (Sir Cariadoc of the Bow) Published privately. pages A-71 to A-78

Page A-74.

"Syrup of Simple Sekanjabin (Oxymel)

Take a ratl of strong vinegar and add it to two ratls of sugar, and cook all this until it takes the form of a syrup. Drink an uqiya of this with three of hot water when fasting ... make it with six uqiyas of sour vinegar for a ratl of honey and it is admirable." The sekanjabin has a rose and cardamom variant that is quite delightful, but its documentation taken from 14th century literature (rather than a cookery or medicine book), which some people are less comfortable with.

Notes on measurement from page A-78

1 ratl = 467 grams = about a pound

1 uqiya = 39 grams, about 1.33 ounces or 7 teaspoons

1 muthqal = 5.7 grams

1 dirham = 3.9 gram or 3/4 teaspoon

I'm afraid the Spanish azumbre is unknown to me as well. I've been using a modern quart, as that makes an "ok" beverage with either the pound of honey or the four ounces.

Maimonides, Moses (1135-1204 CE). *Maqalah Fi Bayan Ba'D Al-A'Rad Wa-A;* Jawab 'Anha Ma' Amar Ha-Hakra' Ah. edited and translated by Leibowitz, JO and Marcus, S. Moses Maimonides on the Causes and Symptoms (Maqalah Fi Bayan Ba'D Al-A'Rad Wa-A; Jawab 'Anha Ma' Amar Ha-Hakra' Ah [and] De Causis Accidentium). Published by University of California Press, Berkeley, CA. 1974. ISBN 0-520-02224-6 LCCCN 71-187873

page 125 - 127

"Galen, and those who preceded him among the physicians, mentioned a drink which they name in their language hydromel; they used to prepare it from honey and thin white wine, as they used to prepare oxymel from vinegar and honey. But their successors, as they prepared oxymel from sugar and vinegar, prepared hydromel from sugar and wine. This is a most excellent drink, beneficial in strengthening the stomach and the heart,...The description of its preparation is: take five Egyptian pounds of sugar, cook it as syrups are cooked, removing its foam, until it acquires a good consistency. Then cast into it one Egyptian pound of good wine, and thicken it into a syrup of the consistency of syrup of rose. This Servant has mentioned this syrup along with the foods only because it resembles them...."

page 139

"...If there is thirst, drinking oxymel of roses is preferable to drinking hydromel...drinking oxymel of currants is preferable." and this is Spanish recipe is good and can also be made into a soda is you add a little yeast and bottle (making soda from period recipes is a habit of mine that gives the more relentlessly historical among us the foaming fits, you can decide if it is something you want to do or not). I usually use more ginger and less cloves, but that's just me.

de Nola, Ruperto. *Libro de Guisados*. Spanish edition edited by Perez, Dionisio. Published by: Nueva Biblioteca de Autores Espanoles 9. Madrid 1929. Unpublished translated by Carroll-Mann, Robin. Circa 1529."3. ESPECIAS DE CLAREA - Spices for Clarea Three parts cinnamon; two parts cloves; one part ginger, all ground and strained through a hair sieve, and for one azumbre of white wine put an ounce of spices with a pound of honey, well mixed and strained

through your sleeve of good thick linen, and strained through it often enough that the wine comes out clear.

#### 4. CLAREA DE AGUA - Clarea from Water

To one azumbre of water, four ounces of honey; you must cast in the same spices as for the other clarea; you must give it a boil with the honey over the fire and [when it is] off the fire you must cast in the spices."

And the lemonade from LaVarrene is really good, you just have to remember to go easy on the flowers or it gets a bit mouth-drying. Or if you use a rose water as a base it is less drying; or if you are low on petals.

La Varenne, Francois Pierre de. *The French Cook* [Anr ed.] For Charls Adams, 1654. 12°. University Microfilms International. (1653 English translation of the 1651 text). Page 288-9

"How to make lemonade

It is made feveral waies, according to the divtersity of the ingredients. For to make it with jalfomine, you muft take of it about two handful, infufe it in two or three quarts of water, and there leave it for the fpace of eight or ten hours; then to one quart of water you fhall put fix ounces of fugar; thofe of orange flowers, of mufcade rofes & of gilli flowers are made after the fame way. For to make that of lemon, take fome lemons, cut them and take out the juice, put it in water as above said, pare another lemon, cut it into flires, put it among this juice, and fome fugar proportionably. That of orange is made the fame way"

