SCUM

NEWSLETTER OF THE BREWERS GUILDS OF ÆTHELMEARC AND THE EAST

NUMBER 11 — AUTUMN, AS XXVIII

SCUM

Newsletter of the Brewers Guilds of Æthelmearc and the East.

c/o Douglas Brainard, 45 Southwind Way, Rochester, NY 14624

Scott And Terry Heist
68 Main Street
ASBURY, NJ08802

King & Queen Of The East

Their Royal Majesties
Gregor & Christence

Their Sylvan Highnesses
Haakon & Eleanor

Guildmaster
of the
Ancient and Venerable Order of Brewers,
Vintners, and Meadmakers
of
the East Kingdom
Lord Daniel del Cavallo

Daniel Bronson
5393 Golly Road
Rome, NY 13440
(315) 337-2373

Guildmaster
of the
Brewers Guild
of
Æthelmearc
Lord Corwin of Darkwater

Douglas Brainard
45 Southwind Way
Rochester, NY 14624
(716) 594-4811

PERIOD REFERENCES

Thomas Cogan, *The Haven of Health*, 1594

Sir Kenelme Digby, The closet of the eminently learned Sir Kenelme Digbie kt. opened: whereby is discovered several ways for making of metheglyn, sider, cherry-wine, &c., London: 1669

Thomas Hyll, A Profitable Instruction of the Perfite Ordering of Bees, With the Marvellous Nature, Propertie, and Governments of Them, London: 1597

Char Butler Magd, The Feminine Monarchie, or A Treatise Concerning Bees, And the Dye Ordering of Them, Oxford: 1609

Gervase Markham, The English Hus-wife, London: 1615

Hugh Plat, The Jewel House of Art and Nature, 1653

Hugh Plat, Delights for Ladies, 1609

MODERN REFERENCES

Handbook of Brewing, #5 of the *Compleat Anachronist*,

Alcoholic Drinks of the Middle Ages, #60 of the *Compleat Anachronist*, Society for Creative Anachronism, Milpitas, CA, 1983.

Bryan Acton and Peter Duncan, *Making Mead*, Andover: Amateur Winemakers, 1983

H. S. Corran, *A History of Brewing*, London: David & Charles, 1975

Dr. John Harrison, *Old British Beers and How to Make Them*, London: 1976

Hugh Johnson, *Vintage, the Story of Wine*, New York: Simon & Schuster, 1989).

Clive La Pensée, *The Historical Companion to House-Brewing*, Beverley: Montag Publications, 1990

Oscar A. Mendelsohn, *The Dictionary of Drink and Drinking*, New York: Hawthorn Books, Inc., 1965

H. A. Monckton, *A History of English Ale and Beer*, London: The Bodley Head, 1966

Dave Miller, *The Complete Handbook of Brewing*, A Garden Way Publishing Book, 1991

Roger A. Morse, *Making Mead (Honey Wine)*, Ithaca: Wicwas Press, 1980

Charlie Papazian, *The Complete Joy of Home Brewing*, New York: Avon Books, 1984

Ken Shales, *Advanced Home Brewing*, Andover: Amateur Winemaker, 1971

André L. Simon, How to Make Wines and Cordials - From Old English Recipe Books, New York: Dover Publications, Inc., 1972

Hilary Spurling, Elinor Fettiplace's Reciept Book, London: The Salamander Press, 1986

Weizen

Weizen is the Bavarian wheat ale. Similar to Helles in color and body, Weizen is brewed form at least half wheat malt.

Bock & Doppelbock

Bock beers originated in Southern Germany, in Einbeck. Typically sweet, strong and dark, Bocks were brewed and, since they violated no Lenten prohibitions, freely consumed during Lent. By law, German Bocks must be brewed from a wort having an initial gravity of at least 1.065, and Doppelbocks, which are darker and stronger, must have an initial gravity of at least 1.075. Dark as they may be, Doppelbocks are made entirely from light and dark malts, and tend to be lighter in taste and color than stouts and porters, since they lack the characteristic flavors of Chocolate malt, Black Patent malt, and Roasted Barley.

REFERENCES

George Bailey, *Munich*, Time Life Books, Amsterdam: 1980)

H. S. Corran, *A History of Brewing*, London: David & Charles, 1975

Clive La Pensée, *The Historical Companion to House-Brewing*, Beverley: Montag Publications, 1990

Dave Miller, *The Complete Handbook of Brewing*, A Garden Way Publishing Book, 1991

Fulton Miller, *Miller's German Cookbook*, Nitty Gritty Productions, Concord: 1972)

Charlie Papazian, *The Complete Joy of Home Brewing*, New York: Avon Books, 1984

There was a young lady from Hyde
Who ate a green apple and died.
While her lover lamented,
the apple fermented,
and made cider inside her inside.

CONTENTS

This is SCUM, a publication of the Brewers Guilds of the Kingdom of the East and the Principality of Æthelmearc, of the Society for Creative Anachronism, Inc. SCUM is available from Lord Corwin of Darkwater (c/o Douglas Brainard, 48 Southwind Way, Rochester, NY 14624). SCUM is not a corporate publication of the Society for Creative Anachronism, Inc. and does not delineate the policies of the Society for Creative Anachronism, Inc. Subscriptions are $4.00 for four issues, published quarterly (more or less). Back issues are available at $1.00 per issue. Please make checks payable to "Douglas Brainard"

FROM THE GUILDMASTER

Greetings unto the Brewers, Vinters and Imbibers of the Known World, from Lord Corwin of Darkwater, Guildmaster of the Brewers Guild of the Principality of Æthelmearc. Welcome to Scum.

EK BREWERS COLLEGIUM

The first East Kingdom Brewer's Collegium will be held in Northpass on December 3-5, AS xxviij. Classes will be held on beer, wine, cordial and mead making. For more information, contact Baron Sean DeLondres, Southern Region Guildmaster of the East Kingdom Brewer's Guild (John Cnapich, (718) 762-4645).

MEA CULPA

My sincere apologies to Lord Ivan Kalinin, since I managed to mangle his most excellent recipe for **Dandelion Wine** (SCUM #9). The corrected list of ingredient is as follows:

15 qt.	dandelion blossoms
15 lbs.	sugar
3 gal.	cold water
1	yeast cake
	Juice of 1 dozen oranges
	Juice of ½ dozen lemons
2 ½ lbs.	raisins

GODISGOODE

My boundless thanks go out to L'Iontra di San Guiseppe Iato, Andrew Stevens (for Scum - the Game), and Lady Ursula von Liste, who made Scum what it is today. Vivant to you all.

Lord Corwin of Darkwater, Brewershalle

Scriba fermentatoris, Fermentator scribae!

COALS TO NEWCASTLE

Lord Corwin of Darkwater

Some beers just have to be made, others just fill space in a newsletter. Newcastle Brown Ale is one of them (you decide which). Newcastle is a clear, medium brown ale, less bitter than a Bitter, darker than a Pale Ale, and stronger than a Mild Ale (don't you just love English beer terminology?)

THE GOOD NEWS

Coal has been mined in Newcastle-on-Tyne since 1233 AD (hence the proverb). Beer has been brewed there as well - in 1553, the town was allowed (by Act of Parliament) to have as many as four taverns (serving beer and wine) in operation (quite a metropolis, actually). Newcastle Breweries, the makers of Newcastle Brown Ale, was established in 1770.

THE BAD NEWS.

With one exception (two, if you count the water), none of the ingredients in a Newcastle Brown Ale is ***Period*** (there, I said the 'P' word). Pop quiz time, can you guess which one it is?

INGREDIENTS

½ lb	crystal malt (about 2 cups)
¼ lb	chocolate malt (about 1 cup)
1½ gal	cold water

Altbier

Another of the bitter German beers, Altbier (meaning ***old beer***) hails from the Dusseldorf area. Altbiers are amber to dark color, and are ales, not lagers, being brewed with a top fermenting ale yeast.

Kolsch

The Cologne area also produces an ale, called Kolsch. Golden in color, and more bitter than an Altbier, Kolsch can be thought of as a top fermented pilsner.

Weisse

Weisse (white) is a light bodied ale from Berlin (legally considered a weak beer in Germany - on a par with the typical American beverage), made partially from wheat malt. Weisse has a slight sour taste that is a result of a lactic acid fermentation, and is often mixed with syrups (Raspberry or Woodruff, for example) to mask the aftertaste, yielding something more akin to a wine cooler than a beer.

Muenchner-Dunkel

Dunkel is the original Munich lager. Brewed from dark malts (to take advantage of the hardness of the local water supply), Dunkel is lightly hopped, and displays the characteristic malt sweetness of most Bavarian beers.

Maerzenbier

Another Bavarian beer is the amber colored Maerzenbier. Traditionally brewed for Oktoberfest, Maerzen was created in the 19th century to be similar in taste to Vienna lagers.

Muenchner-Helles

Most recent of the beers of Munich, Helles is a golden lager with a strong, malty flavor that is lighter-bodied than a Maerzenbier. Helles evolved in the 20th century, after modern water treatment technology made pale malt brewing feasible in Munich.

Dortmunder

Dortmunder beer is distinct from other German beers due (once again) to the uniqueness of the local water supply. Dortmunder is slightly darker than Helles, and stronger than Pilsner.

	Pilsen	Munich	Dortmund
Calcium (Ca)	7	75	260
Sulfates (SO_4)	5	7	283
Magnesium (Mg)	5	18	23
Sodium (Na)	32	10	69
Cloride (Cl)	5	1	106

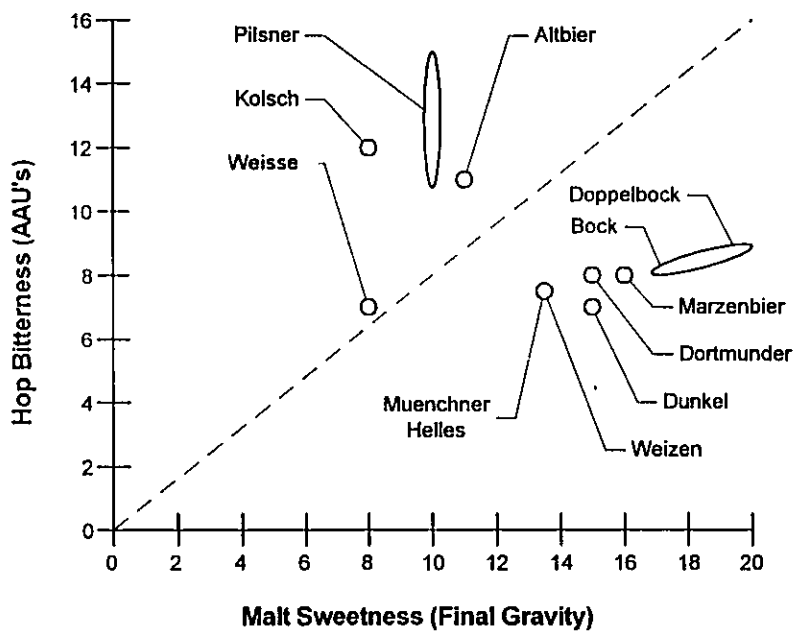
Ion Concentration in German Water (in ppm)

Prince Maximilian I decreed in 1533 that brewers needed special permission to brew in the summer, and that breweries were to be closed between April 23rd (St. Georges Day) and September 29th (Michaelmas Day). A court brewery was established in 1589 at Alter Hof, the ducal residence. The brewery was then moved to the newly built Hofbräuhaus in 1644.

In München steht ein Hofbräuhaus - eins, zwei, gsuffa![14]

In 1810, Crown Prince Ludwig married a Saxon princess. The annual celebration of that event, which nicely coincides with the celebration of the reopening of the breweries, is Octoberfest, and is held for 16 days every autumn.

Malt/Hop Balance of German Beer Styles



Pilsner

Originating in the town of Pilsen, Pilsner is a highly hopped lager, and the most bitter of the styles covered here. Pilsners are brewed from very soft water, hence they are typically pale to golden in color (because the soft water allows more efficient starch conversion with pale malts), and produce a significant head (because of the lower surface tension of the water).

[14] In Munich stands a court brewery - one, two, and down it goes!

1 qt	**hot water**
2 lbs	**dry light malt extract**
3.3 lbs	**light malt extract (1 can)**
1 lb	**dark brown sugar**
2 oz	**Fuggles hop pellets (about 8-9 AAU's)**
	ale yeast
	yeast nutrient (for 5 gallons)
	cold water (to make 5 gallons)
¾ cup	**corn sugar (for priming)**

THE QUIZ

☐ **Light malt** Nope. Light malt was not available on a commercial scale until about 1680, with the expansion of coke-fired malt kilns.

☐ **Chocolate malt** Wrong again. Chocolate and Black malts became available in 1817, with the introduction of a new roasting kiln.

☐ **Crystal malt** Sigh, Crystal is even newer, dating to between 1840 and 1850.

☐ **Fuggles?** Not even close. Fuggles, and Goldings, are both Noble British hops. In 1950, Fuggles had a 77.5% share of the English market, and Goldings had another 20%. But Fuggles was introduced in 1875, and Goldings in 1795. Before that, in 1750, the top varieties of English hops were Farnham Pale, Canterbury Brown, Long White, Oval, Long Square Garlic, and Flemish. Before then, who knows?

☐ **Brown Sugar??** Finally. The use of sugar to flavor beer dates back to at least 1588.

Others mix in honey, sugar and syrup, which not only makes the beer pleasant to drink, but also gives it a fine brown colour.

Jacob Theodor von Bergzabern, *Herbal*, 1588.

So, does this mean that you have to hide your Brown Ales in your cooler next to the Jolt cola? Nope, not if you made it yourself. Here's how:

PROCEDURE

1. Carefully crush the crystal and chocolate malt. Try to break up the grains without crushing them into a powder. If you don't have a grain mill, a manual coffee grinder (set very coarse) or a blender (used sparingly) will work. You could also use a rolling pin to crack the grains, since the volume is not excessive.
2. Put the crushed malt into a large pot, along with 1½ gallons of cold water.

3. Bring the contents of the pot almost to a boil. You're not interested in starch conversion here, just malt extraction. When the pot begins to boil, remove from heat to limit the leaching of tannins from the husks of the malt into the wort.
4. Strain the malt from the wort, and sparge (rinse) the malt with one quart of hot water. Because of the tannins still in the malt, don't use boiling water here, either.
5. Add the dry malt extract and another gallon of water to the wort. Stir until dissolved.
6. Now add the can of malt extract, and the brown sugar. Again, stir until dissolved, you don't want any undissolved extract burning on the bottom of your pot.
7. Bring the wort to a rolling boil. Watch it carefully, since it will want to boil if left unattended. When the wort begins boiling, add the hops and boil for an hour. The long boil is needed to extract the bitter resins from the hops.
8. While waiting for the boil, rehydrate the yeast with ½ cup of 70° water in a sterile, covered container.
9. When the hour is up, remove the pot from the stove and set it in a sink half-full with ice water. Stir occasionally, and change the water in the sink as needed. You want to reduce the temperature of the wort to under 100°. Keep the pot covered to keep airborne yeasts (and other critters) out of the wort.
10. Using a sanitized siphon hose, transfer the wort out of the pot and into your primary fermenter. Add enough cold water to bring the total volume up to five gallons. Stir and aerate the wort the wort thoroughly, and take temperature and gravity measurements. Temperature should be about 70°, and the gravity should be about 1.045.
11. Now you can add the yeast and yeast nutrient. The yeast nutrient is needed to insure vigorous yeast growth in beers that are predominantly extract-based.
12. After a day or so, when the fermentation has subsided a bit, siphon the ale into a secondary fermenter, and cover with an air lock.
13. In 1-2 weeks, fermentation should be completed. Boil 1 cup of water with ¾ cup of corn sugar. Add this priming sugar to the ale as you siphon the beer back into the primary fermenter. Don't forget to measure the final gravity (should be about 1.010 at 70°).
14. Bottle the ale, and label it (take pride in your work). Let it age in a cool place for a month (if you can wait that long)

REFERENCES

H. S. Corran, *A History of Brewing*, London: David & Charles, 1975

Dr. John Harrison, *Old British Beers and How to Make Them*, London: 1976

Clive La Pensée, *The Historical Companion to House-Brewing*, Beverley: Montag Publications, 1990

predominant brewers. In the towns, brewing was thoroughly regulated, with the *Grutrecht* (permission to brew beer), being awarded to various brewers by lottery (the ***Reihenbrauen***).

One brews the warm or top fermentation; but first in 1474 one attempted to brew by the cold bottom fermentation and to preserve part of the brew for the summer.

Munich, in the heart of Bavaria, was a major brewing center in Medieval Germany. The first reference to Munich (Munichen) dates from 777 AD, meaning ***at the Monks***. The town itself was founded as a toll bridge in 1158. Lager beer originated in Germany, with the first mention of it recorded in 1420 by the Munich Town Council.

The first and foremost material for brewing is water that one can drink, wet and cold which taketh unto itself the qualities and properties of the Things with which it is mixed and made up or with which it is decocted or boiled. For if it is cooked with cold adjuncts so it taketh cold properties and if it is cooked with warm adjuncts so it taketh warm properties and loseth and leaveth its own Nature.

Heinrich Knaust, 1575

In 1487, Duke Albrecht IV constrained the brewers of Munich to use only barley malt, hops, and water in the brewing of beer. Dukes Wilhelm IV and Ludwig X expanded the ***Deutsche Reinheitsgebot*** in 1516 to cover all of Bavaria.

Bier
Schweinefleisch mit Sauerkraut
Bier
Bretzen
Bier
Bier
Bier[13]

[13] Typical Bavarian Menu: Beer/Pork and sauerkraut/Beer/Pretzels/Beer/Beer/Beer

Deutschland über Alles

by Lord Corwin of Darkwater

Tünn, Tünn Tafelbeer
morgen heff wi Sötbeer
öwermorgen suur Beer.[11]

When you think of German Beer, do you think of tall, blonde brewsters with really large mugs? Well, stop it! You should be thinking of **Hops!** and **Malt!**, the two main characteristics of German beers.

Some towns make it stronger and better than others. In some towns on the Rhine, beer is now made, such that it is a pity to spoil good grain thus...

Jacob Theodor von Bergzabern
***Herbal*, 1588**

German beer styles have evolved over the years. Water conditions had a significant effect on the taste and appearance of local brews, as did local brewing customs and regulations. Hamburg beer was a pale, hopped wheat beer that was much admired by the Dutch. Lübeck brewed a strong but unfriendly beer. Danzig beer was brown-red and thick as syrup. Ales were the preference in Cologne, to the extent that lagers were forbidden in 1603. And, of course, the dark lagers of Munich, that were made of barley malt, hops and water.

the beer in these regions is better than in Germany and brewed in larger quantity.[12]

Antonio de Beatis
***Journey of Cardinal Luigi d'Aragona*, 1517**

The recorded history of German brewing goes back more than a thousand years. There is mention of a hop garden in Hallertau in 736 AD, and in 1079 the Abbess Hildegarde of St. Ruprechtsberg, near Bingen, wrote about the addition of hops to beer.

German Hops	Bitterness (AAU's)	Typical Use
Saaz	4	Pilsners
Hallertauer	5	Lagers
Tettnanger	6	Lagers
Northern Brewer	10	Dark Ales

Brewing flourished in both the towns, and in the monestaries. There were upwards of 500 monestaries brewing beer, with the Benedictines being the

[11] Drink, drink the table beer,
Tomorrow we'll have boiled beer,
The day after, sour beer.

[12] Refering to the Dutch and their beer.

H. A. Monckton, *A History of English Ale and Beer*, London: The Bodley Head, 1966
Dave Miller, *The Complete Handbook of Brewing*, A Garden Way Publishing Book, 1991
Charlie Papazian, *The Complete Joy of Home Brewing*, New York: Avon Books, 1984

STRAWBERRY IMPERIAL STOUT

L'lontra di San Guiseppe lato

Normally I would not even consider submitting the following recipe for publication. This recipe is not period by any stretch of the imagination. However many good gentles, some wearing rather impressive pointy metal head gear, have requested that I share it with the populace of our fair land and who am I to disagree with the wishes of my betters. It is my hope that the techniques employed here should serve as an inspiration for a number of barley wines, fruit ales and braggots of a more period nature.