Spurling, Hilary, *Elinor Fettiplace's Receipt Book: Elizabethan Country House Cooking*. Published by Penguin Books, London England, 1986. Page 154. "To Make Sirrope of any Hearbe or Flower Fill an Earthen Jugge full of the berbes of flowers you will make sirrope of, then ad to yt as much spring water as yor Jugge will receive, so let yt stand where yt may bee kept warme 2 howers, then strain yor licoure from the rest very hard, then to that licoure put more of the herbes of flowers, and let yt stand 2 howers as you did before, thus you must doe 3 times straying out the licoure and putinge in fresh herbes the last time ad to every pinte of licoure 2 pound of sugar

smale beaten, set yt in yor Jugge againe in a pott of warme water till yor sugar bee dissolved but cover yt not untill yt bee cold"

good luck,  
Crystal of the Westermark

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The recent issue of Archaeology had a brief report on excavations by Ian Meadows and Tony Brown showing that wine making had been practiced 1,600 years ago in the British Isles, during the Roman era, in Northamptonshire's Nene Valley. According to Meadows and Brown, the grapes would have been harvested around late September, before they had fully ripened. They were then pressed and honey was added to add sweetness and help raise the alcohol level. The report was on Roman style wine making in the British Isles, but this is actually a pymment! It would be interesting to know if Classical authors such as Pliny the Elder touched on the use of honey in making pymment, or how long it had been made in this way.

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## Sources for Gruit Herbs

By Henry an Eynhallow

Yarrow is available from a number of herb dealers - including Living Well Naturally in Sacramento, CA.

Sweet gale and wild rosemary are sold by LD Carlson, but they are wholesale only. You have to go through your local homebrew store. Another source of wild rosemary is Taiga Herbs at farm-online.com. They sell *Ledum groenlandicum*, which most authorities regard as a variety of *Ledum palustre*.

Please note: wild (or bog) rosemary (*Ledum palustre*) is **not the same** as culinary rosemary (*Rosmarinus officinalis*).

L D Carlson Company  
463 Portage Blvd, Kent, OH  
(330) 678-7733

<http://www.ldcarlson.com/Brewers/product%20lines.htm>  
<<http://www.ldcarlson.com/Brewers/product%20lines.htm>>  
<http://www.ldcarlson.com/Brewers/retail%20stores.htm>

<<http://www.ldcarlson.com/Brewers/retail%20stores.htm>>

Nancy & George Hummel of Home Sweet Homebrew  
2008 Sansom St. Phila PA 19103 USA  
215-569-9469 215-569-4633 (fax)  
homsweet@voicenet.com

[www.beerphiladelphia.com/homesweet](http://www.beerphiladelphia.com/homesweet)

Have publicized their interest in providing gruit ingredients. They carry sweet gale, grains of paradise, woodruff and numerous other unusual brewing ingredients. Nancy's background was in the wholesale natural foods industry and she has a particular knack for tracking down unusual herbs and spices, so feel free to contact her with your unusual requests.

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## West Kingdom Brewers Guild Contest List

2000

Beltane	Infused/ flavored wines or meads " Maywine anyone?"
June Crown	Medievaloid soda - fizzy non-alcoholic drinks derived from period sources
A&S Tourney	Brewing Paraphernalia Attn: wood & metal workers! Please have documentation & picture of period source if available.
Purgatorio	Open Western European beverages
October Crown	Winter Warmers Brews over 12% alcohol. Please provide specific gravity measurements & details of process used.

2001

12th Night	Spiced Meads (metheglins and mead based cordials)
March Crown	Beverages served warm (caudles, mulled ciders, ales & wines)
Beltane A.S. XXXVI	Period beverages from any non-Western European country
June Crown	Fruit beers
A&S Tourney	Medical Medievallia - documented Medical cures using wine or ale as a component.
Purgatorio	Scented waters (Rose water, Orange Blossom, Jasmine, Sage water, etc.)
October Crown	Hyppocras or Clarrey made with at least two kinds of peppercorn.