INGREDIENTS

2 Gallons cold water
1 (3.3 lb) can John Bull Plain Dark Malt Extract
1 (2.2 lb) can Premier Dark Hopped Malt Extract
1 (3 lb) bag Munton & Fison Spray-Dried Dark Malt Extract
1 lb crystal malt
1 cup roast barley
1 cup black patent malt
8 tsp. gypsum
2 oz. Bullion hops (pellets)
1/2 oz Willamete hops (pellets)
5 lbs FROZEN strawberries
1 (1/3 oz) pack Wine Inc. Burton water salts
1 packet Red Star Pasteur Champaign yeast
3/4 cup priming sugar (dextrose)

PROCEDURE

1. Set strawberries out to thaw. Freezing the strawberries ruptures the cell walls making them easier to pulp.
2. Crack the specialty grains (crystal malt, roast barley, black patent malt), add them to the cold water. Bring grains to a boil and strain them from the wort.
3. Add extracts and bring to a boil. Add gypsum and Bullion hops and boil for 45 minutes.
4. Pulp strawberries in a colander. Add juice and pulp to the wort. Bring the wort up to about 180°F. Maintain the wort at a temperature between 160°F and 180°F for 15 minutes to pasteurize the strawberries. Do not let the wort boil. This will cause the pectin in the strawberries to set.
5. Add Willamete hops, allow to sit for 2 minutes, pour wort and pulp into primary fermenter, bring up to 5 gallons, and add Burton water salts.

6. Pitch the yeast when the wort has reached room temperature. Ferment in the primary for 2 weeks, then rack over to the secondary fermenter.

COMMENTS

The original specific gravity should be about 1.070. Bottle when the final gravity reaches about 1.030. This should take about 3 weeks. Following one week at room temperature, allow stout to lager at 40°F for 6 months (if you can wait that long).

This recipe is loosely based on Charlie Papazian's Cherry Fever Stout Recipe[1]. Although I have not tried using them personally, I believe that raspberries, blueberries, and peaches could also be employed with interesting results. I have employed the same pasteurization sequence when making mead, and it eliminates much of the pectin haze found in meads where the fruit is boiled. The brand of water salts listed contains papain to control any off tastes coming from trub present in the unfiltered wort. Enjoy!

SCUM - The Game

OBJECT

The object of Scum is to be King. Nothing else matters.

HISTORICAL BASIS

Scum recreates the Medieval concept of the Wheel of Fortune (down, Vanna), where what goes up must come down, and every peasant has his day in court. Scum could have been invented as early as the reign of Charlemagne, and so it must be Period[2].

PLAYERS

You need at least two people to play Scum (King and $Scum_a$). If additional people are playing, they take the place of the lesser Nobility (Queen[3], Prince, Princess[3], Baron, Baroness[3], etc.), the populace (peasants), and Scum ($Scum_b$, $Scum_c$, ...). There must be an equal number of Nobility and Scum; there can be any number of peasants, since they can't count.

EQUIPMENT

[1] Papazian, Charlie, *The Complete Joy of Home Brewing*, Copyright 1984, First Avon Printing, pages 191-193.

[2] This is called Authenticity by Decree. See Whims.

[3] Scum is cosmopolitan enough that there is no restriction on having all of the Nobility being of the same sex. This is a game, after all.

Scrub carrots (Do not peel). Make a large batch of chamomile tea, using 1/2 half gallon of water. Cook the carrots in the other half gallon of water. Discard the carrots and the chamomile. Make wine out of the liquid. Add acid blend, tannin, nutrient, energizer, and the crushed campden tablet. Add sugar until the specific gravity reaches 1.080 on your hydrometer. Wait 24 hours before adding the yeast. Cover and let sit for 4 days. Rack into a secondary fermentor (carboy). Rack again after 3 weeks. Rack again after 3 months. If the liquid is cloudy, use your favorite clarifying method. Otherwise, bottle it and allow it to age at least one year.

Well now, those were nice, but what about Period Documentation? If you go through any of the mead recipes listed in *The Closet of the Eminently Learned Sir Kenelme Digby Opened*, you will notice almost all his ingredients are on the above lists. Get your hands on a copy of this manuscript, if you can find it. Another way to go about your research, is to go through Gerard's *Herbal* (1597) and look up each individual herb. There are a number of period Herbals that may also contain recipes, but his was the most recently reprinted by Dover Books. Your local library may even have it. Arnold of Villanova (1235-1311) in his *Book on Wine* has these things to say:

Raisin wine (prepared with 3 pounds of raisins and 2 oz of ground cinnamon per cask) will strengthen the stomach. It particularly makes women fat.

Rosemary wine is recommended for invalids to correct the appetite. It is a great protection in food and drink against poison.

Wine that strengthens the whole body (prepared with 1 drahm each of Cubebs, cloves, ginger, and raisins, plus 3 oz. rosewater and sugar). It is good for flatulence of the belly and all kinds of indigestion.

Clove wine is a dry wine made by suspending cloves in a linen sack into wine must. It strengthens digestion and cures bad breath. It can be sweetened with licorice and sugar.

He also gives some nice recipes for hyssop wine and anise wine which look delicious!

NOTE: Wormwood wine is often mentioned in many texts, but never, ever make it! It contains known carcinogens.

REFERENCES

The Herb Book by John Lust, Bantam Books.

Book on Wine by Arnold of Villanova

Culinary Herbs and Condiments by M. Grieve, Dover Books.

Have Fun with Herbs by Mrs. Albert Farwell, Chicago Horticulture Society.

Infuse the chamomile herb and ginger in five gallons of boiling water for fifteen minutes in a covered vessel. Strain and pour on to the sugar and saccharine, stir until dissolved. Then add burnt sugar, cream of tartar, and five gallons of cold water. Mix well, add yeast, and ferment in the usual way. You may need to adapt this recipe to your own methods. Note: the flowers are the part used, but since the recipe does not specify whether they must be fresh or dried, I believe either will work fine. Usually the dried herbs are stronger in flavor.

Dandelion Stout

1 oz.	balm (Melissa officinalis)
5 oz.	dandelion herb
5 oz.	ground ginger
2 oz.	block juice
35 grns.	saccharine
2½ lbs.	sugar
10 gallons	water

Boil the ingredients in five gallons of water for fifteen minutes, then pour through a strainer onto the sugar and saccharine. Stir until dissolved, adding the remainder of the water. Add a sufficient quantity of yeast and allow it to work for 12 hours at a temperature of 65 to 75 degrees F. Skim off yeast and bottle for use. You may need to adapt this recipe to your own methods. Note: I could not find a reference to whether the flower or the leaves were used. Dandelion wine uses only the yellow flower petals. Any other portion of the flowerhead will impart an awful bitter flavor. Any suggestions?

Ursula's Chamomile Carrot Wine

(You don't need to be a rabbit to enjoy it)

4 teaballs	full of dried chamomile
2 lbs.	carrots
	Sugar
1 gallon	water
¾ tsp.	acid blend or equivalent substance
¼ tsp.	tannin
1 tsp.	yeast nutrient
¼ tsp.	yeast energizer
1	campden tablet
	Red Star Montrachet Wine Yeast

You will need a standard[4] deck of 52 playing cards. Discard the Jokers, as they carry no Rank or Precedence, and therefore don't count (see peasants).

SEATING

Determine player Order of Precedence by lot[5]. Players sit clockwise, downwind from the King, and in order of decreasing precedence. peasants sit between Nobility and Scum. Scum are last (of course).

SETUP

Scum$_a$ (to the right of the King) shuffles and deals out all of the cards. Scum$_a$ gives the two best (highest rank[6]) cards in his/her[7] hand to the King (cheaters are executed[8]). The King then gives any two cards to Scum$_a$. Remaining Scum exchange two of their cards with the rest of the Nobility, in the same manner. This is called ***noblesse oblige***. Scum also go to get more pretzels and beer, and do whatever else the Nobility say. This is second nature to Scum.

HOW TO PLAY

Each hand consists of a series of rounds.

- ♣ The King begins the first round (naturally) by playing one to four matching cards from his/her hand.
- ♦ Each player, in turn, must play an equal or greater number of cards of greater value than the preceding player, or pass.
- ♥ The last player to play in one round begins the next one.
- ♠ The Hand ends when one player runs out of cards and becomes King.
- ♣ The former King becomes Scum$_z$, the lowest[9] of the Scum.
- ♦ The remaining players either move up in precedence, or get passed over (amazing how Scum mimics real life).

EXAMPLE OF PLAY

The King plays a seven of hearts. The Queen must play at least a seven - and lays down a nine of clubs. The Prince has nothing higher than a six, and passes. The peasant plays a pair of nines.

---

[4] This excludes Tarot, Old Maid, and Go Fish decks.

[5] Alternatively, you could rely on Trial by Combat, Double-elimination Crown List, or BOD action. Or you could ask the owner of the deck (see Whims).

[6] **Cards:** Ace (high), K Q J 10 9 8 7 6 5 4 3 2 (low).
Nobility: Refer to your local Order of Precedence.
peasants: Rank is too nice a term for peasants. The peasants are revolting.
Scum: You've got to be kidding.

[7] With Scum, it's hard to tell.

[8] In 1099 AD, the entire population of the city of Jerusalem was slain by Crusaders because the populace displayed a wanton disregard for the Rules of Scum.

[9] Lower than gutter-slime.

Scum$_c$ has three fives and a Jack, but no pair above eight, and passes. Scum$_b$ plays three Aces. Scum$_a$ passes. Scum$_b$ wins the round, and begins the next round.

Scum$_b$ plays three twos. Scum$_a$, the King, Queen, and Prince all pass. Scum$_c$ plays three fives and wins the round.

Scum$_c$ plays a Jack, his last card. Scum$_c$ becomes King, the King becomes Scum$_a$, Scum$_a$ becomes Scum$_b$, Scum$_b$ becomes Scum$_c$, and everyone else is stuck where they are.

The new King orders a beer, and has Scum$_a$ deal the next hand.

OPTIONAL RULES

Whatever[10] the King wants.

HERBAL MUSINGS

The stomach is an interesting feature,
That really does exist in every creature,
When it works well, you're not aware
That you have any organ there.
But when perchance some food disturbs
'Tis then the time to use some herbs.
Give peppermint for baby's gas
For older folk, use sassafras.

I was thumbing through some old herbal quarterlies when I came across the above rhyme. It lead to some interesting thoughts. First of all, how many of you have been to a feast lately that was so good, you could not help but over-indulge? Secondly, not all food was well preserved in those days, especially among the lower classes. Also, it had to keep all winter (and one can only eat so much fish). What was a body to do? Tums, Rolaids, and Pepto-Bismol won't be around for another 500 or so years.

For minor stomach discomfort, it seems to me that there were clearly a number of choices available. A carbonated beverage, such as beer or ale could help release gas. Substances used to expel gas are called "carminatives". Ah, but what of heartburn? A wine or beer made with an herb (or spice) called a "stomachic" or a "digestive" would have been used to aid in digestion. Many

[10] Usually having something to do with single malt scotch, chocolate, or vegetables. Also known as whims.

foods were flavored with them as well. In fact, most of the familiar cooking herbs are considered stomachics. In The Herb Book by John Lust, the following common herbs are listed. Wow, what a lot of choices! Recognize any of these?

CARMINATIVES:

Allspice, Angelica, Balm (Melissa officinalis), Basil, Chamomile, Caraway, Cardamom, Carrot, Celery, Coriander, Cubeb Berries, Dill, Fennel, Garlic, Ginger, Hyssop, Juniper Berries, Bay Laurel, Lavender, Lovage, Marjoram, Oregano, Onion, Parsley, Rue, Sarsaparilla, Savory, Star Anise, Thyme, all mints, Nutmeg.

STOMACHICS AND DIGESTIVES:

Angelica, Anise, Balm (Melissa officinalis), Basil, Chamomile, Caraway, Cardamom, Chervil, Chives, Coriander, Cubeb Berries, Red Currants, Dandelions, Dill, Fennel, Garlic, Ginseng, Hibiscus, Horseradish, Hyssop, Juniper Berries, Bay Laurel, Lavender, Leeks, Lovage, Marjoram, Mustard, Oregano, all mints, Onions, Parsley, Plums, Rosemary, Rue, Savory, Star Anise, Tarragon, and Watercress.

But, the SCA does not advocate the making of period medicinals and treating yourself with them. Nor should you! For serious stomachic ailments, consult a doctor. Take a good look at the above lists. Have you ever been to a feast were one of these was not served? I highly doubt it. These are common foodstuffs which have the added benefit of settling your stomach and enhancing your enjoyment of the meal. The beverages that you choose to recreate should follow the same guidelines. Use common sense.

Okay, so those herbs and fruits/vegetables may be fine for cooking, but which can be used in beverages? Here common sense may not be so common. There are recipes for parsley wine and onion wine. I, personally, prefer to use these in cooking. Still, tastes have changed over the centuries... Some herbs, you may already recognize from your own favorite recipes. If so, send them in to the SCUM! (blatant unpaid advertisement)

RECIPES:

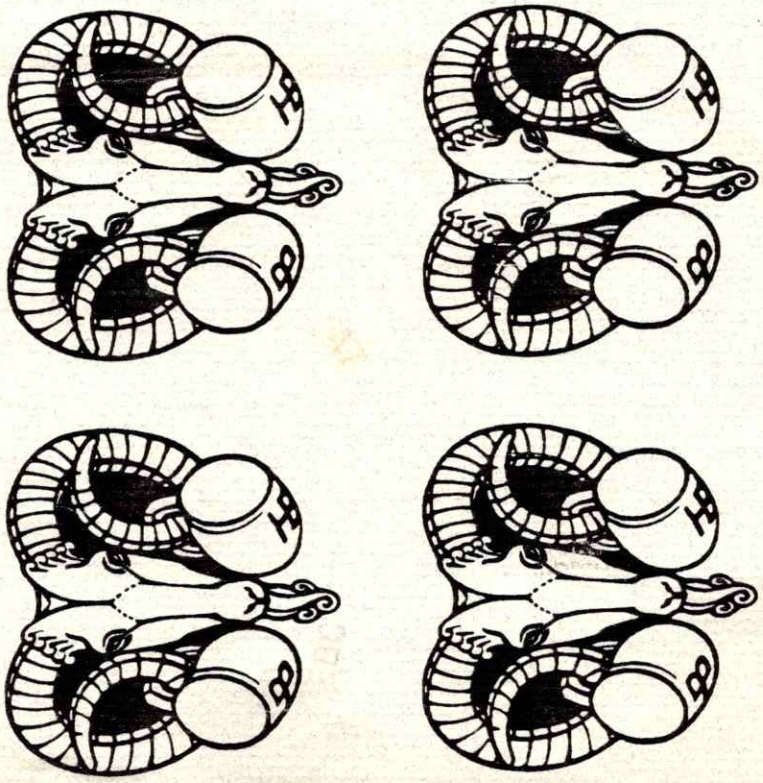
Chamomile Beer

12 oz.	**English chamomile**
4 oz.	**ginger**
4 oz.	**cream of tartar**
35 grns.	**saccharine 550**
2½ lbs.	**sugar**
2 oz.	**burnt sugar**
10 gallons	**water**

SCUM

NEWSLETTER OF THE BREWERS GUILDS OF ÆTHELMEARC AND THE EAST

NUMBER 12 WINTER, AS XXVIII



SCUM

Newsletter of the Brewers Guilds of Æthelmearc and the East
c/o **Douglas Brainard, 45 Southwind Way, Rochester, NY 14624**

RDC NY 146 15:59 02/22/94 #1

USA 29

Scott and Terry Heist
68 Main Street
Asbury, NJ 08802

Complementary

Their Royal Majesties

Gregor & Christence

Their Sylvan Highnesses

Haakon & Eleanor

Guildmaster
of the
Ancient and Venerable Order of Brewers,
Vintners, and Meadmakers
of
the East Kingdom

Lord Daniel del Cavallo

Daniel Bronson
5393 Golly Road
Rome, NY 13440
(315) 337-2373

Guildmaster
of the
Brewers Guild
of
Æthelmearc

Lord Corwin of Darkwater

Douglas Brainard
45 Southwind Way
Rochester, NY 14624
(716) 594-4811

PERIOD REFERENCES

Thomas Cogan, *The Haven of Health,* 1594

Sir Kenelme Digby, The closet of the eminently learned Sir Kenelme Digbie kt. opened: whereby is discovered several ways for making of metheglyn, sider, cherry-wine, &c., London: 1669

Thomas Hyll, A Profitable Instruction of the Perfite Ordering of Bees, With the Marvellous Nature, Propertie, and Governments of Them, London: 1597

Char Butler Magd, The Feminine Monarchie, or A Treatise Concerning Bees, And the Dye Ordering of Them, Oxford: 1609

Gervase Markham, The English Hus-wife, London: 1615

Hugh Plat, The Jewel House of Art and Nature, 1653

Hugh Plat, Delights for Ladies, 1609

MODERN REFERENCES

Handbook of Brewing, #5 of the *Compleat Anachronist,*

Alcoholic Drinks of the Middle Ages, #60 of the *Compleat Anachronist,* Society for Creative Anachronism, Milpitas, CA, 1983

Bryan Acton and Peter Duncan, *Making Mead,* Andover: Amateur Winemakers, 1983

H. S. Corran, *A History of Brewing,* London: David & Charles, 1975

Dr. John Harrison, *Old British Beers and How to Make Them,* London: 1976

Hugh Johnson, *Vintage, the Story of Wine,* New York: Simon & Schuster, 1989).

Clive La Pensée, *The Historical Companion to House-Brewing,* Beverley: Montag Publications, 1990

Oscar A. Mendelsohn, *The Dictionary of Drink and Drinking,* New York: Hawthorn Books, Inc., 1965

H. A. Monckton, *A History of English Ale and Beer,* London: The Bodley Head, 1966

Dave Miller, *The Complete Handbook of Brewing,* A Garden Way Publishing Book, 1991

Roger A. Morse, *Making Mead (Honey Wine),* Ithaca: Wicwas Press, 1980.

Charlie Papazian, *The Complete Joy of Home Brewing,* New York: Avon Books, 1984

Ken Shales, *Advanced Home Brewing,* Andover: Amateur Winemaker, 1971

André L. Simon, How to Make Wines and Cordials From Old English Recipe Books, New York: Dover Publications, Inc., 1972

Hilary Spurling, Elinor Fettiplace's Reciept Book, London: The Salamander Press, 1986

9. In 3-6 weeks, fermentation should be completed. Boil 1 cup of water with ¾ cup of corn sugar. Add this priming sugar to the beer as you siphon the beer back into the primary fermenter. Don't forget to measure the final gravity (should be about 1.015 at 70°).
10. Clean your bottles thoroughly and then sterilize them, either chemically or with heat (boiling water or microwave).
11. Bottle the beer, and label it (take pride in your work). Let it age in a cool place for several months (if you can wait that long)

WASSAIL SONG

Traditional

Wassail, wassail all over the town,
Our toast it is white and our ale it is brown,
Our bowl it is made of the maypoly tree,
With our wassailing bowl we'll drink to thee.
Drink to thee, drink to thee,
With our wassailing bowl we'll drink to thee.

And here is to Cherry and to his right cheek,
Pray God send our master a good piece of beef,
And a good piece of beef that may we all see;
With the wassailing bowl we'll drink to thee.
Drink to thee, drink to thee,
With our wassailing bowl we'll drink to thee.

And here is to Dobbin and to his right eye,
Pray God send our master a good Christmas pie,
And a good Christmas pie that may we all see;
With the wassailing bowl we'll drink to thee.
Drink to thee, drink to thee,
With our wassailing bowl we'll drink to thee.

Come, butler, come fill us a bowl of the best,
Then we hope that your soul in heaven may rest;
But if you do drow us a bowl of the small,
May the devil take butler, bowl and all.
Bowl and all, bowl and all,
May the devil take butler, bowl and all.

Then here's to the maid in the lily white smock,
Who tripped to the door and slipped back the lock!
Who tripped to the door and pulled back the pin,
For to let these jolly wassailers in.
Wassailers in, wassailers in,
For to let these jolly wassailers in.

CONTENTS

This is *SCUM*, a publication of the Brewers Guilds of the Kingdom of the East and the Principality of Æthelmearc, of the Society for Creative Anachronism, Inc. *SCUM* is available from Lord Corwin of Darkwater (c/o Douglas Brainard, 46 Southwind Way, Rochester, NY 14624). *SCUM* is not a corporate publication of the Society for Creative Anachronism, Inc. and does not delineate the policies of the Society for Creative Anachronism, Inc. Subscriptions are $4.00 for four issues, published quarterly (more or less). Back issues are available at $1.00 per issue. Please make checks payable to "Douglas Brainard"

FROM THE GUILDMASTER

Greetings unto the Brewers, Vinters and Imbibers of the Known World, from Lord Corwin of Darkwater, Guildmaster of the Brewers Guild of the Principality of Æthelmearc. Welcome to Scum.

ÆTHELMEARC BREWERS GUILD

An Æthelmearc Brewers Guild Roundtable will be held at Æthelmearc Spring Coronet Tourney in Abhainn Ciach Ghlais on May 14, 1994. In addition, there will be a Prince's Choice Brewing Competition. For further information, refer to Pikestaff or Æstel, or contact the Autocrat, Lady Alicia Langland. Brewers are encouraged to attend.