The Brewers' Guild competitions for Mists Coronet level in A.S. XXXIV will be: Spring Investiture (4/00) Non-alcoholics from European recipes

## A Survey of Spiced Wines

By Thea of Midvale

### INTRODUCTION:

Wines flavored with spices were originally made as medicine. From Pliny the Elder to Arnoldus de Villanova, the spices and herbs mentioned as being used are specifically associated with qualities that are beneficial to the drinker. This includes driving out moisture or heat, eliminating melancholy or depression, aiding digestion, purifying the blood, aiding the memory, shortness of breath, cardiac problems, correcting evil humours, muscle aches and pains, reducing stomachache and flatulence, sweetening the breath and generally strengthening the whole body. In order to offer these wonderful qualities to their guests and aid in their enjoyment of a meal, hosts would offer these wines before the meal like an appetizer and after the meal to aid in digestion. These are not wines that would have been served with the meal itself - the spices in the wine would not be complementary to the spices in the food. At some point, people began to enjoy these wines for themselves, not for their "medicinal" qualities.

Spiced wines fall into three main categories:

1. Clarrey - made with white wine, sweetener(honey) and spices.  
Served before the meal
2. Hypocras - made with red wine, sweetener(sugar), spices and herbs.  
Served after the meal
3. Hypocras - made with wine, sweetener, milk or cream, spices and herbs ( later period)

Recipes vary widely and present different views of these drinks. These can be combined and adapted to make tasty and unique beverages. Complete copies of the recipes used will be at the back of the paper.

### Part 1: CLARREY

Manuscript	Recipe	Date	Reference
Goud Kokery	#4	1380	1
	#6		
Forme of Cury	#205	1390	1
BL 32085	119v1&2	13 <sup>th</sup> C.	2

1. Curye on Inglysch, edited by Constance Hieatt and Sharon Butler
2. Early French Cookery, D. Eleanor Scully & Terrance Scully

### WINE:

Clarrey is not to be equated with today's claret although the wine reference may be related. Claret is a light bodied, dry white or red table wine from Bordeaux. Bordeaux has been a wine producing center of France since the fourth century. There is a possibility that the word refers to wine shipped from the city of St. Clar located in the historic duchy of Gascony, today known as Gers - a major wine producing area near Bordeaux. The herb Clary was recorded as having been used by German wine merchants in an infusion with elder flowers and then adding the liquid to Rhenish wine (Rhine Wine), converting it to a Muscatel - another sweet dessert wine. The word may be derived from the Latin clarus or clear. Whatever the origin of the word, the wine itself is mentioned in wine lists as early as the 13<sup>th</sup> Century as specifically made with a white wine, sweetened with honey and spiced.

The advantage of making these spiced wines is that the honey and spices can cover up the least expensive wines and make them pleasantly palatable. The recipes themselves do not provide any amount of detail about the wine actually used, although general consensus supports the use of a dry white wine.

wyn (recipe#6) colored with saffron
wyte wyne (recipe 205)
white or red wine (119v)

## HONEY:

Clarrey recipes have a wide range of variance from absolutely no sweetener to about 33%. This can probably be interpreted as that the honey should be in proportion to the wine and spices used - flavored to taste.

iii galouns of honey: rescett for xx galouns of clarrey (15%) recipe #4
vi galouns of honey wel clarified, thanne do it into the pype (this is about 5% for a 128 gallon pipe.) recipe#6
god wyte wyne & the third part honey (33%?) recipe #205

## SPICES

Recipe #6 (Goud Kokery) appears the most complete. It calls for about 1 oz. of ground spices per gallon of wine. Recipe #4 calls for nearly three times as much spice ( 2.92 oz. per gallon) with proportionally more honey.

as it comes out of the bale (2.92 oz.) recipe #4
the wine and the powder (about 1 oz.) recipe #6
make poudir ( no proportion stated) recipe # 205
Reduce all this to a powder (no proportion stated) recipe 119v

## ADDITIONAL NOTES:

Of these recipes two recommend filtering the spices from the wine, one mixes the spices directly in with no comment about removing it and the last doesn't say. The only note about aging is recipe #6 : on the fourth day it is fine.

When reproducing these wines, freshly ground spices will have a fresher flavor and aroma however, since we are unsure of the freshness of Medieval spices, the bottles on sale at your local grocery store will prove satisfactory right along with the inexpensive wines.

Heat the honey with an equal amount of wine until it is thoroughly mixed without boiling.

Add the honey and spices to the bottle. There will be left over wine due to the additions - drink it and relax while waiting for your clarree to age.