GODISGOODE

My boundless thanks go out to Margali ap Taliesin of Cenedl Llewellyn, Sir Roger de Bayeux, and Graf Syr Shadan, who made Scum what it is today. Vivant to you all.

Lord Corwin of Darkwater, Brewershalle

Scriba fermentatoris, Fermentator scribae!

THE ORIGIN OF CORDIALS

Margali ap Taliesin of Cenedl Llewellyn

Throughout the Ages, herbs have been used as medication in a number of forms - as teas, burned and inhaled, and in alcoholic mixtures. Today we still indulge in the herb teas, in cigarettes and in cordials.

Originally, cordials were made by infusing herbs into wines and beers. Distillation was used in the time after the Crusades - after 1150 A.D. The Saracens used distillation as early as B.C. 200, which generated the name al-quala, meaning "the essence" or "the spirit". Certain liqueurs are made still in the old manner - steeping the herbs in the beer and distilling the resulting brew. Irish Mist is an example of that process.

More recently, cordials are made by taking a distilled liquor and infusing the herbs in it. The choice of herbs for these cordials was not made for taste, but for therapeutic value (real or imagined). For example, the juniper berries in **Chartreuse** were a sovereign remedy for kidney problems, the angelica in **Benedictine** was a specific for heart weakness and the selection of roots in root beer was considered an absolutely marvelous spring tonic for blood. Seed based cordials such as **Kummel** (caraway) and **Anisette** (anise) were used as digestive aids after meals.

Another popular form of cordials are fruit based; orange, apple and cherry (**Grand Marniers, Calvados** and **Pieter Hierring**) and are good as a guard against scurvy. Blackberry cordial was used as a remedy for stomach and intestinal problems, and as a mild relaxant for infants.

Cordials are a tasty reminder of the past, and the herblore associated with your favorite drink can be fascinating to delve into. There are several books that can help you find out more. I present to you a list of recommended reading.

Culpeper, N., *Culpeper's Complete Herbal*, Foulsham & Co., Ltd.; unknown publishing date, London, England (originally 1437).

Gerard, J., *Gerard's Herbal* (ed. Thomas Johnson), Spring Books; 1964, London, England (originally 1636), (Dover Publishing Co. has a version, but it is very expensive).

Aber, A., *Herbals, Their Origin and Evolution*, Cambridge University Press, 1953, Cambridge, England.

Alt, W., *Europe in the Middle Ages*, D. C. Heath & Co.; 1932, Boston, Massachusetts.

What do you get out of all that math? Well, all three recipes are about as strong as a modern Marzenbier or Bock. On the other hand, they are hopped less than a Sweet Stout or Brown Ale. On the whole, any one of them would be sweeter and maltier than most anything you've ever had before.

To re-create one of these brews is fairly easy now. One 3.3 lb can of malt extract yields a gravity of 1.022 - 1.025 in 5 gallons of water, and one pound of malt extract gives a gravity of 1.008 - 1.009. Two cans of pale malt, plus a pound of amber malt extract, would produce a gravity of 1.052 - 1.059, just about where we want. Add an ounce (or two, if you prefer) of Fuggles or Hallertaur (for 4-8 AAU's), and you've got yourself a true Medieval brew!

PROCEDURE

A New Art of Brewing Beer, Ale and Other Sorts of Liquor so as to render them more healthful...To which is added the art of making malt...Recommended to all Brewers, Gentlemen and others that brew their own drink.

Thomas Tryon, 1691

1. Place the cans of malt extract in hot water for 15 minutes(to soften the extract and make it easier to pour). Dissolve the dry malt in one gallon of hot water.
2. Add the cans of malt extract and another gallon of hot water, and stir until dissolved. You don't want any undissolved extract burning on the bottom of your pot.
3. Bring the wort to a rolling boil. Watch it carefully, since it will want to boil over if left unattended. When the wort begins boiling, add the hops and boil for an hour. The long boil is needed to extract the bitter resins from the hops.
4. While waiting for the boil to complete, rehydrate a package of ale yeast with ½ cup of 70° water in a sterile, covered container.
5. When the hour is up, remove the pot from the stove and set it in a sink half-full with ice water. Stir occasionally, and change the water in the sink as needed. You want to reduce the temperature of the wort to under 100°. Keep the pot covered to keep airborne yeasts (and other critters) out of the wort.
6. Using a sanitized siphon hose, transfer the wort out of the pot and into your primary fermenter. Add enough cold water to bring the total volume up to five gallons. Stir and aerate the wort the wort thoroughly, and take temperature and gravity measurements. Temperature should be about 70°, and the gravity should be about 1.057.
7. Now you can add the yeast and some yeast nutrient. The yeast nutrient is needed to insure vigorous yeast growth in beers that are predominantly extract-based. Cover the primary.
8. After a day or so, when the fermentation has subsided a bit, siphon the beer into a secondary fermenter, and cover with an air lock.

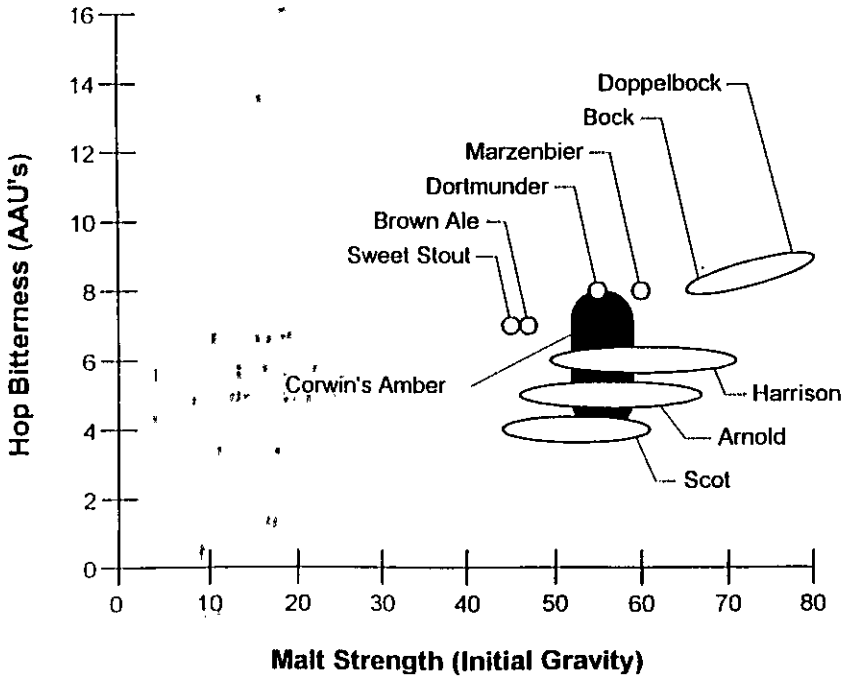
To estimate the strength of these beers, you need to calculate the Specific Gravity. Specific gravity is an indicator of the amount of sugar dissolved in water. Pure water has a gravity of 1.000, while one gallon of water with one pound of sugar in solution has a gravity of about 1.045, or 45 points. When you boil malt in water, you extract the sugar in the malt. One gallon of water will extract 25-35 points from one pound of barley malt.

Grain (barley, wheat, oats, etc), being unconverted starch, normally has no extract. However, the enzymes that are present in malt will convert additional starch to sugar in the brewer's copper (if proper temperatures are maintained). Therefore, you can expect to extract 20-30 degrees from unmalted grain.

Now calculate the strength of the recipes, and calculate the bitterness too, assuming 4% AAU hops:

	Arnold	Scot	Harrison
Gravity	1.047 - 1.067	1.044 - 1.061	1.050 - 1.071
Hops	5 AAU's	4 AAU's	6 AAU's

Malt/Hop Balance of Beer Styles



Barton, B. & Castle, T., ***The British Flora Medica: A History of the Plants of Great Britain,*** Chattes & Windes, 1887, London, England.

Brownlow, M., ***Herbs and the Fragrant Garden,*** McGraw-Hill Publishing Co., 1963, New York, New York.

Coultron, G. G., ***The Medieval Village,*** Dover Publications Inc., 1989, New York, New York.

De Candolle, A., ***The Origin of Cultivated Plants;*** Hafner Publishing Co., 1964, New York, New York.

Ellacombe, H., ***The Plantlore and Gardencraft of Shakespeare,*** Wm. Pollard, 1878, Exeter, England.

Fluckinger, Francis & Hanbury, D., ***Pharmacographica - A History of the Principal Drugs of Vegetable Origin, Met With in Great Britain and British India,*** MacMillian & Co., 1879, London, England.

Forbes, R. J., ***A Short History of the Art of Distillation,*** E. J. Brill, 1948, Leiden, the Netherlands.

Freeman, M., ***Herbs for the Medieval Household,*** Metropolitan Museum of Art, 1943, New York, New York.

Grieve, M., ***A Modern Herbal, in 2 volumes,*** Dover Publications, Inc., 1971, New York, New York.

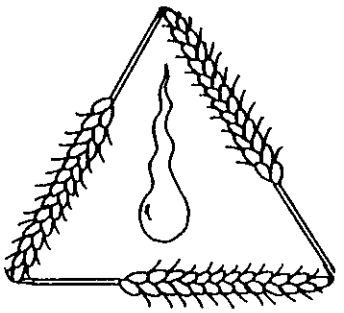
Miller, J., ***The Spice Trade of the Roman Empire,*** Clarendon Press, 1969, Oxford, England.

Rosengarden, Francis, ***The Book of Spices,*** Jove Publications, 1871, New York, New York.

BROTHERS OF THE COMPANY

An (Incomplete) History of the Brewer's Guild of the East Kingdom

Lord Corwin of Darkwater



The Ancient and Venerable Guild of Brewers, Vintners, and Meadmakers has a nice ring to it, but... Considering that the half-life of a typical SCAdian is about three years, how ancient is ***Ancient***?

Official Society records reveal that the name **Brewers, Vintners, and Meadmakers** is indeed ancient, dating back to the reign of Finvarr & Caellyn (Anno Societatis VII), about the time of the second Pennsic War. Indeed, we predate even the most venerable Wenches' Guild of the East Kingdom.

Nothing is known of those early days of the Guild. Were we, perhaps, just a figment of some overactive herald's imagination? No record of any early activity by the Guild has yet surfaced.

The next fragments of the historical record date from the reign of Ronald I & Bronwyn I (AS XXI). Shortly after the conclusion of Pennsic XV, **Lord Thorstein fra Agnefit,** *Azure, a chevron throughout argent between two gouttes d'Or and a bear*

statant erect argent, Guildmaster of the East Kingdom Brewers' Guild, thanked members of the Guild for their support during the War, and announced that:

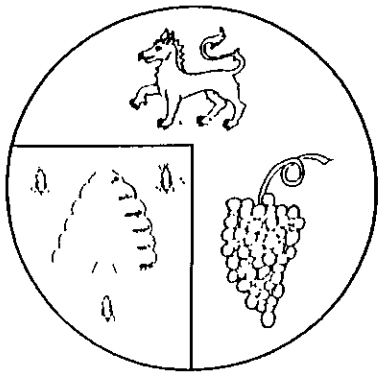
- The Guild had established a checking account.
- The first Chapter of the ***Alchemist's Notebook*** was in the hands of all Seneschales of the East, and was available to any brewers in the Kingdom.
- The Guild Charter would sojourn in Dawnfield (EKU), Barren Sands (Crown Tourney), the Debatable Lands (Coronation), Ostgard (12th Night), and the Rhydderich Hael (Ice Dragon).

Following the Coronation of Sebastian and Sirillian, Lord Thorstein proclaimed the publication of the second Chapter of the ***Alchemist's Notebook***. It is now uncertain how many Chapters of the Notebook were published, although there was time enough during Thorstein's tenure as Guildmaster for the production of five issues of that quarterly. Circumstantial evidence indicates that he was responsible for the second naming of the **East Kingdom Brewer's Guild**, and it's Badge, *(Vieldless) A goutte between three barley stalks in triangle Or*, granted in the reign of Randal I & Marieke (AS XXII).

Lord Thorstein's last official act was to name **Lord Robin Argyll du Coeur Aile**, *Sable, in cross four pairs of wings conjoined argent, each charged with a heart gules*, as Guildmaster of the EKBG.

Apparently abandoning the ***Alchemist's Notebook***, Lord Robin published ***Barm*** during his tenure as Guildmaster. The last issue of ***Barm*** was published in the reign of Morgunn III & Maurya (AS XXIII). Alas, the total number of issues he published is shrouded in the mists of history.

Toward the end of the reign of Horic & Lea (AS XXIV), within the new Principality of Æthelmearc, Tarbold & Cainder, first Prince & Princess thereof, did **Lord Daniel del Cavallo**, *Per fess gules and Or, in pale a horse passant and a sun counterchanged*, found the Brewers' Guild of Æthelmearc. Lord Daniel, in conjunction with his Chronicler, Lady Mathilde des Pyrenees, *Vert, a Great Pyrenees dog, sejant guardant, dexter forepaw raised argent, within an orle of fleur-de-lys Or*, began publishing ***Scum***, the newsletter of the Æthelmearc Brewers' Guild.



During the reign of Ronald II & Bronwyn II (AS XXV), the badge of the Guild of Brewers, Vintners and Meadmakers, *Per pale azure and argent, to dexter a beehive between three honeybees volant proper and to sinister a bunch of grapes azure, slipped and leaved Or, on a chief argent, a tyger passant azure*, was registered. Thus, the East Kingdom Brewers' Guild has both two names, and two badges as well.

seems, but with a little bit of brewing science, and some math, everything falls together. Consider the following three Medieval beer recipes:

10 quarters malt
2 quarters wheat
2 quarters oats
40 pounds hops
to make 60 barrels of beer
***Richard Arnold*, 1503**

1 quarter of malt
2 ½ pounds of hops
20 gallons of beer per bushel
***Reynold Scot*, 1574**

8 bushels malt
½ bushel wheat
½ bushel oats
4 pounds hops
to make 3 hogsheads of beer
***William Harrison*, 1577**

Can you re-create Medieval beers based on records such as these? Chances are you know what a pound is, but what's a quarter? And how big is a hogshead? The answer is yes, although it's not a task for the numerically challenged.

Start out with the basic conversions:

A **quarter** is an ancient unit of ***dry volume***, equal to 8 **bushels** (also a measure of volume). As brewers, we are more concerned with the weight than of volume, since that can tell us the strength of a brew. Fortunately, the weight of a quarter of malt is defined for us, being 336 pounds (Conversely, a quarter of unmalted barley weighs 448 pounds, barley being heavier that malt). A bushel of malt would then weigh 42 pounds (56 lbs for a bushel of barley).

A **hogshead** is a unit of ***liquid volume***, and in period was usually equal to 1 ½ **barrels**. Now, just to make things difficult, the volume of a Medieval barrel depended on what was inside it. A barrel of ale held 32 gallons, and a barrel of beer held 36 gallons. Thus one hogshead of beer held 54 gallons, while a hogshead of ale only held 48 gallons. Finally, a British Imperial gallon is equal to 1.2 U.S. gallons. (Thirsty yet?)

Now apply these conversions to the recipies, and normalize for a 5 gallon batch of beer, and you get:

	Arnold	Scot	Harrison
Malt	6½ lbs	8¾ lbs	8¾ lbs
Wheat	1¾ lbs		¾ lb
Oats	1¾ lbs		¾lb
Hops	1¼ oz	1 oz	1½ oz

(until it cracks), and stainless is best, since it is non-reactive.

Primary — A container in which to begin fermentation. A seven gallon food container (with lid) works well. You need something that will hold 5 gallons of beer, and 2 gallons of foam (produced during the initial fermentation.

Secondary — A container that will hold five gallons of beer, and support a fermentation air lock. Glass carboys can be acquired in the desired size (5-6 gallons), and can be easily fitted with a bubble lock.

Fermentation Lock — A small device that seals a secondary fermenter, and protects its contents from the environment, while allowing carbon dioxide (produced during fermentation) to escape.

Siphon — A plastic hose used to transfer the beer between containers while minimizing exposure of the beer to the air. Optional attachments include a stand-off, which isolates the end of the siphon from the trub (sludge that settles out of the beer during fermentation) at the bottom of the fermenter, and a bottling wand, that aids in filling bottles uniformly.

Thermometer — Used to measure the temperature of the beer during brewing.

Hydrometer — Used to measure the gravity of the beer during brewing.

Strainer — Not essential, but useful when filtering out hops and crushed grains.

Bottles — Almost any bottle that will accept a crown cap. Twist-off bottles are not acceptable. A five gallon batch of beer will fill 2 ¼ cases of 12 oz bottles.

Capper — A device for securing crown caps on bottles.

RECIPES

And you, masser Brewer...in your conscience how many barrels draw you out of a quarter of malt?

Robert Green, 1592

To be able to re-create a Medieval beer, you have to be able to interpret the surviving Medieval records and recipes. On the surface, this is harder than it

Later that year, Yngvar & Hodierna, second Prince & Princess of Ælthelmearc, signed the Charter of the Brewers' Guild of Ælthelmearc.

After publishing three issues of *Scum*, Lord Daniel and Lady Mathilde passed *Scum*, and the Ælthelmearc Brewers' Guild, unto **Lord Corwin of Darkwater**, *Per pale sable and Or, in fess two gouttes, on a base wavy, two barrulets wavy, all counterchanged.* This, in the reign of Balfar & Luna (AS XXVI), with Lucan & Jana bearing the Coronets of Ælthelmearc. As second Guildmaster of the Ælthelmearc Brewers' Guild, Lord Corwin has thus far brought forth unto the Known World eight issues of *Scum*.

At that same time, Lord Robin established the Wardens of the East Kingdom Brewers' Guild, the Regional Deputies, being:

- Lord Malagrog Badgeron Veasslurd (Northern Region)
- Lord Aquel of the Darkstedd Wood, *Per bend sinister gules and sable, the trunk and three branches of a blasted oak tree all couped counterchanged and fimbriated argent, overall a bend sinister argent* (Central Region)
- Lord Corwin of Darkwater (Ælthelmearc)
- Lord Owen the Blind (Southwestern Region)
- Lord Sean de Landros (Southern Region)

While Ruslan & Margaret watched over the East (AS XXVII), and Bear I & Akiley held Ælthelmearc, Lord Daniel succeeded Lord Robin as Guildmaster of the East Kingdom Brewers' Guild. Later, in the winter of the reign of Tsurunaga & Genevieve (AS XXVIII), with Judith & Bear II bearing the Coronets of Ælthelmearc, *Scum* became the official newsletter of the East Kingdom Brewers' Guild as well as the Ælthelmearc Brewers' Guild, still with Lord Corwin as Chronicler, as well as Ælthelmearc Guildmaster.

DOCUMENTATION FOR BREWERS AND VINTNERS

Sir Roger de Bayeux

In the current middle ages there is a question often asked but seldom answered to anyone's satisfaction. That question is: "What is good documentation?" The Calontir Brewers and Vintners Guild recently voted to require documentation on all entries for guild advancement. As guild director, I will attempt to guide the members of the guild by explaining what I think proper documentation should be. I set out to write a step-by-step formula for documenting wines and beers, but had to give that up when I realized I was writing an article the size of the Domesday Book. So I decided to discuss the philosophy behind documentation rather than write a cookbook for documenting wines and beers. While I will be using brewing and vintning as examples, I hope this, article will be of use to other craftspeople in documenting their projects.

When writing documentation you should keep firmly in mind the purpose behind what you are doing. Remember that your reason for documenting your work is to let other people know what you have done and how you have done it. When you are preparing documentation for competitions remember also that your work will be judged on Quality, Process, and Authenticity. Your documentation should allow a fellow artisan to duplicate your work, or a judge to make good evaluation of your work.

QUALITY

Quality is not something you can document, however, wines and beers are very subtly flavored, being comprised of a blend of ingredients, each of which can alter the taste of the end product. In order to properly judge the quality of your work, a judge will need to know what your product is. If you have made a cherry melomel, say so. Be specific and define your terms. Next, give your recipe, list your ingredients and how they were prepared. For example: a honey from an apiary which caters solely to apple orchards will have quite a different flavor than a honey made from clover flowers and will therefore alter the final flavor of the wine. The age of your product can also influence its taste. You should give the date you started your product, the date of racking, and of bottling. Knowing the type of your product, a judge can compare it against an ideal of what that product should taste like. Any variations in flavor can be explained by the age, ingredients, or brewing processes.

PROCESS

Which brings us to a discussion of Process. The process of brewing and vintning consists of the steps taken from raw ingredients to finished product. Since the judges are knowledgeable in the science of brewing and vintning, their main interest will be in how far down in the process you started, any variations you made in standard brewing techniques and why you made them. Did you use a kit, start completely from scratch or something in between? If, for example, you grew and dried your own hops in addition to growing and malting your own grains, the judges will definitely want to know. You will note that most of this information will already be contained in the section dealing with Quality (ingredients). The only other thing left to discuss are the variations in standard techniques you may have made.

AUTHENTICITY

I've left the most difficult part of documentation for last. While the guild will accept non-period products for ranking your should keep two things mind. The first is, the goal of the Society , which is to recreate, as closely possible, life in the Middle Ages. I strongly urge every Guild member to strive for this goal. The second is, if you make a non-period product you should know why it is not period. This could be through the use of ingredients, processes or knowledge which was not available to the period brewer/vintner.

Hops are rated for bitterness in AAU's, Alpha Acid Units. Modern hops can fall in the range of 7-12 AAU's per ounce, while Noble hops are typically rated at 4-6 AAU's. A little bit of simple math allows one to simulate a Medieval hop, having an estimated 4 AAU's of bitterness.

YEAST

...for the time ye or your wife exercise common brewing ye shall graunt and delyver to any person axing berme called goddisgoode...

city of Norwich, 1468

A Medieval brewer maintained a supply of yeast from one brewing to the next. If you delayed too long between brewings, you had to borrow a cup of yeast from a neighbor brewer, who was sworn to sell you some at a fair price. If that failed, you had to rely upon wild yeasts in the air, and if God was good, you made beer.

Modern brewing yeasts are either top fermenting or bottom fermenting. Both types are period, but top fermenting ale yeasts are much easier to deal with, especially for a novice brewer.

EQUIPMENT

2 leaden vessles
1 leaden cistern
1 leaden tap trough
1 old chest
1 mash vat
1 fining vat
1 trestle for barrels
3 sets hand mills
1 piece of lead
1 tun
1 half tun
1 ale vat
5 Keme lymes
1 clensing buche
1 ale giste

inventory of Laurence de Long's brewery, 1335

Even a small Medieval brewery had a significant inventory. Although you need not invest a year's income to establish a home brewery, there are some pieces of equipment that are essential:

Copper — A brewing pot, called a copper, where the beer ingredients are boiled. A five gallon pot is about right. Aluminum is inexpensive, enamel is better

water had a significant effect on what kind of beer was brewed where. Many of the present-day beer styles exist because local brewers adapted their brews to work with the available water supply.

Unless you have access to a well, you have to deal with modern water supplies. Water should be boiled, to remove chlorine and possible bacterial contaminants. Beyond that, the hardness and acidity can be modified with additives, if desired, to simulate the water used in a particular style.

MALT

The grain was steeped and germinated, by which its spirits were excited and set free;

the Geoponius, 5th century

It all boils down to the malt, doesn't it? (ouch, bad pun. I owe you a farthing). Malt supplies the basic flavor of the beer, and the sugar to ferment into alcohol. Early man learned that you could come home from a hard day of Mammoth hunting, eat some soggy grain (that your wife had gathered), and feel good! Thus civilization was born.

Seriously, the practice of sprouting grains (to allow enzymes to convert starch to sugar, and grain to malt), and then fermenting the malted grain to make beer (or ale), was well known in the Middle Ages.

Medieval brewers used malted barley, wheat, oats, rye, spelt, even peas. Despite this diversity, they lacked the wide range of specialty malts we enjoy today: Pale malt, Crystal malt, Chocolate malt, Black Patent malt, Roasted barley. They simply hadn't been invented yet.

Medieval malt can be simulated with light malt, blended with some amber and dark malts.

HOPS

The continuance of the drink is always determined after the quality of the hops, so that being well hopped it lasts longer.

William Harrison, 1577

Hops are the dried flowers of the hop vine, a distant relative of the stinging nettle (and cannabis). The flowers produce a bitter resin which gives beer its characteristic aroma and bitter taste. Hops also inhibit the spoilage of beer - a fact not lost upon Medieval beer brewers.

All of the hop varieties available today are out of period, with the newer varieties having been bred for maximum bitterness. The older, so called "Noble hops", are less bitter, more aromatic, and a much better approximation of a Medieval hop. Noble hops include Fuggles and Goldings (English), Hallertaur and Saaz (European).

Authenticity of Process

What is the major difference between period brewing processes and modern processes? I maintain that the only real difference is in technology. Whether you are a vintner in 1066 or a vintner in the modern middle ages you still would add yeast to some form of flavored sugar/water mixture and let it ferment to obtain your wine or beer. A more thorough understanding of the chemical and biological factors involved in the transformation of sugar into alcohol allow a modern brewer/vintner to pamper their yeast by adding chemicals to the must. This allows a modern brewer/vintner to do by the cookbook and modern test equipment what his period counterpart would do by experience and tasting.

In order to bring your brewing/vintning processes more closely into line with the medieval, you need to strip away as much as possible these modern techniques. Each brewer/vintner must make the decision for themselves just how much modern technology they will abandon. I certainly don't advocate going to the extent of abandoning modern sterilization techniques or modern weights and measures. No one likes bad beer or wine and everyone would like to repeat their successes. If you use modern techniques you should note these on your documentation to help the judges decide how period your brewing/vintning is.

Authenticity of Product

The other side of authenticity is the product itself. Unfortunately, there are no drinkable examples of surviving period wines and beers in existence. It is impossible to compare your product directly with it's period predecessor. There are, however, several sources of period recipes available. These will give you an idea of what types of products were made and what kinds of ingredients were used during the Middle Ages. To fully utilize the information contained in these period sourcebooks, a firm grounding in modern brewing techniques is necessary. If you have any experience with period recipe books you will realize how difficult it can be to translate the quantities given into usable and repeatable measures. A word of caution is necessary at this point. Carefully review the ingredients with a competent herbalist or pharmacist. Some of them are likely to be toxic. As respectable brewers and vintners none of us want to unintentionally poison the people drinking our wares. I suggest that a modern knowledge of toxicity not be abandoned in favor of period practices.

In order to make a product as period as possible, you need three things: a period recipe, period ingredients, and period brewing/vintning techniques Your documentation for authenticity should list the source of your ingredients, any modern ingredients used, and any variations (modern techniques) in period techniques you may have used. Some of this information will already have been provided in previous sections of your documentation and does not need to be repeated again.

In summary, remember that you are not writing a research paper (save those for Guild Meetings), keep your documentation to a typewritten page or two at the most. As an example I have attached, by his permission, a copy of some

documentation done by Graf Syr Shadan, and a list of references he has found useful. Both Syr Shadan and myself have written documentation for our wines and beers and would be happy to answer any further questions you might have.

Yours for better wine and beer in Calontir,

Sir Roger de Bayeux, Guild Director

MASTER WEBBES MEATH

Graf Syr Shadan

DOCUMENTATION:

This is truly a metheglyn, or a spiced mead. The recipe is adapted from ***The Closet of Sir Kenelme Digby Opened***, pp. 14-15, a book published In 1669 by the son of Sir Kenelme. Though this text is somewhat past the period covered by the SCA, it does provide excellent insight into what period brewing practices must have been like. The recipe for making Master Webbes mead intrigued me from the very start. I spent some time figuring out proportions and measurements; and then attempted this potable, using my previous experience as a brewer/vintner to fill in the gaps, and to make substitutions for some of the ingredients that Digby cites.

I used only those modern techniques that help to insure a good product through proper sanitation. Otherwise, period brewing practices were followed. The honey was obtained locally. The spices were purchased from a mundane merchant. The potable was very slightly sugared at bottling. bottling was done using a direct-plunge wooden corker, a period tool. The notable exceptions to period practices were:

The use of plastic fermentation vessels.
The use of fermentation locks.
The use of campden tablets as a sterile wash.

THE RECIPE AND PROCEDURE:

12 pounds of Appleblossom honey.
5 gallons of water.
½ ounce of Cascade hops.
4 sticks of cinnamon
Ale yeast.
and 2 teaspoons of each of the following:
fresh ground ginger
dried spearmint
dried marjoram
dried rosemary leaves.

Boil the honey for one hour, removing the scum and foam that develops. Seep the spices in a quart of boiling water for a few minutes. Put hops into a cheesecloth bag. Pour all ingredients into a primary fermentor, and allow to cool

to about 80 degrees (barely lukewarm). Add yeast and cover with a sheet. Stir the must every 12 hours until primary fermentation is finished (five or six days). Rack into secondary fermentor, attach fermentation lock. Rack In three weeks. Rack again in three months. Allow to age in bottle or vat until another six to nine months pass, to get the full mellow flavor.

This batch was first put down on December 7, AS XX.

REFERENCES

Ale and Hearty, **Alan Wykes**, Jupiter Books London

The Art of Making Wine, **Stanley Anderson with Raymond Hull**, Hawthorn Books, New York

The Closet of Sir Kenelm Digby Opened, **Ann McDonald**, Warner, England. Originally published in 1669.

The Compleat Anachronist Handbook of Brewing, **Lady Arwen Evain fert rhys ap Gwynedd**, SCA, Inc., Milpatas

Inns, Ales, and Drinking Customs of Old England, **Frederick Hackwood**, Bracken Books, London

Making Mead, **B. Acton and P. Duncan**, Amateur Winemakers, England

A NEW ART OF BREWING BEER

Lord Corwin of Darkwater

INGREDIENTS

Beer is made of malte, hoppes, and water;

Andrew Boorde, 1542

Some put a little leaven into it...

Jacob Theodor von Bergzabern, 1588

Water, malt, hops and yeast are the four essential ingredients in beer, each having its own unique contributions to the resulting drink.

WATER

The first and foremost material for brewing is water that one can drink, wet and cold...

Heinrich Knaust, 1575

Then, as now, the quality of the water supply was paramount. Not only was a lack of organic contaminants desirable, but the hardness and acidity of the local

SCUM

NEWSLETTER OF THE BREWERS GUILDS OF ÆTHELMEARC AND THE EAST

NUMBER 13 SPRING, AS XXIX

SCUM

Newsletter of the Brewers Guilds of Æthelmearc and the East
c/o Douglas Brainard, 45 Southwind Way, Rochester, NY 14624

THEIR ROYAL MAJESTIES

Lucan & Jana

THEIR SYLVAN HIGHNESSES

Morguhn & Meirwen

GUILDMASTER OF THE
ANCIENT AND VENERABLE ORDER OF
BREWERS, VINTNERS, AND MEADMAKERS
OF THE EAST KINGDOM

Lord Daniel del Cavallo

Daniel Bronson
5393 Golly Road
Rome, NY 13440
(315) 337-2373

GUILDMASTER OF THE
BREWERS GUILD
OF ÆTHELMEARC

Lord Corwin of Darkwater

Douglas Brainard
45 Southwind Way
Rochester, NY 14624
(716) 594-4811

PERIOD REFERENCES

Thomas Cogan, *The Haven of Health,* 1594

Sir Kenelme Digby, *The closet of the eminently learned Sir Kenelme Digbie kt. opened: whereby is discovered several ways for making of metheglyn, sider, cherry-wine, &c.,* London: 1669

Thomas Hyll, *A Profitable Instruction of the Perfite Ordering of Bees, With the Marvellous Nature, Propertie, and Governments of Them,* London: 1597

Char Butler Magd, *The Feminine Monarchie, or A Treatise Concerning Bees, And the Dye Ordering of Them,* Oxford: 1609

Gervase Markham, *The English Hus-wife,* London: 1615

Hugh Plat, *The Jewel House of Art and Nature,* 1653

Hugh Plat, *Delights for Ladies,* 1609

MODERN REFERENCES

Handbook of Brewing, #5 of the *Compleat Anachronist,*
Alcoholic Drinks of the Middle Ages, #60 of the *Compleat Anachronist,*
Society for Creative Anachronism, Milpitas, CA, 1983

Bryan Acton and **Peter Duncan,** *Making Mead,* Andover: Amateur Winemakers, 1983

H. S. Corran, *A History of Brewing,* London: David & Charles, 1975

Dr. John Harrison, *Old British Beers and How to Make Them,* London: 1976

Hugh Johnson, *Vintage, the Story of Wine,* New York: Simon & Schuster, 1989).

Clive La Pensée, *The Historical Companion to House-Brewing,* Beverley: Montag Publications, 1990

Oscar A. Mendelsohn, *The Dictionary of Drink and Drinking,* New York: Hawthorn Books, Inc., 1965

H. A. Monckton, *A History of English Ale and Beer,* London: The Bodley Head, 1966

Dave Miller, *The Complete Handbook of Brewing,* A Garden Way Publishing Book, 1991

Roger A. Morse, *Making Mead (Honey Wine),* Ithaca: Wicwas Press, 1980

Charlie Papazian, *The Complete Joy of Home Brewing,* New York: Avon Books, 1984

Ken Shales, *Advanced Home Brewing,* Andover: Amateur Winemaker, 1971

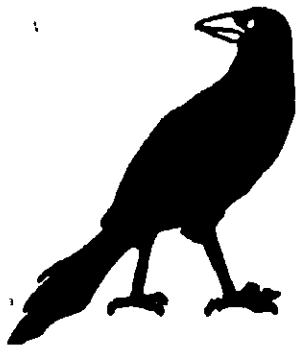
André L. Simon, *How to Make Wines and Cordials - From Old English Recipe Books,* New York: Dover Publications, Inc., 1972

Hilary Spurling, *Elinor Fettiplace's Reciept Book,* London: The Salamander Press, 1986

BOB'S BALLAD:

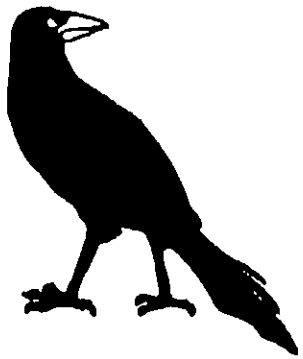
Willa of Westminister

Thought and Memory take wing.
I'll see you in the spring!
But here I am and here I'll stay.
And drink the Ails, the Ales away!



Thought and Memory take flight.
But I'll stay here tonight!
And drink and sing of drink so fine.
Of love and life and women fine!

Thought and Memory give chase.
This simply ain't the place.
For learning or philosophy...
I'd rather laugh with thee.



Thought and Memory are near.
They are a pair so queer.
They fuss so much...it hurts me here [head].
I think I need another beer!

Thought and Memory at bay.
They wait until the day.
There they talk of battles lost.
While here I lay, my breakfast tossed!

Thought and Memory delay.
A while with me I pray...
And tell to me, while you do stay.
What did I do, what did I say?

Thought and Memory I plead.
Appealing to your greed.
Please tell to me on oath or creed,
Did I with her...the dirty deed?

Thought and Memory, lead on!
It's time that we were gone,
Before she wakes and sees my face.
I must be found...some other place.

Thought and Memory and Bob.
The three of us hobnob.
At least for now, my head is clear,
But won't you join me for a beer?

CONTENTS

This is Scum, a publication of the Brewers Guilds of the Kingdom of the East and the Principality of Æthelmearc, of the Society for Creative Anachronism, Inc. Scum is available from Lord Corwin of Darkwater (c/o Douglas Brainard, 45 Southwind Way, Rochester, NY 14624). Scum is not a corporate publication of the Society for Creative Anachronism, Inc. and does not delineate the policies of the Society for Creative Anachronism, Inc. Subscriptions are $4.00 for four issues, published quarterly (more or less). Back issues are available at $1.00 per issue. Please make checks payable to "Douglas Brainard"

FROM THE GUILDMASTER

Greetings unto the Brewers, Vinters and Imbibers of the Known World, from Lord Corwin of Darkwater, Guildmaster of the Brewers Guild of the Principality of Æthelmearc. Welcome to the biggest Scum ever.

GODISGOODE

My boundless thanks go out to Jurgis Magnus, Lady Katarina Vignéra de Salerni, Lady Kathira um Rashid, Lord Ivan Kalinin & Lady Valentina Andreyevna Sokolova Krasnaya, Prince Morguhn Sheridan & Princess Meirwen uerch Owein, Lord Richard the Poor of Ely, and Willa of Westminister, who made Scum what it is today. Vivant to you all.

Lord Corwin of Darkwater, Brewershalle

Scriba fermentatoris, Fermentator scribael

> LES TROIS PLUS GRANDS PLAISIRS DE LA VIE SONT UN VERRE DE VIN AVANT ET UN VERRE DE VIN APRES.
>
> MAURICE CHEVALIER

AN AMATEURS APPROACH TO HIPPOCRAS

Jurgis Magnus

In the past, you may have read my tomes on swords, axes, and war hammers. This time, dear gentles, we will deal with a far gentler and pleasurable means for the hammering of the human brain, the carefully cultured product of the grape.

The approach presented herein may not (or possibly may) meet with the approval of the Vintners and Brewers Guild, but it works. It is entirely the product of personal experimentation by this writer which has resulted in numerous favorable comments from fellow feasters who have sampled its results. The reactions met in this entirely nonscientific test marketing suggest that it be shared with the known world.

Virtually all formulas and approaches to the blending of hippocras this writer has seen have dealt with the cooking of the ingredients. That is where the proposal herein departs radically from tradition. The problem is, when you cook wine, you end up with grape juice. Proceed as directed herein, and you will enjoy the fully fermented fruits of the vine as God meant them to be.

STEP 1:

Do not ferment your own wine unless you are truly an expert and enjoy taking all that time and trouble. Remember, this is the amateur's approach to hippocras, and we amateurs like results the quickest and easiest way we can get them.

The wine mixture which constitutes the foundation for every recipe herein is as follows:

7. From this point on, treat the braggot as a sweet mead, with occasional rackings to remove sediment. Remember to agitate the braggot a day before each racking, to keep the yeast in suspension, yet allow the sediment to settle.
8. Bottle after six months, and let age another six, to allow the flavors to mellow.

COMMENTS

High gravity worts are difficult to ferment completely. The two stage fermentation used here (and described in the period references) helps. Plat also mentions that the wort may be too thick, and may need to be watered down with an unspecified quantity of additional ale, so you can adjust the strength of the braggot to suit your taste.

You can also experiment with adding small quantities of hops to the wort. Plat's recipe neither confirms nor denies the use of hops so, braggot or barleywine, the choice is yours. Enjoy!

REFERENCES

H. S. Corran, *A History of Brewing*, London: David & Charles, 1975

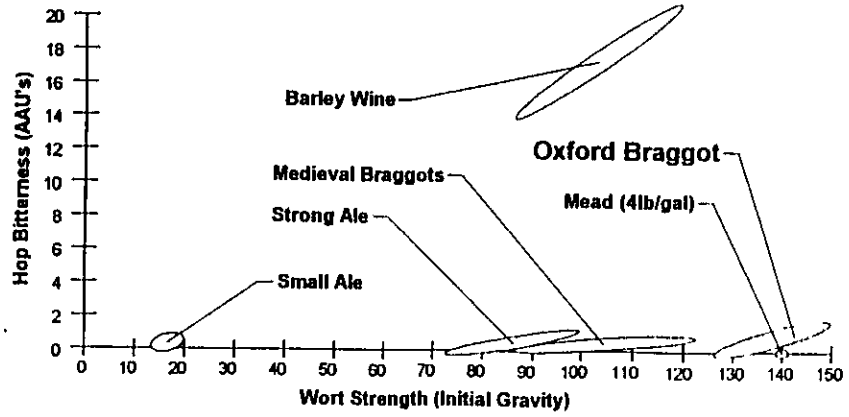
Sir Kenelme Digby, *The closet of the eminently learned Sir Kenelme Digbie kt. opened: whereby is discovered several ways for making of metheglyn, sider, cherry-wine, &c.*, London: 1669

Gervase Markham, *The English Hus-wife*, London: 1615

Dave Miller, *The Complete Handbook of Brewing*, A Garden Way Publishing Book, 1991

H. A. Monckton, *A History of English Ale and Beer*, London: The Bodley Head, 1966

Hugh Plat, *The Jewel House of Art and Nature*, 1653



things in perspective, the closest thing to a hopped braggot would have to be a modern barleywine.

THE RECIPE

2 lbs	light malt extract
1½ lbs	honey
1/64 oz	cinnamon
1/64 oz	ginger
1/64 oz	grains of paradise
1/64 oz	coriander
1/64 oz	cloves
1/64 oz	nutmeg
1/128 oz	long pepper (or short)
1/128 oz	cardamom
1/64 oz	liquorice
1 pkg	ale yeast
1 pkg	champagne yeast
	yeast nutrient

1. Bring the malt extract and one gallon of water to a boil. Keep at a boil for at least 15 minutes. You want to thoroughly dissolve the malt and sterilize the wort, but since there are no hops involved, a protracted boil is not necessary.
2. Cool the wort to 70°, and aerate vigorously. Transfer to a glass fermenter, and add water (if necessary) to bring the volume to just under one gallon. Add ale yeast and yeast nutrient. Place a fermentation lock on the fermenter, and wait.
3. After the ale has worked down to a normal gravity (below 1.030), siphon about two cups of the wort into a pot, and the rest of the wort into a clean glass fermenter.
4. Combine the honey with the wort in the pot, and bring almost to a boil. Now put the spices in an empty tea bag, tie the bag closed with a long piece of string, and add to the pot. Keep the spices whole, or in coarsely ground chunks.
5. Cool the honey to 70°, and add to the fermenter along with the champagne yeast. (Since this is a high gravity wort you need the champagne yeast to carry on after the ale yeast has sputtered out and died.)
6. Hang the bag of spices in the middle of the fermenter, and let work for a few months. (This is by no stretch of the imagination a 'quick mead'.)