## Part 2: HYPPOCRAS

Manuscript	Recipe	Date	Reference
Goud Kokery	#5	1380	1
Le Menagier de Paris	#1	1395	2
Martha Washington's Book of Cookery	#258	1550-1625	3
The Queen's Closet Opened		1655	4

1. Curye on Inglysch, edited by Constance Heiatt and Sharon Butler
2. Le Menagier de Paris GC Edited and translated Coulton and Eileen Power
3. Martha Washingtons Book of Cookery ed. by Karen Hess
4. A Sip in Time by Cindy Renfrow

## WINES

Hypocras is specifically named for that father of medicine, Hippocrates. This was considered an especially warming and soothing beverage to settle the stomach after a large and satisfying meal and was often served with wafers as well as other sweets. The herbs and spices used in this wine were specifically selected to strengthen body and mind, to restore memory and generally aid your health. The bag used to filter spices from the wine was called "the sleeve of Hippocrates (manica Hippocratis)".

Most recipes indicate the use of red wine, however some specify red and white wines mixed together. The earliest recipes surveyed take the wine for granted and only mention the spices/herbs and sugar. Martha

Washington's recipe is the latest period recipe surveyed and is the only one to note that the wine could be colored. There is no definition of "French wine" however it could be construed to be a Bordeaux – which can be either red or white and would once again support the use of a dry wine. Sack is another term for the sweet dessert wine, Sherry.

#5 Quantity and kind not mentioned
#1 "a quart of wine by Paris measure" "strain it until it runs clear red"
#258 "4 gallons French wine, 2 gallons Sack" "If you would have it red, culler with red wine"
Q.C. "4 gallons of Claret Wine"

## SUGAR

These recipes distinctly call for the use of sugar as opposed to the honey in the clarrey recipes. The sugar to wine ratios are much higher than exhibited in the clarrey recipes most likely due to the drier qualities of the red wines as opposed to the white. In addition, the Sack added would have made these VERY sweet wines by today's standards.

#5 "of sugir, ii lb. Si deficiat sugir, take a potel of hony."
#1 "Two quarters of sugar and mix them with a quart of wine." "a pound and a half a quarter (by the heavy weight) of lump sugar" ((a quarter appears to be a quart of liquid)) (52%)
#258 "9 pound of powdered sugar" (60%)
QC "6 pounds sugar" (60%)

## SPICES AND HERBS

Since the wine volume for #5 is not specified it is impossible to figure the percentage of spice to wine. The other recipes seem to have a consistent spice to wine ratio. The high sugar and cinnamon content of these recipes is in keeping with a comment in the Menagier de Paris "Note, that the sugar and the cinnamon ought to predominate."

#1 "5 drams cinnamon sticks, 3 drams ginger root, pared, of cloves, cardamom, mace, galingale, nutmeg, spikenard altogether a dram and a quarter" (approx. 1 oz. per qt.)
#258 "9 oz. ginger root, 1 oz. whole nutmegs, 1 oz. coriander seeds, 12 oz. cinnamon sticks, ½ oz. cloves" (approx. 1 oz. per qt.)
CQ "8 oz. cinnamon, and oranges, of ginger, cloves and nutmegs a small quantity,... and three sprigs of rosemary." (approx. just over 1 oz. per qt.)

ADDITIONAL NOTES: While the first recipe does not state if the wine is filtered in any way, The Menagier de Paris calls for the wine to be put through a strainer and strained until the wine is clear. The Martha Washington recipe as well as the Queens Closet Opened calls for the wine to be filtered through a cloth bag. The two late period recipes call for the use of milk in addition to the spices and herbs added at the very end of the process.

Once again, when reproducing these wines, freshly ground spices will have a fresher flavor and aroma however, since we are unsure of the freshness of Medieval spices, inexpensive spices will probably be satisfactory right along with the inexpensive wines. Heat an equal amount of sugar and wine over low heat until the sugar is dissolved. Do not boil. Add the sugar and spices to the bottle of wine. The only recipe to mention aging is the Queens Closet Opened "often shaken together a day or two, then let it run through a jelly bagge twice or thrice with a quart of new milk."

#258 2 quarts of milk to 6 gal wine. (1 cup per 3 qts.)
QC 1 quart of milk to 4 gal. wine (1 cup per qt.)

Inexpensive to make - little aging for both styles....works for me!  
Happy Holidays.