1. Three parts commercially bottled red sangria.
2. One part commercial bottled burgundy.

The sangria provides a relatively low alcohol content, fundamentally grape but somewhat citrusy base for the entire brew, with some of its own spices already in place. It is, however, somewhat lacking in body. That's where the burgundy comes in. One part out of four adds enough body without making the mixture too heavy or blunting the hints of orange and spice already in the sangria.

In my neighborhood, there are readily available in a number of liquor stores the products of Carlo Rossi. Both Rossi's red sangria and burgundy have served excellently well for this writer, and they possess the two most important characteristics for any amateur vintner, reasonable quality and low price.

STEP 2:

Select recipes and buy spices.

For the recipes, read on, and do experiment with your own. As to the source of spices, use generic. In the same grocery store, within five feet of each other on the shelf, I have seen high priced, you might even say elitist "Spice Islands" product for five times or more the price of generic. For example. cardamom in powdered form will cost you about 75¢ in a generic form for 3/4 of an ounce. Spice Islands will sell it to you for over $4. Let's face it, God invented the recipe, the plants don't deviate from the genetically imprinted orders from on high, so the spice is not going to be five to ten times better out of a jar with a different label.

STEP 3:

Mix it up and wait.

Now on to the process. It's absurdly simple, which may offend some aficionados and dedicated hobbyists but delight us amateurs.

1. Mix the wines in the proper proportions. In order to make the spice recipes listed below work properly, make it three liters of sangria to one liter of burgundy. Since Carlo Rossi wines come in four liter bottles, this works out very well.
2. Drain one cup of wine mixture from each four liter jug. This is necessary to make room for the sugar and spices. It also leaves you a little extra wine base to experiment with.
3. Add the spices, using whatever recipes from the following list you choose, or inventing your own.
4. Add the prescribed amount of sugar.
5. Cap the bottle and shake vigorously for at least a minute, or until you can see that all of the sugar is dissolved and no longer settling to the bottom of the jug.

6. Set it aside in a cool, dark place for a couple of weeks, every other day or so peeking in to pick up the bottles and give them another good shake to keep the spices mixing and releasing their essences.
7. You may or may not chose to filter out the spices. When you pour it out, the spices have generally settled into a nice docile sludge at the bottom of the jug and rarely mix with the wine until you get down to about the last liter. Considering the size of the jug, you might do what I do, tap the four liter jugs for a liter at a time, carefully funneled into a smaller bottle for current use. This alleviates almost entirely the need for filtering the spices since you disturb the mixture by moving the big bottle so infrequently.

If you do decide to filter the spices out, use a nice clean piece of linen or cotton cloth. Do not attempt to use coffee filters. They are far too finely woven and clog up almost instantly from the finely ground spices. With coffee filters, you could spend as much time filtering the spice as it took God to grow the grapes.

The balance of this presentation is nothing more than a list of spice recipes which have proven pleasing to numerous palates. You can always try additional recipes of your own, and I hope you will share your successes with the rest of us. Spices for this purpose can be categorized into two fundamental groups; baking spices and cooking spices. Baking spices are those you generally want to deal with in blending hippocras You know, they're the ones your grandma always used in making cookies and such, cinnamon, cloves, nutmeg, etc. Cooking spices are those that generally go into sauces and stews, oregano, peppers, etc. In general, cooking spices make lousy hippocras, although one experiment in a definitely cooking class spice has produced what is, at least to me, a pleasing result, and that is the recipe using sweet basil (not just regular basil). One baking spice to watch out for is ginger. I tried a recipe using 3 teaspoons of ginger as the principal dominant spice and when my pulse stopped racing and my ears stopped ringing, I immediately diluted it by half again as much fluid. It is not for nothing that they call those cookies gingersnaps. Use it carefully and sparingly.

You will undoubtedly notice that in each of these recipes there is an extraordinarily large amount of one particular spice. This has resulted from experimentation with all kinds of blends, including "balanced" blendings of spices which have turned out drinkable, but disappointing. A good recipe needs a direction or a theme to lend it character.

At the same time, don't just dump a bundle of one spice into a bottle of wine. That will prove probably even more disappointing than an overzealous effort to blend balanced amounts. Each spice has its own distinct characteristics and creates its own interesting results in combination with others. For example, you will note that there is at least a small measure of cloves in most recipes. This is my spice of choice to add a little zip to the flavor. Many recipes from other sources call for the

With these figures, a reasonable approximation of this brew can be formulated. Two cups of honey (1½ lbs) and 2 lbs of light malt extract will make one gallon of Oxford braggot with a gravity of 1.142, which is close to our estimate.

SPICES

Scaling down the spices for a one gallon braggot is a problem in itself, but not insurmountable. You can use an inexpensive postal scale to measure out one ounce quantities of various spices. To scale down from a 63 imperial gallon batch, you can divide your 1 oz pile of spice in half, six times in succession, ending up with (count them) 64 piles of spice, each being $^1/_{64}$ of an ounce.

HOPS

Were hops used in Braggots? The evidence is inconclusive. Hops were certainly used in beer, and also found their way into late period ales and meads.

> *as for hops, although some use not to put in any, yet the best brewers thereof will allow to fourteen gallons of ale a good espen full of hops, and no more*[17]
>
> Gervase Markham, ***Brewing of Strong Ale***, 1615

> *The ale, that I used to drink constantly of, was made in these proportions. Take fourteen Gallons of Water, and half an Ounce of Hops; boil them near an hour together. Then pour it upon a peck of Malt.*[18]
>
> Sir Kenelm Digbie, ***Small Ale for the Stone***, 1669

> *Master Webbe, who maketh the Kings Meath, ordereth it thus. Take as much of Hyde-park water as will make a Hogshead of Meath: Boil in it about two Ounces of the best Hopp's for about half an hour. By that time, the water will have drawn out the strength of the Hopp's.*[19]
>
> Sir Kenelm Digbie, ***Mr. Webbes Meath***, 1669

So we know that ales and meads were lightly hopped, and that the hops were boiled long enough to extract the bitter alpha acids. The bitterness would tend to offset the sweetness of an ale or mead, and would do the same to a braggot. Thus, it is perfectly reasonable to assume that some braggots were made with hopped ales, and others were not. To put

[17] Markham, op.cit., p207. The 'espen full' could be a corrupted 'spoonful', or it could be yet another unknown unit of measure.

[18] Digbie, op.cit., p105.

[19] Ibid, p14.

Using the 'Northern measure', Markham's strong ale comes in at an impressive 1.100, the middle ale at 1.050, and the small ale at a modest 1.020. Note that the gravities of the middle and small ales are elevated because of the reduced volumes. If, instead, you assume the 'Southern measure', you get an unfermentable 1.200 specific gravity!

> *Five bushels of Malt will make two Hogsheads*[13]*. The first running makes one very good Hogshead, but not very strong; the second is very weak.*[14]
>
> Sir Kenelm Digbie, ***Mr. Webb's Ale and Bragot***, 1669

Finally, Webb's very good (but not very strong) ale works out at 1.073, while the very weak ale has a gravity of 1.018.

MEDIEVAL BRAGGOTS

> *As for Example to twenty Gallons of the Strong-wort, he puts eight or ten pound, (according as your taste liketh more or less honey) of honey;*[15]
>
> Sir Kenelm Digbie, ***Mr. Webb's Ale and Bragot***, 1669

A gallon of honey weighs 12 pounds, and has a specific gravity of 1.422. Using 1.073 as the gravity of Mr. Webb's Ale, you can calculate that the strength of his Bragot was about 1.085.

> *Take to X galons of ale iij potell of fyne wort, and iij quartis of hony, and put thereto canell oz: iiij, peper schort or long oz: iiij, galingale oz: j, and clowys oz: j, gingiver oz: ij.*[16]
>
> ***Medieval bragawd***, undated

Here, if you assume a gravity of 1.050 for the ten gallons of ale, 1.100 for the 1½ gallons of fine wort, and 1.422 for the ¾ gallon of honey, you get a braggot having a gravity of about 1.079. With other assumptions, you can have a gravity ranging from 1.073 to 1.120!

OXFORD BRAGGOT

Getting back to the Oxford, we find that it is composed of nine gallons of small alewort (at a gravity of 1.020), nine gallons of honey (at 1.422), and 54 gallons of strong ale (at 1.100). That gives us a gravity for this braggot of 1.149!! (Stronger than a 4 lb per gallon mead!) If, instead, you use Mr. Webb's ales (1.018 & 1.073), you still get an amazing 1.125. Clearly, the braggots of Oxford were nothing to be laughed at!

---

[13] An Ale hogshead contained 48 Imperial gallons.

[14] Sir Kenelme Digbie, ***The Closet...Opened...***, p107-108.

[15] Ibid, p108.

[16] H. A. Monckton, ***A History of English Ale and Beer***, p31.

use of peppercorns or pepper in some other form, but cloves add every bit as much snap without the acidic bite of pepper, and with a hint of the essence of baked ham and Christmas cookies in the bargain. That little extra snap is particularly important when you are dealing with the less aggressive and more velvety flavored spices such as nutmeg, cinnamon, and mace. And now for the recipes: (Note that all spices are in ground-up form unless specified as "whole".)

1	**3 t.**	**mace**	
	½ t.	**cloves**	
	1 t.	**cinnamon**	
	1 c.	**sugar**	
2	**3 t.**	**nutmeg**	
	½ t.	**cloves**	
	1 t.	**allspice**	
	1 c.	**sugar**	
3	**3 t.**	**cardamom**	
	½ t.	**cloves**	
	1 t.	**allspice**	
	1 c.	**sugar**	
4	**3 t.**	**cinnamon**	
	½ t.	**cloves**	
	1 t.	**allspice**	
	1 c.	**sugar**	
5	**3 t.**	**anise seed (whole)**	
	3 t.	**cinnamon**	
	1 t.	**allspice**	
	1 c.	**sugar**	
6	**3 t.**	**coriander**	
	1 t.	**cardamom**	
	1 t.	**cinnamon**	
	1 t.	**nutmeg**	
	1 t.	**cloves**	
	1 t.	**allspice**	
	1 c.	**sugar**	
7	**4 t.**	**sweet basil**	
	2 t.	**nutmeg**	
	1 t.	**allspice**	
	1 c.	**sugar**	
8[1]	**2 .8**	**premixed**	
	7	**packages of apple**	
	oz	**pie spice**	
	1 c.	**sugar**	

[1] The ultimate amateur's quick result recipe.

And now, dear friends, experiment and enjoy. At upcoming feasts, after I have exhausted my own wine skin sharing samples of my blendings with other interested palates, perhaps some of you will share tastes of your inventions with me.

> THE BREWERY IS THE BEST DRUGSTORE.
>
> GERMAN PROVERB

DANDELION ROSÉ

Lady Katarina Vignéra de Salerni

The making of wine was very widespread throughout the middle ages. Although grape wines were dominant in regions where grape vines flourished, in regions where grapes were not readily available one would find people making wine out of virtually anything. During the middle ages, wine was routinely produced in most households, as well as mead and beer. What was used in making the wine was determined in large part by what was available. Almost any fruit can be used for wine, although some fruits need a few additions to yield a balanced wine. Wines made from flowers were also quite common, especially those flowers which were already known to have (or thought to have) medicinal properties, and which were readily available in large quantities. Examples of these include lavender and dandelions. Dandelions were every bit as common in medieval Europe as they are today, but originally dandelion wine was used as a medicinal drink.[1] It was made by making a tincture of whole dandelions in hot water, and then adding a source of fermentable sugar such as honey or beet sugar, and allowing natural yeast from the air to ferment the sugar to alcohol. This would produce an extremely bitter wine which was not at all pleasant to drink, but did have certain medicinal qualities. (Among other effects, anything made from dandelion is a strong diuretic.) The bitterness comes from the green leaves and stems, as do most of its medicinal qualities.[2]

In order to make a dandelion wine which is palatable, it is very important to use only the yellow petals of fully opened dandelion blossoms. Any green matter which is allowed to enter the must will give the wine a bitter edge. It is also important to avoid any plants which have been sprayed with chemical fertilizers, herbicides, pesticides, or other chemicals. The recipe I started with in making this wine was found in the ***Winemaker's Recipe Handbook***,[3] but was modified in certain ways to suit both practical considerations, and creative license.

DANDELION WINE

7 cups	Dandelion petals
½ pint	White grape concentrate
1 gallon	Hot water
2 pounds	Sugar

[1] From a class on Herbalism taught by Lady Cynara Ailith (m.k.a. Cheryl Bohrer) at Northshield A&S, A S XXIII (1989).

[2] Herbalism class, op. cit.

[3] ***Winemakers Recipe Handbook***, Copyright 1976 by Raymond Massaccesi.

The problem lies in the nature of two of the prime ingredients, small ale and strong ale. An Oxford Braggot cannot be reproduced without knowing the strengths of the medieval ales used.

BREWING EFFICIENCY AND MEDIEVAL ALES

Efficiency has always been the concern of the brewer. Why make one hogshead of beer when you can get two for the price of one? A critical step in the brewing process is the extraction of sugar from the malt. With modern tools and techniques, brewers can extract more than 95% of the malt sugar.[9] Medieval methods could not have been more thorough, and in fact must have been much less, owing to the practice of drawing two or more batches of beer or ale from a single mash. Still, after centuries of trial-by-error, extraction rates would not have been too much less.

If you assume that Medieval brewers typically had a 75% extraction rate[10], then their first batch would contain ¾ of the malt sugar. A second batch would contain ¾ of the remainder (or 19% of the original malt sugar). A third batch, if drawn, would contain ¾ of the dregs (about 5% of the original malt sugar). Given these assumptions, how do Medieval Ales stack up?

> *Whereas you cannot make above 8-9 gallons of indifferent ale from 1 bushel of malt, you may draw 18-20 gallons of good beer.*[11]
>
> Reynold Scott, ***A Perfite Platform for a Hoppe Garden***, 1574.

A pound of malt in a gallon (US) of water has a theoretical extract of 1.035. Since a bushel weighs 336 pounds, Scotts 'indifferent ale' would weigh in at 1.082 if you assumed 75% extraction. The formula is:

$$\text{Specific Gravity} = 1 + \left[\frac{35 \times \text{Extraction Rate} \times \text{Malt Weight (pounds)}}{\text{Wort Volume (gallons)}}\right]$$

> *Now for the brewing of strong ale, because it is drink of no such long lasting as beer is, therefore you shall brew less quantity at a time thereof, as two bushels of northern measure (which is four bushels or half a quarter in the south) at a brewing, and not above, which will make fourteen gallons of the best ale. ... From this ale you may also draw half so much very good middle ale, and a third part very good small ale.*[12]
>
> Gervase Markham, ***Brewing of Strong Ale***, 1615

[9] Dave Miller, ***The Complete Handbook of Brewing***, p133.

[10] An educated guess on my part.

[11] H.S. Corran, ***A History of Brewing***, p57.

[12] Gervase Markham, ***The English Housewife***, p207-208.

well enter in at the round bung hole, and when your Hogshead is about three quarters full, put in this stick, being sawed crosse wise at the end about one cubit in length (the Vintners call it their parelling staffe) as the aptest tool for this pupose. Beat with the said staffee the new ale and the honey together a good pretty while, and when you have finished this agitation, fill up the vessel with the rest, and let it purge as before. If you find your muskadel too thick after it hath stood 2 or 3 moneths, you may take a cane or pipe, made of tin plates, that will reach into the midst of the hogshead or somewhat more, stop the end thereof, and make some holes in the sides, and with a funnel you may pour more new ale into the Cane, and so make it thinner. The cane is an apt instrument to convey any liquor or composition into a vessel of wine without troubling of the same, or turning up the lees, whereby you may draw the same fine presently.

75. How to clarifie Honey so that the taste thereof shall be much altered.

Put a gallon of water blood warm to a gallon of hony, put in your honey first, and with a stick take the depth thereof in the vessel wherein you boil it, and then put half an ounce of beaten cloves bound in a linnen cloth therein, and let them boil with the water and honey on a gentle fire till all the water be consumed, which you shall guesse as by this mark on the stick. Your hony must be pure and simple, not mingled with wort, flower, or other bad compsition, even as it is gathered upon the breaking up of the hives. It is a work of two or three hours, and the elder the honey is, the better it serveth for this purpose: you must remember to take away the skum as it riseth. Some boil this hony a little higher to a more consistency, and preserve fruit therewith instead of sugar. These two receips I had of an Oxford scholler, who assured me that he had often made proof thereof in the City of Oxford, and I know the man to be both of good conceit, and very carefull in the commendation of any secret to his friend otherwise then may well stand with his own credit.

Hugh Plat, ***The Jewel House of Art and Nature***, 1594

At first glance, a recreation of this recipe seems to be straightforward. All the ingredients are mentioned, as well as quantities and procedures.

3 teaspoons	**Acid blend**
¼ teaspoon	**Tannin**
½ teaspoon	**Energizer**
1 tablet	**Campden, crushed**
1 package	**Montrachet wine yeast**

1. **Wash and drain petals. Place in bag, tie top, and place in primary.**
2. **Pour hot water over petals, stir in sugar, and add in all other ingredients EXCEPT yeast. Cover primary.**
3. **After 24 hours, add yeast. Cover primary.**
4. **Stir daily, check specific gravity, and press pulp lightly to aid extraction.**
5. **When fermentation reaches 1.040 S.G. (3-5 days) strain pulp lightly from bag. Siphon off sediment into glass jug secondary. Attach airlock.**
6. **When fermentation is complete (S.G. has dropped to 1.000 - about 3 weeks) siphon wine off sediment into clean secondary. Reattach lock.**
7. **Siphon again in 2 months and again if necessary until clear before bottling.**

RECIPE DEVIATIONS

Because I was out of White Grape Concentrate, and did not have time to run to my wine-making supply store, I decided to be creative and substituted some red grape concentrated. This is why the wine came out as a rosé rather than the usual white wine which is generally made from dandelions. This certainly changed the character of the wine, for the better in my opinion. The flavor of the dandelion is not as strong in this wine, but is detectable to the discerning palate.

The recipe is listed for one gallon of wine. This I expanded to three gallons because this was as many dandelions as I had time to deal with.

The wine starts out dry, but develops a sweetness with age. I generally age most wines for approximately two years, depending on the variety. Be forewarned, the diuretic effects are diminished, but still present although the petals are the only part of the flower used.

BIBLIOGRAPHY

Anderson, Stanley F. and Raymund Hull, *The Art of Making Wine*, (New York, 1970)

Duncan, Peter and Brian Acton, *Progressive Winemaking*, (Great Britain, 1984).

Castelvetro, Giacomo, *The Fruit, Herbs and Vegetables of Italy*, Written in 1614, translated by Gillian Riley, 1989, (Viking Penguin, Inc., 1989).

Johnson, Hugh, ***Vintage, the Story of Wine***, Simon & Schuster, New York, 1989).

Lausanne, Edita, ed., ***The Great Book of Wine***, (Switzerland, 1970).

Lichine, Alexis, ***Alexis Lichine's Guide to the Wines and Vineyards of France***, Alfred A. Knopf, New York, 1989).

Sutcliffe, Serena, ed., ***The Art of the Winemaker***, (Philadelphia, 1981).

> He that buys land buys many stones,
> He that buys flesh buys many bones,
> He that buys eggs buys many shells,
> But he that buys good ale buys nothing else.
>
> English Proverb

Craft Project: Leather

Or, how to do easy leatherworking without spending a fortune at Tandy Leather!

Lady Kathira um Rashid

1) Background

Note: The resource used for this article focused on the Italian craft tradition, but the information is very general and can be applied to the use of leather throughout Europe during the medieval period. *(Kathira)*

The history of leather working is as old as the history of humanity itself. By Roman times, processing of leather was well developed. Turning a stiff hide into a supple, workable state is known as tanning. The Latin word *tanare* means "oak bark". The tanning process involves soaking hides in a solution of oak and bark.

Roman shields were made by shaping leather over wooden forms. The tents of their armies were often made of leather . At one time, the Romans even used leather pieces as money.