AN IMPORTANT DISCLAIMER: At this point, I think that it is vital to point out that there was no single standard unit of measure during the Middle Ages. Many recipes state

“by measure of Bezier” or a “by Paris measure”. Units of measurement were occasionally standardized on a local level and these recipes assumed that you might know what a unit of measurement in Paris or Bezier was. Recipes calling for a handful of ingredients obviously didn’t take into account that hands can have a great range of sizes. “...one measure of wine throughout our whole realm..” was established with the Magna Carta and was a breakthrough in standardization of measure.

Gallons: for the sake of keeping things simple, I used US gallons.  
1 US gallon = 0.8331 British Imperial gallon = 3.785 L  
Since a US gallon is fairly close to an Imperial gallon when used in the context of these recipes, the amount of difference would be slight  
Pipes: 1 pipe = ½ tun = 2 hogsheads = 4 barrels = 128 gallons US  
(Other hogsheads can range from 63 to 140 gallons)

#### Pounds and ounces:

It is unknown if the measure used is in pounds Troy - like for jewelry making, or in pounds avoirdupois (avier de peis, ie. of merchandise of weight. Established by Edward III (1327-1377) consisting of 16 oz. per lb.), or livre de Paris. Different articles of merchandise had different sized quarts and pounds under these systems depending on what it was. (e.g. wool which had 15 oz. to the pound). The standard pound in France for food items was often the “livre poids de marc” established by King John II in the 1350’s consisting of 16 ounces to the livre. Since this measure remained in use up to the time of the Revolution virtually unchanged we know that 1 livre was approximately equal to 1.0792 US lb. Pounds Troy contains 12 oz. per pound as opposed to 16 oz. for avoirdupois. Converted to grams, there is only a slight amount of difference (3%) when calculating these recipes. For the sake of standardization, I used the 16 oz. per lb. US unit of measure although that may have not been the case or intent in these recipes.

FYI: a quart by Paris Measure is equal to 1.863L(1.969 US qts) and a Scotch pint is equal to two quarts!

## HERBS AND SPICES/ A COMPENDIUM:

### ANISE (*pimpinella anisum*)

Related to caraway, cumin, dill and fennel anise was well known throughout the Middle Ages. It was used to sweeten the breath and prevent indigestion. It has an aroma and flavor of licorice.

### CARAWAY( *carum carvi*)

Native to Northern and Central Europe, caraway has been under cultivation since early times. Both the seeds and oil are aromatic, stimulating, settling to the stomach and have some tonic properties. It has a pungent aroma and a slightly bitter flavor.

### CARDAMOM (*elettaria cardamomum*)

Native to southern India and often used to flavor baked goods and liquors. Again, a spice used to correct digestion and aid flatulence and to get rid of headache. Has a warm but pleasant flavor. It is often used in combination with orange peel, cinnamon, cloves and caraway.

### CINNAMON(*Cinnamomum zeylanicum*) and/ or CASSIA ( *cinnamomum cassia*)

CANELL (*canella alba*) often called white cinnamon  
Some the oldest known imported spices. While cinnamon has a warmer, sweeter taste these spices have been used interchangeably. Cinnamon and Cassia come from India, Ceylon and China, Canell is from the West Indies and is a late period import. These spices share many of the same medicinal qualities : used to relieve colic or flatulence/ expel gas, to settle the stomach and as a stimulant.

### CLOVE GILLIFLOWERS (*dianthus caryophyllus*) and related species “They are great strengtheners...of the brain and heart and will...do either for cordials...”

Use only edible varieties - some pinks are poisonous.

CLOVES (*syzygium aromaticum*) Cloves are the small undeveloped flowers of a small evergreen tree native to Molucca and Indonesia. It is the most stimulating and useful spice in connection with indigestion

and nausea. It was used to increase the workings of other medicinal spices.

#### CORIANDER (*coriandrum sativa*)

Native to southern Europe, these seeds and leaves were well known as far back as Pliny the Elder. Coriander has a faint orange flavor and a woody aroma.

#### FENNEL (*Foeniculum vulgare*)

Fennel runs wild over most of Europe and the Mediterranean. Cultivation of the herb for medical use is recorded in Saxony, Galicia, and Russia as well as India and Persia. Pliny had so much faith in its medical properties that he had 22 remedies attributed to it. It supposedly strengthened your eyesight, corrected flatulence and drove away fleas! It has a flavor similar to Anise.

#### GALINGALE (*lingua galanga*)

Native to the far east, this rhizome is similar to ginger

#### GINGER (*zingiber officinale*)

Native to Asia this is another ancient and well known spice. Popular in Egypt, Greece and Rome this spice was very common in Medieval Europe.

#### GRAINS OF PARADISE (*afromomum melagueta*)

Grains of Paradise are similar to pepper in effect and are used to add strength to spirits, wine, beer and vinegar. The seeds are reddish brown in color, have a hot peppery taste and smell similar to caraway. It is native to west Africa.

#### LONG PEPPER(*piper longum*)

These are the long unripe spikes of a plant related to common pepper. They are native to southeast Asia. It seems to have arrived in Europe before peppercorns. It is slightly less hot than pepper with a hint of sweetness.

#### MACE/ NUTMEG(*myristica fragrans*)

The name mace is derived from a medieval word for "nut" meaning "suitable for an ointment". Mace itself is the lacy covering that

surrounds the nutmeg kernel. Mace has a rich aroma and a warm taste slightly more bitter than nutmeg. The nutmeg kernel is very hard, but has a sweeter taste. Both nutmeg and mace help digestion and stomach weakness. They also increase circulation. The plant is native to southeast Asia and is a small evergreen tree.

#### MALABATHRUM (? *cinnamomum cassia*?)

Malabathrum was very popular in Rome and is supposed to be the leaves of the Cassia tree.

#### MARJORAM(*origanum vulgare*)

A popular cooking and medical herb, the Romans used it in everything from footbaths to brain tonic. It was also good for sprains and bruises.

#### PEPPER (*piper nigrum*, *piper alba*)

Black and white pepper comes from the same plant. The peppercorns are soaked in water and the black husks rubbed off, then the corns are dried in the sun. Native to south India, it is probably one of the most commonly used spices today. It was used to correct flatulence and nausea, bring down fevers, as a stimulant and tonic. It was rumored to help gonnorrhoea. Pungent aroma and clean taste.

#### ROSEMARY (*rosmarinus officinalis*)

Rosemary was so well known that it's hard to reduce it to a few lines. Just smelling it was supposed to keep you young! Used in cooking and beverages it stimulated the brain and circulation and so was good for headache, inebriation, digestion, colds and nervous conditions.

#### SAFFRON(*crocus sativus*)

The dried flower stigmas of the saffron crocus. The world's most expensive spice, it reportedly takes 60,000 flowers to yield 1 lb. of saffron. It has a very distinctive aroma, a slightly bitter taste and is often used in coloring beverages and foods. Medically, it is used to settle the stomach.

#### SQUINANT(?)

Also called Camels Hay.

Nothing really available here. Black Currants were called Squinancy Berries and there is a plant called Squinancy-wort but it is no longer

used medically. It is sometimes used as a dye plant producing a red dye from its roots.

SPIKENARD ( *nardostachys jatamansii*)

A member of the valerian family. Also known as Syrian or Indian Nard. The root has an aromatic scent and a bitter flavor.

## THE RECIPES:

### **CLARREY:**

#4

#### **Potus clarreti pro domino**

Take of canel i lb./ as it comes out of the bale; of gyngyuer, xii unce in the same manner; iii quartre of a lb. of pepir; ii unce of longe peper; ii unce & a half of greynes; iii unce & a half of clowis; ii unce and a half of galyngale; ii unce of careway; ii unce of macis; ii unce of notemugges; ii unce of coliaunder; a quarter of a pynte of aqua ardaunt; with iii galouns of honey: rescett for xx calouns of clarrey.

#6

#### **For to dight a pype of clarrey**

Take and draw the wyne fiyn into a pype that is clene/ & lete it not be ful by vii or viii vnches. & thanne take iii lb. of gyngyuer, iii lb. of canel, I quarter of greynes, a half unce of notemugges, & half a quarter of clowis, i unce of spikenard, i unce of long peper. Do alle these togider in at a bunge; thanne take a staf and cleue it on foure with a kniif into the myddil, that the wyne & the poudir may renne thoru the staf til the poudir be broken throughout the vessel. If the vessel be strong inough, leterolle him wel. & thanne lete take vi galouns of hony wel clarified, thanne do it into the pype a ghelk warm, & hete it therwith. Thanne take & fille up the pype & stoppe him faste, & on the fourth day it is fiyn. For to colouren, take an unce of saffron & rolle it therwith