In ancient times leather was essential for shelter, clothing and for the basic strap. These strips of leather were needed for essential trappings, oxen harness, and reins and harnesses for horses. The strap held together possessions, and held armor in position. A faulty strap could be fatal if the armor slipped at a crucial moment in battle. Garments, cloaks, and head, hand and foot coverings were all made of leather from Roman times to the present.

> The church is near, but the road is icy;
> The pub is far away, but I will walk carefully.
>
> Russian Proverb

Oxford Braggot

Corwin of Darkwater

A braggot is a drink fermented from equal measures of malt and honey. Neither an ale nor a mead, braggots were popular in Britain through the 16th century. The following receipt for an Oxford Braggot is typical of the recipes that survive from that time.

> *74. The making of a Braggot, which is many times mistaken for a Muskadel by the simple sort of people.*
>
> *Put one part of smal Alewort that is bloud warm with one part of clarified hony according to the manner set down, num. 75, but put no Cloves therein in the clarifying. For the making of one Hogshead of this Braggot which is about 63 gallons, you must take nine gallons of this clarified honey, and 54 gallons of strong new ale: when your clarified honey hath stood one day, then mingle the same with your new ale in a Hogshead, first filling your Hogshead half full before you put in your honey, and then hang this aromatical composition in a long slender bag in the midst of the vessel, viz. of Cinamon 3 ounces, Ginger 3 ounces, Greins 3 ounces, Colianders one ounce, Cloves 1 ounce, Nutmegs 1 ounce, long Pepper half an ounce, Cardamomum one ounce and a half, Liquorice 1 ounce, then fill up the vessel almost full with the best of the new ale (yet some commend rather the putting in of the spices confusedly then in a bag) be sure to have 4 or 5 gallons or more of the same new ale to fill up the hogshead as it purges over continually. There is a lesser hole near the bung hole in beer Hogsheads, which must stand open whilest it purgeth, you must also be carefull in the beginning to give some little vent to the hogshead whilest it worketh: in three or four moneths it will be ready to drink. You must have a hazel stick of the bigness of a good cudgel, so great as may*

JOHN OF GOD (MARCH 8)

16th century Portuguese soldier of fortune. Considered the patron of alcoholics because a hospital for drunks in Dublin is named for him.

MARTIN OF TOURS (NOVEMBER 11)

Because he died (in the year 400) on the pagan feast of Vinalia, when new wine is tasted, he is considered the patron of new wine, as well as drunkards.

MATTHIAS (MAY 14)

Chosen to replace Judas as one of the Apostles, for unknown reasons he is the patron of drunkards.

MORAND (JUNE 3)

Once fasted through Lent eating nothing but a bunch of grapes. He is thus considered the patron of vintners in France and Germany.

TYCHON (JUNE 16)

Another patron of vintners, this 5th century Cyprian bishop nursed a discarded vine with prayer and got a miraculously early vintage. His feast day is celebrated on Cyprus with the ceremonial drinking of a vile beverage made from unripe grapes.

URBAN OF LANGRES (APRIL 1)

In the Burgundian town of Langres, near the Champagne district, vintners invoke the aid of this popular 4th century bishop for a good crop.

WENCESLAUS (SEPTEMBER 28)

The famous Good King, he once made his own sacramental wine.

WILLIBROD (NOVEMBER 7)

A 7th century English missionary to the Frisians. Said to have the ability to multiply wine.

REFERENCES

From Saints Preserve Us! by Sean Kelly & Rosemary Rogers, Random House, NY. Copyright 1993 by the authors.

LEATHER GUILDS

By the Middle Ages, skilled leather craftsmen belonged to guilds. the methods of tanning, shaping, and decorating leather all were carefully guarded secrets. much of the work was done for the Church.

By the 16th and 17th centuries, leather items, often with ornate designs, were made for nobles as well as the church. Gold tooling on leather was developed. Leather was used not only for practical purposes, saddles, harnesses, and cushions, but also for ornaments and furnishings, as well as book bindings. Desk tops and library tables of the Renaissance have leather inlaid tops. Boxes, jewel cases, door screens, even walls, were leather paneled. These panels were tooled, often with biblical or mythological scenes.

FOLK CRAFT

For the peasant, leather was a plentiful material that could be used in many ways, plain or decorated. Buckets were made of leather. Furniture that might have been crudely made of poor wood was covered with leather. Leather pouches and bags were used to carry and store belongings.

Since glass was a luxury, leather flasks for liquids were made by shaping lather over forms, then sewing the shapes together. Pitch or resin was added to make them waterproof.

LEATHER TECHNIQUES

The nobles had richly embossed leather flasks, sometimes with glass lining. This shaping and embossing was also used to make quivers and cases to hold various items. What was known as Venetian leather was not embossed; the surface was covered with gold leaf, then designs were incised. Color glazes were added in various parts of the design. Florentine leather was deeply embossed. Thick leather could be tooled, carved, incised, stamped, molded or painted.

2) A LEATHER COVERED BOTTLE

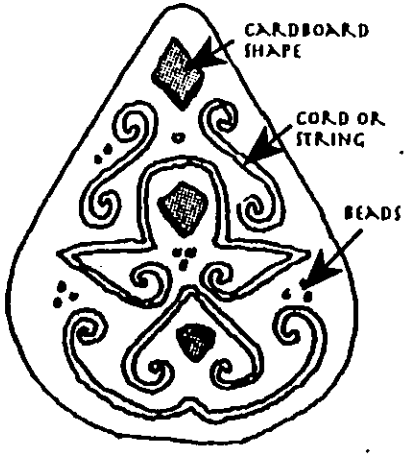
This is a project that can be done reasonably easily and cheaply, without resorting to expensive sources like Tandy Leather. Chamois skin, available in most hardware and variety stores, is real leather. It can be easily used to shape around forms. Although it cannot be tooled or embossed like heavy leather, you can create raised designs by the method described below.

MATERIALS:

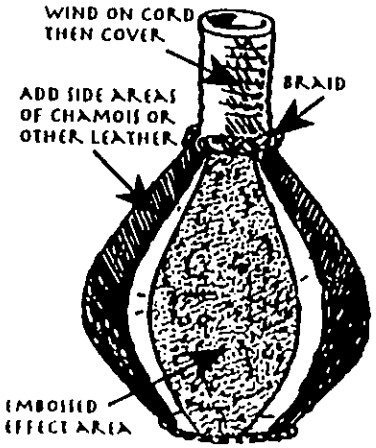
Chamois skin; smallish glass bottle (such as a salad dressing bottle); string; paper for patterns, wax paper, white glue, brown liquid shoe polish; paste wax (optional)

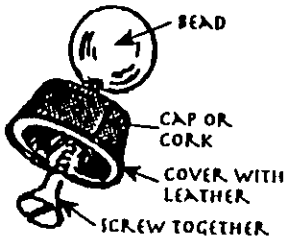
METHOD:

Plan a decorative area on the bottle or container and make a paper pattern. String will create the embossed design. Choose a sturdy string with a firm, hard twist. Cut string to appropriate lengths, for spirals, swirls, etc., whatever you have in mind for your design. Pieces of card and small beads can also add dimension. Dab glue onto the bottle and press the string on, shaping it as desired. Lay a piece of waxed paper over and press into the glue until it holds its shape, Repeat as needed, gluing on the shapes, one at a time.



Cut your pieces of chamois to cover the bottle. Apply the chamois wet. Soak it, then wring it out thoroughly. Add glue and lay on. Press down and work the chamois around the string patterns. Chamois is flexible; it stretches when wet, shrinks when dry. As the glue and chamois dry, continue pressing and shaping until the surface texture shows in every detail. Draw patterns for the remaining areas to be covered; cut and glue on chamois. Make braid trim with wet strips of chamois. Add glue to braid and glue around the edges where pieces meet. Work ends into each other and glue, making a neat joining. Be careful not to get glue on any leather surface that will show. For the neck of the bottle, wind on cord and then cover with chamois. For a top, cover the original top with leather, or screw on a large wooden bead or knob.





> USE A LITTLE WINE FOR THY STOMACH'S SAKE
>
> I TIMOTHY 5:23

FRIENDS OF ST PYR

Lord Richard the Poor of Ely

A collection of saints whose authenticity is somewhat better established than that of the good St. Pyr. Their feast days are in parentheses.

AMAND OF MAASTICHT (FEBRUARY 6)

A traveling bishop of the 7th century, he is the patron of beer and wine sellers.

ANSOVINUS (MARCH 13)

Italian bishop of the 9th century. While traveling to Rome, he and his companions stopped at an inn in Narni. The innkeeper served them a bottle of severely diluted wine, and refused to give them cups to drink from. Ansovinus instructed the lout to pour the wine into the hood of his robe, whereupon the water filtered out, restoring the wine to its original strength.

BIBIANA (DECEMBER 2)

A Spanish mispronunciation of her name turned St. Vivian (whose name means "full of life") into another saint (whose name means "full of drink") whom they commenced to implore for the cure of hangovers.

BONIFACE OF MAINZ (JUNE 5)

Brought the faith to pagan Germany in the 8th century and was made the patron of that country, as well as the patron of brewers.

GERTRUDE OF NIVELLES (MARCH 17)

A Belgian nun of the 7th century, she was widely known for her hospitality. Belgians refer to "one for the road" as "St. Gertrude's Cup".

LEMON-GINGER MEAD & PEPPER-CINNAMON MEAD

Prince Morguhn Sheridan & Princess Meirwen uerch Owein

We are using the same documentation for the two meads because they were made from clover honey from the same jars, boiled with water in the same pot, put up (February 6th), racked (May 16th), and bottled (September 2nd) the same days, aged on the same floor and in the same cellar. The only difference is that we used separate flavorings in the two jugs we siphoned the mixture into.

Mead recipes differ from time to time but the basics are the same. From 2½ to 5 pounds of honey to one gallon of clear water (we used 4 pounds to the gallon); a good wine yeast; yeast nutrient, and assorted spices to taste. Combine and boil the honey and water to cleanse the honey. A foam will rise upon a rolling boil which should be skimmed off. This process should continue for approximately ½ hour. Add the spices (e.g.. lemon, ginger, cloves, nutmeg, orange, cinnamon, whatever strikes your fancy). Morguhn's fancy inclined towards 2 tablespoons reconstituted lemon juice (yes, not period) and two 1 ¼ in. slices of ginger, preserved in dry sherry. Meirwen went for the "red hot" approach, aiming for a dryer, sharper flavor: 2 t tablespoons reconstituted lemon juice, four 2 inch cinnamon sticks, 2 white peppercorns (replaced at racking with 2 fresh white peppercorns). Let it boil for another ½ hour with the spices (we were now working with 2 pots instead of the one original), and then let it cool either in a water/ice bath or just let it sit covered. When the temperature falls below 90° Fahrenheit, add a wine yeast and nutrient (here, Epernay 2). Stir well and then bottle in a 1 gallon glass container with a fermentation lock. (Cleanliness is important to the process, but since soap is anathema we used a sulfite solution to clean the jugs, siphon tubes, and fermentation locks.)

We let the must sit for 3 months in a warmish corner of the living room (60-65°), where it was darkish (no direct sunlight). Then we racked it, siphoning the must into a new, clean bottle of glass, being careful to leave behind any sediment, then we topped off the "cleaned" must with the remainder of the original boiled honey water that we had frozen. At nine months we bottled it. We didn't test it for another 3 months (such restraint!). However, we did steadfastly sample the mead at each racking to check the progression.

For some reason, these two batches are very — fizzy, even explosive upon opening. Let the drinker beware.

When all glue is dry, add color. Chamois is usually too pale to look like old leather. Generously apply liquid brown shoe polish, making sure all crevices and braid are colored. Wipe off any excess on surface. If you want, wax entire unit when dry.

If you have access to scraps of leather, these can also be used to cover interesting shaped bottles or containers. Make up patterns, cut and wet leather and glue on. Craft stores or even your drawers at home are full of interesting things that can be used as decorative elements. Pieces from old jewelry or necklaces can be glued on for ornaments.

There are lots of uses for this technique and the bottles and other containers created. This would be a good way to cover plastic water or drink storage containers for use at Pennsic or other events. Just wipe clean carefully!

> OH MANY A PEER OF ENGLAND BREWS
> LIVELIER LIQUOR THAN THE MUSE,
> AND MALT DOES MORE THAN MILTON CAN
> TO JUSTIFY GOD'S WAYS TO MAN.
> ALE, MAN, ALE'S THE STUFF TO DRINK
> FOR FELLOWS WHOM IT HURTS TO THINK.
>
> ALFRED EDWARD HOUSMAN

MAY WINE

Lord Ivan Kalinin & Lady Valentina Andreyevna Sokolova Krasnaya

I know just what your thinking. "My word, it's...it's...GREEN!" I totally sympathize with your dilemma. I often had that same reaction right around midnight watching reruns of the *Creature from the Black Lagoon*. To reinforce this dread, as a child, my mother sometimes fed me lime Jello®. I was not especially fond of this practice. Of course, the fact that her particular recipe called for adding cottage cheese, onions and celery didn't help. I never was much for eating my vegetables, particularly when they were embedded in chartreuse gelatin.

If it is any consolation at all, trust me. I give you my word, I have never in my life killed anyone with a bottle of wine. A few people may have had their doubts when the hangover hit, but to date, everyone has managed to survive the ordeal. A few hardy souls even assured me it was worth it. Of course, they had their fingers crossed while they said it.

I can also offer some comfort in the fact the green food is period. Of course, even in modern times, food occasionally turns a particular lime

hue, but most of us have the common sense to throw it out. When I was in college, I remember excavating whole truckloads green pizza with emerald pepperoni from the refrigerator. At least, I think it was pizza. At that point, the whole question was rather moot.

I think this variety of May Wine promises to be a whole lot more appetizing. It's green on purpose.

PREPARATION:

The recipe comes from the *Compleat Anachronist* #5, one of the few sources for green wine recipes these days.

Essence:

500 parts woodruff[4], cut fine

1,000 parts 95% grain alcohol (190 proof)

Let steep for two weeks, then filter and extract all the moisture possible from the herb. Then add 1 part per thousand Tonka bean[5], chopped fine.

The wine:

60 ml. brandy

80 drops oil of unripe oranges[6]

48 oz. sugar[7], 180 ml. essence

white wine to make one gallon.

This recipe has the dubious distinction as being the only wine I have ever made requiring the use of an eye dropper. It also reads a lot like a chemistry lesson. I weighed the Woodruff on a gram scale, then measured out the alcohol by the drop. The Tonka bean was also weighed by the gram. Ultimately, I calculated I had about 50 ml. of essence.

This made slightly over 1 quart of May Wine. Yes, this means only about 1½ bottles of May wine exist. Please do not drink all that is in this bottle, for if it must go to Kingdom A & S, I must refill this bottle with what little wine I still have in my cellar.

I grew the woodruff in my garden under the restful shade of the lilac tree. The Tonka beans were another matter entirely. After shopping around several grocery stores and puzzling many attendants who assured me Tonka was truck, I sat down at the library to do some research. I eventually discovered Tonka (or, as it sometimes spelled,

[4] *The Compleat Anachronist* No. 16, *A Compleat Herbal*

[5] *The Wise Encyclopedia of Cookery*, 1953, Wm. H. Wise & Co., Inc., New York.

[6] *Encyclopædia Britannica*, 1944 ed., s.v. "Oranges" and "Lemons."

[7] Alys Katharine of Ashthorne Glen [pseud.], "On Powdered Sugar," *Tournaments Illuminated*, 91 (Summer 1989): 20-21.

Tonqua) was similar to the vanilla bean, except that it was somewhat heavier and coarser in flavor (whatever that means). Accordingly, I substituted naturally grown vanilla beans available at the local food cooperative.

The brandy and sugar were easy to find, and I substituted a handy bottle of Dandelion '92 for the white wine. The unripe oranges presented some difficulty. For some reason, most groceries have a prejudice against selling green oranges. Amazingly, they seem to have the idea people do not find green oranges appetizing. Since this is Wisconsin after all, and sanity prevents me from growing my own orange trees, I had to settle for adding Curaçao[8]. Curaçao is a cordial made specifically from bitter oranges.

I guess you could call all these substitutions "creative license". The rules do provide for some leeway in that respect. That's fine with me. Personally, I find I do some of my most creative work when I'm desperate.

For instance, when I added the Dandelion wine to the essence, about half of the Woodruff 'oil' came out of solution, and floated on the top. I think it also stuck out its tongue at me. I had to add more of the 95% grain alcohol to get it to dissolve. About once a week, I added twenty drops (1 ml.) of the grain alcohol to the top of the wine. By the end of the week, it had dissolved some of the 'oil', and taken it into the wine. I believe I treated the May wine for about five months (20 times or so, for an additional 5 teaspoons extra alcohol).

INGREDIENTS:

I can document these ingredients as period. Or rather, I can document the use of the ingredients as period. One can only stretch authenticity so far, after all.

Woodruff was often used as a medicinal in the Middle Ages. Some of items, such as oranges and vanilla were expensive and at times, uncommon. Sugar falls into this category, or at least, the white sugar we enjoy in modern times. In the Middle Ages, sugar was coarse, dark, and in general, even less wholesome than it is regarded today. Brandywine, according to folklore, was originally discovered by the alchemists employed in the court of Henry VIII. For that matter, Curaçao as a specific brandy is very late period. It were originally grown on that island by the Spaniards in about the 1550's. The oranges never did mature properly, and the only conceivable use of the crop was for vinting and distillation. Remember what Edison said about necessity being the mother of invention?

To summarize, this is the most unique wine I have ever made. In fact, next year, I may even branch out into other colors of the spectrum.

[8] Ibid.

SCUM

NEWSLETTER OF THE BREWERS GUILDS OF ÆTHELMEARC AND THE EAST

NUMBER 14 SUMMER, AS XXIX

SCUM

Newsletter of the Brewers Guilds of Æthelmearc and the East
c/o Douglas Brainard, 45 Southwind Way, Rochester, NY 14624

Their Royal Majesties

Lucan & Jana

Their Sylvan Highnesses

Morguhn & Meirwen

Guildmaster of the
Ancient and Venerable Order of
Brewers, Vintners, and Meadmakers
of the East Kingdom

Lord Daniel del Cavallo

Daniel Bronson
5393 Golly Road
Rome, NY 13440
(315) 337-2373

Guildmaster of the
Brewers Guild
of Æthelmearc

Lord Corwin of Darkwater

Douglas Brainard
45 Southwind Way
Rochester, NY 14624
(716) 594-4811

Period References

Thomas Cogan, *The Haven of Health*, 1594

Sir Kenelme Digby, *The closet of the eminently learned Sir Kenelme Digbie kt. opened: whereby is discovered several ways for making of metheglyn, sider, cherry-wine, &c.*, London: 1669

Thomas Hyll, *A Profitable Instruction of the Perfite Ordering of Bees, With the Marvellous Nature, Propertie, and Governments of Them*, London: 1597

Char Butler Magd, *The Feminine Monarchie, or A Treatise Concerning Bees, And the Dye Ordering of Them*, Oxford: 1609

Gervase Markham, *The English Hus-wife*, London: 1615

Hugh Plat, *The Jewel House of Art and Nature*, 1653

Hugh Plat, *Delights for Ladies*, 1609

Modern References

Handbook of Brewing, #5 of the *Compleat Anachronist*,
Alcoholic Drinks of the Middle Ages, #60 of the *Compleat Anachronist*,
Society for Creative Anachronism, Milpitas, CA, 1983

Bryan Acton and **Peter Duncan**, *Making Mead*, Andover: Amateur Winemakers, 1983

H. S. Corran, *A History of Brewing*, London: David & Charles, 1975

Dr. John Harrison, *Old British Beers and How to Make Them*, London: 1976

Hugh Johnson, *Vintage, the Story of Wine*, New York: Simon & Schuster, 1989).

Clive La Pensée, *The Historical Companion to House-Brewing*, Beverley: Montag Publications, 1990

Oscar A. Mendelsohn, *The Dictionary of Drink and Drinking*, New York: Hawthorn Books, Inc., 1965

H. A. Monckton, *A History of English Ale and Beer*, London: The Bodley Head, 1966

Dave Miller, *The Complete Handbook of Brewing*, A Garden Way Publishing Book, 1991

Roger A. Morse, *Making Mead (Honey Wine)*, Ithaca: Wicwas Press, 1980

Charlie Papazian, *The Complete Joy of Home Brewing*, New York: Avon Books, 1984

Ken Shales, *Advanced Home Brewing*, Andover: Amateur Winemaker, 1971

André L. Simon, *How to Make Wines and Cordials - From Old English Recipe Books*, New York: Dover Publications, Inc., 1972

Hilary Spurling, *Elinor Fettiplace's Reciept Book*, London: The Salamander Press, 1986

3. Heat the water and crystal malt to boiling. When the water starts to boil, remove from heat and strain the wort from the spent grain. Discard the grain (it makes great compost).
4. Dissolve the dry malt in the hot wort. Add ½ oz of the Fuggles (a noble English hop) and enough water to make 1 gallon, and heat to a rolling boil again. Boil for 30 minutes.
5. After 30 minutes, add another ½ oz of Fuggles. Continue to boil for another 30 minutes.
6. While waiting for the boil to complete, rehydrate a package of ale yeast with ½ cup of 70° water in a sterile, covered container.
7. When the hour is up, remove the pot from the stove and set it in a sink half-full with ice water. Stir occasionally, and change the water in the sink as needed to reduce the temperature of the wort to under 80°. Keep the pot covered to keep airborne yeasts out of the wort.
8. Using a sanitized siphon hose, transfer the wort out of the pot and into your primary fermenter. Add enough cold water to bring the total volume up to one gallon again (some was lost during the long boil). Stir and vigorously aerate the wort the wort thoroughly, and take temperature and gravity measurements. Temperature should be about 70°, and the gravity should be about 1.095.
9. Now you can add the yeast and some yeast nutrient. The yeast nutrient is needed to insure vigorous yeast growth in beers that are predominantly extract-based. Cover the primary.
10. After a week or so, when the fermentation has subsided a bit, siphon the beer into a secondary fermenter, and cover with an air lock.
11. When fermentation slows down, rehydrate a package of Champagne yeast with ½ cup of 70° water in a sterile, covered container. Rack the wort into a fresh secondary with the Champagne yeast.
12. In 6 weeks, fermentation should be completed. Boil 1 cup of water with $^{7}/_{8}$ cup of corn sugar. Add this priming sugar to the beer as you siphon the beer back into the primary fermenter. Don't forget to measure the final gravity. If the gravity is above 1.025, you aren't ready to bottle yet.
13. Clean your bottles thoroughly and then sterilize them, either chemically or with heat (boiling water or microwave) Use small Champagne bottles.
14. Bottle the beer, and label it (take pride in your work). Let it age in a cool place for a year before drinking.

Porthos: The picnic was delicious.
The Champagne was excellent.
Remind me to send the Cardinal a note.

CONTENTS

This is Scum, a publication of the Brewers Guilds of the Kingdom of the East and the Principality of Æthelmearc, of the Society for Creative Anachronism, Inc. Scum is available from Lord Corwin of Darkwater (c/o Douglas Brainard, 45 Southwind Way, Rochester, NY 14624). Scum is not a corporate publication of the Society for Creative Anachronism, Inc. and does not delineate the policies of the Society for Creative Anachronism, Inc. Subscriptions are $4.00 for four issues, published quarterly (more or less). Back issues are available at $1.00 per issue. Please make checks payable to "Douglas Brainard"

FROM THE GUILDMASTER

Greetings unto the Brewers, Vinters and Imbibers of the Known World, from Lord Corwin of Darkwater, Guildmaster of the Brewers Guild of the Principality of Æthelmearc. Welcome to Scum.

GODISGOODE

My boundless thanks go out to Tofi Kerthjalfadsson, Lady Katarina Vignéra de Salerni, Lord Ivan Kalinin & Lady Valentina Andreyevna Sokolova Krasnaya, who made Scum what it is today. Vivant to you all.

Lord Corwin of Darkwater

Scriba fermentatoris, Fermentator scribae

BEGINNING HOMEBREWING

Tofi Kerthjalfasson

PLUG

Much of this is based on ***The New Complete Joy of Homebrewing*** by Charlie Papazian. If you are going to do any amount of brewing, you really will want a copy of this book. It should be available at your local homebrewing shop, or in a good-sized bookstore.

EQUIPMENT

To start brewing, you will need at least:

- A large (2 - 3 gallon) pot, preferably stainless steel or enameled. Aluminum should be avoided because it can give the beer a metallic taste.
- A primary fermenter: a large (3 - 6 gallon) food-grade bucket with lid.
- A water lock and rubber stopper (if your primary has a hole for one).
- A large strainer.
- A siphon: a length of food-grade tubing.
- A bottle capper.
- New bottle caps!
- A bottle brush.
- Enough beer bottles. A case of 12 oz. bottles is usually a bit over 2 gallons. Returnable are usually best, though *some* others are acceptable, as long as they are thick enough and have non-threaded tops. These should be *clean*. If you get empty returnable from a bar or beer store, be careful about getting out *all* of the mold that is usually found at the bottoms of the bottles.
- A starting kit, usually a can of hopped malt extract, with a dried yeast packet under the plastic top.

In addition to these things, I've found the following useful to make my life easier and make better beer:

- A secondary fermenter: a large (3 - 5 gallon) glass bottle.
- A rubber stopper and water lock designed to fit the secondary.
- A hydrometer. This is used for measuring the specific gravity of the beer, so one can tell how far along the fermentation is, and what the percentage of alcohol is.

CLEANLINESS

Remember, you are trying to encourage only a particular type of microorganism (beer yeast) to live in your wort, not any others. So you

with the Tripel being lighter in color, stronger and sweeter than the Dubbel.

Scotch Ale - Strong Scotch ale is totally unlike its English counterpart. Scotch ale is malty and dark, and the hop components are subdued.

Barley Wine - A classic English style of strong ale, barley wines tend to be slightly darker, much stronger, and more bitter than an English ale.

Imperial Stout - Another classic English style, Imperial Stout is unlike any of the other heavyweights. Imperial stouts are dark and bitter, the stronger, the better.

TYGERS RELAXANT DOBLE-DOBLE

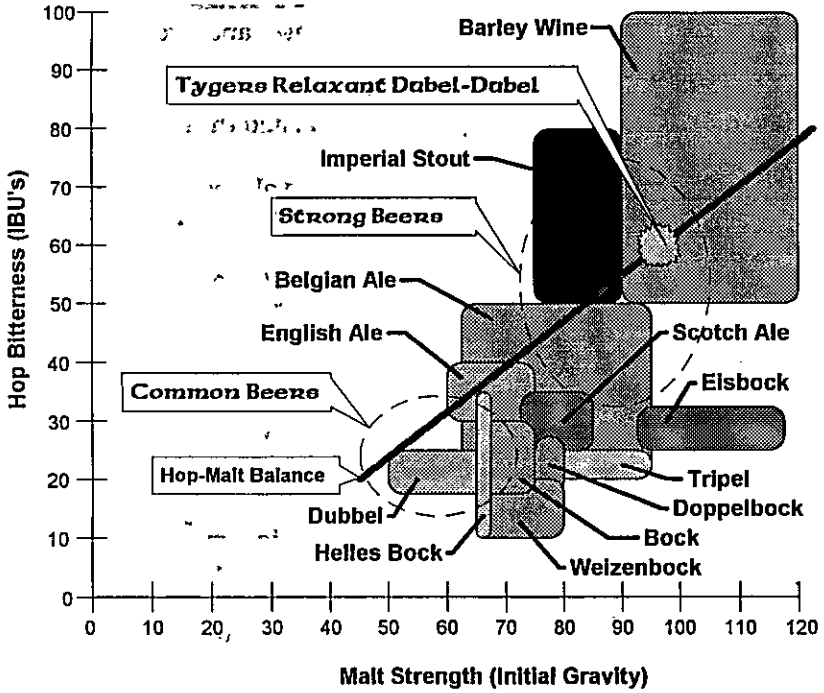
Tygers Relaxant Doble-Doble is a classic Barley Wine, according to the guidelines of the AHA:

	Barley Wine	Tygers Relaxant Doble-Doble
Color:	**14 - 22 srm**	**22**
Gravity:	**1.090 - 1.120**	**1.100**
Bitterness:	**50 - 99 IBU**	**66**

Tygers Relaxant Doble-Doble is also a reasonable approximation of an Elizabethan Doble-Doble Bere. The recipe is extract-based to avoid the difficulties in mashing and sparging high gravity worts. Enjoy it, but be patient - it takes a long time to age.

2 lbs	**Light dry malt extract**
¼ lb	**Crystal malt**
½ oz	**Fuggles hops (4.5% AAU, 60 minute boil)**
½ oz	**Fuggles hops (4.5% AAU, 30 minute boil)**
	Yeast nutrient for 1 gallon
1 pkg	**Ale yeast**
1 pkg	**Champagne yeast**
1 gal	**Water**

1. Crush the Crystal malt. You can use a grain mill (if you have one), or a coffee grinder (set on coarse grind). You can even use a rolling pin. Try to crack all of the grains, without turning the grains and husks to powder.
2. Place the crushed crystal malt in a pot with 1 gallon of cold water.



The chart above shows how the following beer styles relate to each other, while contrasting them with Common[21] and Strong beer styles of the Middle Ages. The diagonal line across the chart marks the boundary at which malt sweetness is more or less balanced by hop bitterness.

Bock - Modern Bocks range in strength from weak and light (***Helles Bock***) to strong and dark (***Eisbock***). All tend to have a malty sweetness that overshadows the bitterness of the hops. ***Weissbock*** is the sweetest of the bocks, although the wheat component promotes a slight sourness that balances the malty taste. ***Doppelbock*** is stronger than ***Bock*** (by German law), and darker as well.

English Ale - Strong English ale is characterized by a high hop rate which makes for a more bitter beer than the German bocks. These ales often have a nutty, grainy flavor (contributed by the malts used) and a fruity flavor (created by the ale yeast).

Belgian Ale - Strong Belgian ale is less tightly defined than English ale, though it tends to be as light as the lightest bocks, and generally less sweet. ***Dubbel*** and ***Tripel*** are Trappist styles of beer,

[21] ***A New Art of Brewing Beer***, SCUM #12.

will want to get rid of any that happen to be on your stuff, and not allow any others to get in.

So you will want to clean all of your equipment thoroughly, and sterilize the fermenter, water lock, and everything else that will touch the wort after it is done boiling. This is particularly true of bottles.

To sterilize things, you can either mix a bit (1 Tbsp) of household bleach in a gallon of water, or use powdered Sodium Metabisulfite (1 Tbsp) instead of the bleach. Clean and rinse everything, then pour some of the solution in each piece and slosh it around. Finally pour it out and rinse again with fresh tap water (assuming that your tap water is adequately chlorinated).

I greatly prefer the bisulfite, since it doesn't mess up my hands, and won't hurt if there is a very small amount of it left after sterilizing and rinsing.

BOILING THE WORT

So you have all of your equipment, and you have cleaned and sterilized your fermenter. I am assuming for this that you are making a 3 gallon batch (since that's about how much 1 can of malt makes).

Start by boiling 2 gallons of tap water. When this has started to boil, pour about 1 gallon into the fermenter, and put the other gallon aside in some other pot or pots.

Now bring another gallon of water up to a boil in your large pot. When it is up to temperature, open the can of malt and pour it in. Make sure to scrape out the malt that sticks to the can (pouring some of the hot water and stirring it around also helps to get that last bit out). While stirring, bring this back up to a boil, carefully. Be careful about watching this. It's sticky, and tends to boil out of the pot if the heat is too high, resulting in a sticky mess all over the stove.

Once it is boiling, take a Pyrex measuring cup or something and take off about a cup of wort. Put this in a clean, sterilized glass, cover it (say with a damp paper towel) and set it aside.

If you have extra hops or hop pellets, stir in some of them, and watch them boil (still stirring) for 10 - 20 minutes. Then stir in the rest, and turn off the heat. If you are not adding hops, just turn the heat off. You now have a wort of unfermented beer.

Check that glass of wort you took earlier. When it is cool (no more than body temperature), open the packet of yeast, pour it into the glass, stir, and cover again. Be careful to make sure it is cool enough, otherwise you will kill the yeast.

Now strain your wort into the fermenter (if there is anything to strain). Then pour enough of the extra boiled water through the stuff you strained out to get it clean and bring the volume in the fermenter up to 3 gallons.

Cover your fermenter and go away for a while to let it cool down. When it is down to body temperature, you can pour in your glass of wort and yeast, which should nicely smell like yeast by now. Be careful to make sure it is cool enough, otherwise you will kill the yeast.

Put the lid on the fermenter, put on the water lock if you need one, and move it to a relatively cool place where it can sit for a few days or weeks. Put water in the water lock.

WAITING FOR IT TO FINISH

Check on your beer every couple of days. If you have a water lock, watch for it to stop bubbling. When it is done working, the yeast will settle out to the bottom of the fermenter. When you think it is done, wait a couple more days just to be sure.

If you have a secondary fermenter, siphon the wort into the secondary (leaving the scum on the bottom of the primary behind) when it is just staring to clear, or at least has dropped a lot of yeast and junk to the bottom, but is still bubbling a bit.

SIPHON, SUGAR, AND BOTTLE

Clean and sterilize your bottles. Remember that you want the bottles to be really clean. Also clean and sterilize enough caps. Make sure you have a few extra caps, in case you mess up some.

Boil a cup of water. Add into this $^1/_3$ to $^1/_2$ Cup of either corn sugar, honey, or dried malt extract. Don't use white sugar, it will make the beer taste funny.

Now you want to combine the beer with a bit more sugar and get it into the bottles. There are two ways of doing this.

The first way is to pour 1 tsp. of the sugar water into each bottle, and then siphon the beer in. This works, but is kind of a pain, since you have to keep one end of the siphon in the fermenter above all the gunk at the bottom, and the other end in a beer bottle, and avoid over filling each of the bottles.

The second way, which I prefer, is to put all of the sugar water into a large container (my primary bucket), then siphon all of the beer into that, and finally siphon this into the bottles. This makes siphoning off the good beer and leaving the gunk behind much easier.

Whichever way you are doing it, fill each bottle so there is about 2 inches of clear space from the beer to the top. Be careful about not overfilling the bottles. If there is not enough space for the gas, your bottles can explode.

Now cap your bottles. I prefer either a wing or stand-capper. The hammer-capper is a classic, but a good way to shatter bottles.

Put the cases of capped beer in a cool place. Ignore them for a while.

Estimates (London, 1784), where he measures the gravity of several contemporary beers. At that time, Strong Ales had a gravity of 1.110, Common Ales were 1.075, and Table Beers were a paltry 1.040.[17]

Before that, Richard Bradley, in ***A Guide to Gentlemen Farmers and Housekeepers for Brewing the Finest Malt Liquors...*** (Dublin, 1727), described strong March and October beers which we can estimate to have had gravities in the range 1.080 - 1.100.[18]

During the reign of Elizabeth I, brewers tried to minimize their taxes and maximize their profits by brewing stronger and stronger beers. The gravities of these beers would also have been in the area of 1.100.[19]

> *a kynde of very strong bere calling the same doble-doble-bere, which they do commenly utter and sell at a very grate and excessive pryce*[20]
>
> Elizabeth I, 1559

STRONG BEER IN THE CURRENT MIDDLE AGES

Strong beers today come in all colors and styles. The American Homebrewers Association (AHA) has categorized these styles in terms of Color, Original Gravity, and Bitterness, for the purpose of judging in competitions. The table below lists those styles having significant starting gravities.

AHA Style	Color (srm)	Gravity	IBU
BARLEY WINE	14 - 22	1.090 - 1.120	50 - 99
IMPERIAL STOUT	20 - 99	1.075 - 1.090	50 - 80
BELGIAN STRONG ALE	3.5 - 20	1.063 - 1.095	20 - 50
STRONG SCOTCH ALE	10 - 47	1.072 - 1.085	25 - 35
ENGLISH STRONG ALE	10 - 16	1.060 - 1.075	30 - 40
TRIPEL	3.5 - 5.5	1.070 - 1.095	20 - 25
DUBBEL	10 - 14	1.050 - 1.070	18 - 25
EISBOCK	18 - 50	1.092 - 1.116	26 - 33
DOPPELBOCK	12 - 30	1.074 - 1.080	17 - 27
WEIZENBOCK	7 - 30	1.066 - 1.080	10 - 20
TRADITIONAL BOCK	20 - 30	1.066 - 1.074	20 - 30
HELLES BOCK	4.5 - 6	1.066 - 1.068	20 - 35

[17] H. S. Corran, ***A History of Brewing***, London: David & Charles, 1975, p. 140.

[18] Ibid, p. 97.

[19] Ibid, p. 95.

[20] Monckton, op. cit., p. 107.

A KYNDE OF VERY STRONG BERE

Lord Corwin of Darkwater

Sometime between a novice brewer's first and second batch, a thought enters his (or her) mind:

That first batch was good! I'll put twice as much stuff in the next batch, and it will be twice as good!!

Yes, the old ***more is better*** concept. The inevitable result is a syrupy, undrinkable disaster. Alas, the innate brewing skills that bring forth an excellent first beer tend to fail miserably when faced with the challenge of a high gravity barley wine or imperial stout.

Now, admit it. Wasn't your second batch a stout? Hmmm? Mine was, and as fortune would have it, it was drinkable. It was also far from the strongest beer I've ever brewed (which, incidentally was ***das Knusslig Hamn Diet Bier*** — but that's another recipe).

Of every quarter of grayne that any beare bruer shall brewe of doble beare, he shall drawe fowre barrels and one fyrkyn of goode holesome drynke for mannes bodye[14]

London Common Council, 1552

Brewers throughout history have tried to brew strong drink, for various reasons, and with mixed success.

It is as strong as wine, and will burn like Sach.[15]

House of Commons, 1680

German monks devised Doppelbock, to serve as food as well as drink during Lent and Trappist monks gave us Dubbel and Tripel. Meanwhile, English monks were busy brewing strong ale. Obviously, the common theme here is that monks had fun!

Two of these chariots were laden solely with iron-bound barrels of ale, decocted from choice fat grain, as a gift for the French who wondered at such an invention - a drink most wholesome, clear of all dregs, rivaling wine in colour, and surpassing it in savour.[16]

William Fitzstephen, 1158

The earliest documentation of the strength of historical beers occurs in J. Richardson's ***Theoretic Hints on Brewing*** (London, 1777) and ***Statical***

[14]H. A. Monckton, *A History of English Ale and Beer*, London: The Bodley Head, 1966, p. 106.

[15]Ibid, p. 123.

[16]Ibid, p. 40.

HAVE PATIENCE

Now you are probably itching to have a bottle of your new beer. Don't rush it. It will take about a week for the yeast to eat the priming sugar, and then another month for it to settle out. I usually wait at least two months for a batch to age properly, but I don't like 'green' beer much.

If it tastes kind of yeasty, it's not done yet. Ignore it for another month.

When it is ready, enjoy. It's traditional to have a homebrew when making homebrew, so it's about time to start another batch.

HINTS AND IMPROVEMENTS

- Don't try to rush the fermentation. It's better for the beer to work slowly, so don't set the fermenter beside a heater.
- Just because you can brew beer with 10% alcohol doesn't mean you *should*.
- Rather than using a hopped kit, I like to use unhopped malt extract and fresh hops. I usually use two cans of extract (or 1 can and 1 3-lb bag of dried extract) for a batch, but I tend to like heavier beers.
- Using a secondary seems to help a lot. Unfortunately, secondaries can be pretty expensive.
- I bottle with dried malt extract, or save back some of the wort (about two bottles of it, after it's mixed, *before* the yeast has been pitched), and add this as bottle priming.

Porthos: Champagne?
Athos: We're in the middle of a chase, Porthos!
Porthos: You're right...something red.

BRAIKFASTE FOR MY LORDE AND LADY

Lord Corwin of Darkwater

Records from the Northumberland Household Book (circa 1512) state that breakfast for the Percy family included bread, butter and beer.

Item, half a loif of household brede, a manchet, a potel of bere, a dysch of butter, a pece of saltfish and a dysch of sproits or iij whyte herrynge.[1]

Unable to convince my household that we should re-create the original menu, I suggested this blatantly creative anachronism as an alternative. Try it with honey and cinnamon, and a side of baconn'd herryng.

[1] H. A. Monckton, *A History of English Ale and Beer*, London: The Bodley Head, 1966, p. 84.

BEER PANCAKES

2 cups	**flour**
½ tsp	**baking powder**
½ tsp	**baking soda**
1 tsp	**salt**
2 Tbsp	**dry malt extract**
2 cups	**beer (bland, boring light beer is best)**
	juice of 1 lemon
8 oz	**butter**

1. Thoroughly mix dry ingrediants in a bowl.
2. Melt the butter and combine with the beer and lemon juice.
3. Mix wet and dry ingredients together.
4. Pour batter onto a hot, greased griddle.
5. If you can't take it from here, you need professional help.