#205

#### **Clarrey and braggot**

Take ... ounces kanel & galinga, greyns de paris, and a lytel peper, & make poudur, & temper hit wyt wyte wyne & the third parte hony & ryne hit thorow a cloth. In the same manere of ale, but take viii galones of god stale ale to on galon of hony ipurede clene, & boyle iii galonus of ale with the hony. Or hit bygyne to boyle do in th spicery; set hyt fro tho fyre & styre hit soft & let hit cole, & ryne hit thorow a wyde bultyng cloth. Do hit in a clene vellel to tho ale, & do gode berme aboue, & hange in a cloute the spycery in the ale & kouore hit wel, & wene hit is fourtene nyte holde, drynke therof. Amen.

#119v

#### **Here begins a recipe for claree.**

Take cinnamon, ginger and mace in an amount making up half of your mixture; cloves, nutmeg and malabathrum to the amount of one quarter of your mixture; fennel anise and caraway seeds, and cardamom and squinant to the amount of another quarter; and spikenard in an amount equal to one half of all the other ingredients. Reduce all this to a powder and put it into a bag. And take white or red wine and pour it through the powder, filtering it as you would clothes in lye, and you will have claree. Pouring and filtering again and again will give you a stronger claree. If you do not have all of these spices, take cinnamon, ginger and mace to the amount of two- thirds of your mixture, and one half of the amount of cloves and spikenard, reduce them to a powder and filter the wine through this as before, and you will have claree.

## **HYPPOCRAS**

#5

#### **Pur Fait Ypocras**

Troys unces de canell & iii unces de gyngever; spykenard de Spayn, le pays dun denerer; garyngale, clowes gylofre, poevre long, noiez

mugadez, maziozame, cardemonii, de chescun i quarter donce; grayne de paradys, four de queynel, de chescun dm. unce; de toutes soit fait powdour & c.

### **Le Menagier de Paris**

To make powdered **hyppocras**, take a quarter of very fine cinnamon selected by tasting it, and a half a quarter of fine flour of cinnamon, an ounce of selected string ginger, fine and white, and an ounce of grains ( of paradise), a sixth of nutmegs and galingale together, and bray them all together. And when you would make your hyppocras, take a good half ounce of this powder and two quarters of sugar and mix them with a quart of wine, by Paris measure. And note that the powder and the sugar mixed together is hight the Duke's powder.

For a quart or quarter of hyppocras by the measure of Beziers, Carcassonne, or Montpellier, take five drams of fine cinnamon, selected and peeled; white ginger selected and pared three drams; of cloves, cardamom, mace, galingale, nutmegs, nard, altogether a dram and a quarter, most of the first and less of each of the others in order. Let a powder be made thereof, and with it put a pound and a half a quarter ( of the heavy weight) of lump sugar, brayed and mingled with the aforesaid spices; and let wine and sugar be set and melted on a dish on the fire, and mixed therewith; then put it in the strainer, and strain it until it runs clear red. Note, that the sugar and cinnamon ought to predominate.

### **Martha Washington's Book of Cookery**

Take four gallons of french wine, & 2 gallons of sack, & 9 pound of powder sugar, & 12 ounces of cinnamon, 9 ounces of ginger, one ounce of nutmeg, one ounce of coriander seeds, half an ounce of cloves, & 2 quarts of new milk. put the wine & 2 pound of sugar into a clean tub, & bruise all the spices, but not small, & strow them on top of the wine. & let stand close covered (24) hours, then put in the rest of the sugar and the milk & stir them well together. then put into a clean coten bagg, & let it run twice thorough it into a clean pot. & when it is clear, bottle it up for your use. These spices will

make the same quantity againe. If you would have it red, culler it with red wine.

### **The Queen's Closet Opened**

Take four gallons of claret wine, eight ounces of cinnamon, and oranges, of ginger, cloves and nutmegs a small quantity, sugar six pound, three sprigs of rosemary, bruise all the spices somewhat small, and so put them into the wine, and keep them close stopped, and often shaken together a day or two, then let it run through a jelly bagge twice or thrice with a quart of new milk.

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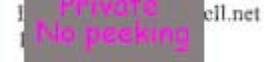
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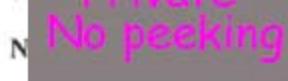
88 (After April 4<sup>th</sup>)

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N e - The Yeasts Are Sleeping.....

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