Porthos: *For a chase, the Cardinal reccommends his excellent '24 Cabernet.*

GAMAY (IN THE STYLE OF THE BEAUJOLAIS)

Lady Katarina Vignéra de Salerni

The history of wine began centuries before the time period of the S.C.A. There is evidence of wine production in ancient Egypt centuries before the birth of Christ. Wine was so important to Greek and Roman societies that they each had a god dedicated to Wine. (Dionysus in the case of the Greeks, and Bacchus for the Romans.)[2] Throughout its history, the primary source of wine has been grapes, particularly the strains in the "vitis vinifera" family, which originated in the Middle East.[3] These grapes are unique in that they are the only fruit which naturally posses the proper acid and sugar content to yield a good balanced wine without the addition of other ingredients.[4]

This wine is made in the style of the Beaujolais, a small region of France at the southernmost tip of the area known as Burgundy. It is not known

[2] ***The Art of Making Wine***, Stanley F. Anderson & Raymond Hull (New York, 1970), p. 1.

[3] ***The Art of the Wine Maker***, Serena Sutcliffe, ed., (Philadelphia, 1981), p. 12.

[4] ***The Art of Making Wine***, op cit., p. 4.

city water we have, since it can be tasted in our wines. However, the well water was drawn with an electric pump a feat not likely in period.

Sugar: We used store-bought, purified, white, cane sugar, imported from Hawaii. Except for the "Hawaii" part, this kind of sugar was period.[12] Of course, the fact that it was on sale at the time, didn't hurt either.

Yeast(s): Yeast is not mentioned as a separate entity until Louis Pasteur discovered it in 1857. We have discovered the best tasting wines are produced by using two different strains of yeast during fermentation. A bread yeast to start during the primary fermentation; wait until the must starts to make the room smell "bitter"; strain into a secondary; add a true wine yeast (preferably a Sherry yeast); fit airlock; rack every two months; and wait.

Cleanliness: We have used modern sterilizing techniques on all of our equipment, bottles, and even on the fruits we harvested. We have had bad luck in the past with both wild yeasts, and 'flowers of wine' infections. We soak all harvested fruits in sterilizing solution for 24 hours before vinting.

Incidentals: We introduce yeasts in the primary fermentation floating on toast, only because my Lord's Grandfather started his wines that way. This probably adds some nutrients for the yeast to start on, though this is not proven. We use oranges and lemons, in a ratio of 2 to 1, plus the pulp and grated rind to add acidity and micronutrients for the yeast to grow. Both oranges and lemons are period.[13]

THE MARRIAGE

Both wines were started within days of one another, in mid-September. Both were poured into secondaries by September 22. The mint wine had quieted by early October, but the mead was dangerously active for several weeks, and kept foaming out of the secondary, and moving toward the kitchen, presumably in search of a midnight snack.

By mid-November, all was quiet. We received our 'new' wine cask on November 15, and after thorough cleaning, racked both wines into it on the 20th. It was bottled directly from the cask yesterday.

To sum up, the wine speaks (tastes) for itself. We think that this marriage of brews is a very fortuitous one, and we hope that our friends bring us more wine casks just as we are ready to rack some other wines.

[12] Alys Katharine of Ashthorne Glen [pseud.], "On Powdered Sugar," ***Tournaments Illuminated***, 91 (Summer 1989): 2021.

[13] The University of Chicago, ***Encyclopædia Britannica***, Encyclopædia Britannica, Inc., Chicago, London, Toronto, ©1944. Vol. 16, p. 835-838 [Oranges]; vol. 13, p. 907-908 [Lemons].

Thus started our odyssey into herbalism.

We got parsley. As it sprouted aphids and curled into a withered heap of brown leaves, we mourned its passing.

We got leeks. As the last stalk fell over in limp defeat, we mourned its passing.

Then we got mint. The plant that would not die.

We celebrated the fact that it had somehow managed to survive our well-intended ministrations throughout the Winter while the other plants had expired. We planted it in the garden, then forgot about it.

The mint however, forgot nothing. It spread throughout our garden until all the other plants retreated in its advance. Even the weeds seemed to shrivel before its presence. And as I write this missive, it is planning the infiltration and eventual conquest of the back lawn.

That is not to say it is all bad. Cats loved it. They smelt it. They even rolled in it. The neighborhood dogs quickly followed suit. Chipmunks, also were drawn to it, like lemmings to a sea.

It was this fortunate observation that caused us to be blinded by a radiant flash of genius. What if, we thought with mischievous glee, a plant that is so irresistible to Arts & Sciences judges as well?

And so, the mint is being put to good use. On the other hand, finding a recipe for mint wine is similar to Indiana Jones finding the Lost Ark.. Well, maybe not quite that bad, but close. The recipe comes from a book printed in 1895[11]

Mint leaves	**Sugar**
Water	**Yeast**

Over 1 gallon of freshly picked mint leaves, pressed lightly but not packed, pour 5 gallons of cold water. Add 15 pounds of sugar (to make sweeter, use 20 lbs.) and start fermentation with yeast. Let stand in a covered crock, set in a warm place for 10 or 12 days, stirring every day. Strain off, turn into a cask and water-seal. It should be fine and ready for bottling at the end of 4 months.

We made a couple of changes to the recipe. We used 3 gallons harvested mint leaves (I said it had taken over the garden!). We added 12 oranges and 6 lemons, juice, pulp, and grated rind for acidity and nutrient, and 2 tablespoons of Cream of Tartar. We introduced the yeast by floating it on a piece of burnt toast.

PERIOD USE OF INGREDIENTS

Water: Trust us on this, water is period. However, we used well water from my parent's house, instead of the chlorinated

[11] ***Lee's Priceless Recipes***, Dr. N.T. Oliver compiler, (Laird & Lee, Chicago, 1895), p. 163.

precisely when wine began to be produced in this area. We do know that the Romans found vines when they conquered Burgundy, and that they played a large role in the establishment of vineyards throughout that region.[5] Throughout the Middle Ages, most of the vineyards of Burgundy and the Beaujolais were held by various religious orders. Led by Bernard of Clairvaux, in 1112, the Cistercians began a reform that spread throughout France, improving the quality of the vines though improved agriculture and hard work.[6]

The Beaujolais region is known for its light, fruity red wines, made predominantly from a variety of the Gamay grape which thrives in the granite soil of the area.[7] The Gamay has had mixed reviews over history, however. In some soils, this vine can produce a very harsh wine. Philip the Bold, Duke of Burgundy was so displeased that he banned the "disloyal Gaamez" in 1395.[8] The style of wine produced in this region has changed significantly since that time period. Earlier, it was far more common to blend white grapes with red to produce wines with a pinkish color which was then the fashion at Court.[9]

I wanted to make a light, fruity, yet dry wine, similar in style to those of Beaujolais. Due to the difficulty of obtaining wine grapes in this region, however, I chose to use a grape concentrate. It is a blend various grape varieties, but its predominant component is Gamay. All of the grapes used in making the concentrate were grown in California. Following is the method I used in making this wine.

58 oz. can	**Sun-Cal™ Beaujolais concentrate (Niagara Vine Products)**
2½ lb.	**Sugar**
Additive packet:	**Acid Blend**
	Energizer
	Grape Tannin
5	**Campden, crushed**
1 pkg.	**Montrachet wine yeast**
4 gal.	**Spring Water**

[5] ***Alexis Lichine's Guide to the Wines & Vineyards of France***, (New York, 1989), p.121.

[6] Ibid., p. 121-122.

[7] ***The Great Book of Wine***, by Edita Lausanne, (New York, 1970), p. 45.

[8] ***Alexis Lichine's Guide to the Wines and Vinyards of France***, op. cit., p. 122.

[9] Ibid.

1. Place grape concentrate in clean primary fermenter, bring to 4 gallons with spring water.
2. Add the sugar, the contents of the additive packet, and Campden tablets. (Everything EXCEPT yeast!) Stir to dissolve. Bring to 5 gallons with spring water. Cover primary.
3. After 24 hours, add yeast. Cover primary.
4. Check specific gravity daily.
5. When ferment reaches 1.030 S.G. (5 days) strain pulp lightly from bag. Siphon wine off sediment into glass jug secondary. Attach airlock
6. When ferment is complete (S.G. has dropped to 1.000 – about 3 weeks) siphon off sediment into clean secondary. Reattach lock.
7. Siphon again in 2 months and again if necessary until clear before bottling.

The resulting wine should be aged for at least 1- 1½ years to be most palatable. It should not be aged more than 3 years.

BIBLIOGRAPHY

Anderson, Stanley F. and Raymond Hull, ***The Art of Making Wine***, (New York, 1970).

Duncan, Peter and Bryan Acton, ***Progressive Winemaking***, (Great Britain, 1984).

Castelvetro, Giacomo, ***The Fruit, Herbs and Vegetables of Italy***, Written in 1614, translated by Gillian Riley, 1989. (Viking Penguin, Inc., 1989).

Lausanne, Edita, ed., ***The Great Book of Wine***, Switzerland, 1970).

Lichine, Alexis, ***Alexis Lichine's Guide to the Wines and Vineyards of France***, (Alfred A. Knopf, New York, 1989).

Sutcliffe, Serena, ed., ***The Art of the Winemaker***, (Philadelphia, 1981).

Porthos: *You can't have any, you're too young.*

MINT MEAD

Lord Ivan Kalinin &
Lady Valentina Andreyevna Sokolova Krasnaya

This wine, strictly speaking, is not 100% mead, nor 100% mint wine, but a marriage of the two. We had intended to make two different wines for Arts & Sciences - a mint wine using all homegrown ingredients, and a long mead. However, fate intervened in the form of two friends who bought a rather large oak cask for our winemaking endeavors.

We knew we had to fill the cask with some form of liquid to keep it watertight, and decided to age some wine in it. Unfortunately, it turned out to be a 13 gallon cask, and we didn't have 13 gallons of any one kind of wine. Thus was born our mint mead as we married the long mead (6 gallons) with the mint wine (5 gallons).

LONG MEAD

The mead recipe we started with was for only one gallon of mead. We adapted it (as described later) to make 6 gallons; and to make it in a period fashion. The recipe started as:[10]

3¼	**lb.**	**Honey**
7	**pt.**	**Water**
3	**tsp.**	**Malic acid**
1½	**tsp.**	**Tartaric acid**
¼	**tsp.**	**Tannin**
¾	**tsp.**	**Energizer**
1	**pkg.**	**Sauternes yeast**

Dissolve honey in water at scalding temperature. Add all ingredients except for yeast. Add 2 Campden tablets and strain into covered crock. After 24 hours add yeast. After 4 days, rack into secondary, continue until ferment has quieted. Bottle and allow to age a minimum of one year.

We made many changes to the recipe. First off, we used 20 pounds of honey and 5 gallons of water. We substituted 12 oranges and 6 lemons – juice, pulp, and grated peel for the Malic acid and Energizer. Also, practical experience has shown us that a special yeast is not necessary for good fermentation in meads, so we used Red Star bread yeast. Fourth, instead of Tartaric acid (not period) we used Cream of Tartar.

The fermentation was so vigorous, we had to beat the must back into the jug with a stick. Twice. We then used some of the fermenting mead as a starter culture for a couple other stuck wines that are also in competition today.

MINT WINE

It all started out very innocently. My Lady was talking over the farspeaker with a friend of ours.

> "I have a bunch of extra plants in my herb garden," she said, "would you like some?"

[10]Raymond Massaccesi, ***Winemaker's Recipe Handbook***, (n.p., ©1978), p. 21.

SCUM

NEWSLETTER OF THE BREWERS GUILDS OF ÆTHELMEARC AND THE EAST

NUMBER 15 AUTUMN, AS XXIX

SCUM

Newsletter of the Brewers Guilds of Æthelmearc and the East
c/o Douglas Brainard, 45 Southwind Way, Rochester, NY 14624

THEIR ROYAL MAJESTIES

Gregor & Christence

THEIR SYLVAN HIGHNESSES

Robin & Isabeau

GUILDMASTER OF THE
ANCIENT AND VENERABLE ORDER OF
BREWERS, VINTNERS, AND MEADMAKERS
OF THE EAST KINGDOM

Lord Daniel del Cavallo

Daniel Bronson
5393 Golly Road
Rome, NY 13440
(315) 337-2373

GUILDMASTER OF THE
BREWERS GUILD
OF ÆTHELMEARC

Lord Corwin of Darkwater

Douglas Brainard
45 Southwind Way
Rochester, NY 14624
(716) 594-4811

PERIOD REFERENCES

Thomas Cogan, *The Haven of Health*, 1594

Sir Kenelme Digby, *The closet of the eminently learned Sir Kenelme Digbie kt. opened: whereby is discovered several ways for making of metheglyn, sider, cherry-wine, &c.*, London: 1669

Thomas Hyll, *A Profitable Instruction of the Perfite Ordering of Bees, With the Marvellous Nature, Propertie, and Governments of Them*, London: 1597

Char Butler Magd, *The Feminine Monarchie, or A Treatise Concerning Bees, And the Dye Ordering of Them*, Oxford: 1609

Gervase Markham, *The English Hus-wife*, London: 1615

Hugh Plat, *The Jewel House of Art and Nature*, 1653

Hugh Plat, *Delights for Ladies*, 1609

MODERN REFERENCES

Handbook of Brewing, #5 of the *Compleat Anachronist*,
Alcoholic Drinks of the Middle Ages, #60 of the *Compleat Anachronist*,
Society for Creative Anachronism, Milpitas, CA, 1983

Bryan Acton and **Peter Duncan**, *Making Mead*, Andover: Amateur Winemakers, 1983

H. S. Corran, *A History of Brewing*, London: David & Charles, 1975

Dr. John Harrison, *Old British Beers and How to Make Them*, London: 1976

Hugh Johnson, *Vintage, the Story of Wine*, New York: Simon & Schuster, 1989).

Clive La Pensée, *The Historical Companion to House-Brewing*, Beverley: Montag Publications, 1990

Oscar A. Mendelsohn, *The Dictionary of Drink and Drinking*, New York: Hawthorn Books, Inc., 1965

H. A. Monckton, *A History of English Ale and Beer*, London: The Bodley Head, 1966

Dave Miller, *The Complete Handbook of Brewing*, A Garden Way Publishing Book, 1991

Roger A. Morse, *Making Mead (Honey Wine)*, Ithaca: Wicwas Press, 1980

Charlie Papazian, *The Complete Joy of Home Brewing*, New York: Avon Books, 1984

Ken Shales, *Advanced Home Brewing*, Andover: Amateur Winemaker, 1971

André L. Simon, *How to Make Wines and Cordials - From Old English Recipe Books*, New York: Dover Publications, Inc., 1972

Hilary Spurling, *Elinor Fettiplace's Reciept Book*, London: The Salamander Press, 1986

EARLY SCOTTISH ALE

William Shakespeare

Thrice the brinded cat hath mewed.

Thrice and once the hedge-pig whined.

Harpier cries. 'Tis time, 'tis time.

Round about the caldron go:
In the poisoned entrails throw.
Toad, that under cold stone
Days and nights has thirty-one
Swelt'red venom sleeping got,
Boil thou first i' th' charmed Pot.

Double, double, toil and trouble;
Fire burn and caldron bubble.

Fillet of a fenny snake,
In the caldron boil and bake;
Eye of newt and toe of frog,
Wool of bat and tongue of dog,
Adder's fork and blindworm's sting,
Lizard's leg and howlet's wing.
For a charm of pow'rful trouble,
Like a hell-broth, boil and bubble.

Double, double, toil and trouble;
Fire burn and caldron bubble.

Scale of dragon, tooth of wolf,
Witch's mummy, maw and gulf,
Of the ravined salt-sea shark,
Root of hemlock digged i' the dark,
Liver of blaspheming Jew,
Gall of goat, and slips of yew
Slivered in the moon's eclipse,
Nose of Turk and Tartar's lips,
Finger of birth-strangled babe
Ditch-delivered by a drab,
Make the gruel thick and slab:
Add thereto a tiger's chaudron,
For th' ingredients of our caldron

Double, double, toil and trouble;
Fire burn and caldron bubble.

CONTENTS

This is Scum, a publication of the Brewers Guilds of the Kingdom of the East and the Principality of Æthelmearc, of the Society for Creative Anachronism, Inc. Scum is available from Lord Corwin of Darkwater (c/o Douglas Brainard, 45 Southwind Way, Rochester, NY 14624). Scum is not a corporate publication of the Society for Creative Anachronism, Inc. and does not delineate the policies of the Society for Creative Anachronism, Inc. Subscriptions are $4.00 for four issues, published quarterly (more or less). Back issues are available at $1.00 per issue. Please make checks payable to "Douglas Brainard"

FROM THE GUILDMASTER

Greetings unto the Brewers, Vinters and Imbibers of the Known World, from Lord Corwin of Darkwater, Guildmaster of the Brewers Guild of the Principality of Æthelmearc. Welcome to Scum.

GODISGOODE

My boundless thanks go out to Lady Katarina Vignéra de Salerni, Lord Ivan Kalinin & Lady Valentina Andreyevna Sokolova Krasnaya, Mistress Nerissa Meraud de la Fontaine, James Allen, Countess Marieke van de

Dal, and Baroness Mathilde des Pyrenees, who made Scum what it is today. Vivant to you all.

Lord Corwin of Darkwater

Scriba fermentatoris, Fermentator scribae!

Perth Pink. This is a bottle with a message in, and the message is: Beware! This is not a wine for drinking, this is a wine for laying down and avoiding.[1]

CHARDONNAY

Lady Katarina Vignéra de Salerni

Winemaking is a very ancient art, whose origins extend so far back in the mist of time that only a few archeological remains give us a clue as to its origins. The oldest known evidence of winemaking are accumulations of grape pips found in Turkey, Syria, Lebanon and Jordan which date as far back as 8000 b.c. (Neolithic B period) Evidence of cultivated vines has been found in the region of Soviet Georgia as far back as 7000-5000 b.c. From its origins in the middle east, the art of winemaking spread. Both the techniques and the vines, of the Vitis vinefera family, were carried to different lands, further and further east. Wherever they would grow, vineyards were established and thus the industry of winemaking took root. The process of winemaking is depicted in paintings in Egyptian tombs, and was very important in ancient Greek, and later, Roman civilization. (Some people speculate that it had as much to do with their fall as it did with their rise!) Throughout history, it is apparent that winemaking had a profound influence on every culture it touched. Not only was it extremely important economically, but it also influenced the politics, caused wars, fostered alliances, and contributed to the wealth of the Church, which at one time controlled many of the vineyards throughout France.

Throughout the middle ages, the history of the church and that of winemaking are inextricably tied. Not only did the church benefit greatly from the revenues and influence they gained through their wine, but they also gave a great deal back to the development of better viticulture and winemaking processes, as well as the establishment of countless vineyards throughout the countryside. The most important influence came from Bernard de Fontiane, a religious zealot who led the Cistercian order which was founded in Citeaux. By the time of his death in 1153, his followers had founded more that 400 abbeys throughout Europe,

[1] **Monty Python**, *Monty Python's Previous Record*, Australian Table Wines, This Side, Track 5, New York, 1972, Buddah Records.

to under 100°. Keep the pot covered to keep airborne yeasts (and other critters) out of the wort.

11. Using a sanitized siphon hose, transfer the wort out of the pot and into your primary fermenter. Add enough cold water to bring the total volume up to five gallons. Stir and aerate the wort the wort thoroughly, and take temperature and gravity measurements. Temperature should be about 70°, and the gravity should be about 1.065.
12. Now you can add the yeast and yeast nutrient. The yeast nutrient is needed to insure vigorous yeast growth in beers that are predominantly extract-based.
13. After a day or so, when the fermentation has subsided a bit, siphon the ale into a secondary fermenter, and cover with an air lock.
14. In 1-2 weeks, fermentation should be completed. Boil 1 cup of water with ¼ cup of corn sugar. Add this priming sugar to the ale as you siphon the beer back into the primary fermenter. Don't forget to measure the final gravity (should be about 1.016 at 70°).
15. Bottle the ale, and label it (take pride in your work). Let it age in a cool place for a month (if you can wait that long)

REFERENCES

Dave Miller, *The Complete Handbook of Brewing*, A Garden Way Publishing Book, 1991

Charlie Papazian, *The Complete Joy of Home Brewing*, New York: Avon Books, 1984

Elanour Sinclair Rohde, *A Garden of Herbs*, Dover Publications, Inc., New York, 1969

Old Smokey, 1968, has been compared favorably to a Welsh Claret.

A good Sidney Syrup can rank with many of the world's best sugary wines.

Rheumatic fans will also go for a Haut-Bart Muddy.[20]

[20] **Monty Python**, *Monty Python's Previous Record*, Australian Table Wines, This Side, Track 5, New York: 1972, Buddah Records.

1 oz	**Tettnanger hop pellets (about 5 AAU's) (60 minute boil)**
1 oz	**Hallertauer hop pellets (about 5 AAU's) (60 minute boil)**
1 oz	**Hallertauer hop pellets (about 5 AAU's) (5 minute boil)**
	Edme ale yeast
	yeast nutrient for 5 gallons
	cold water (to make 5 gallons)
¾ cup	**corn sugar (for priming)**

PROCEDURE

1. Carefully crush the roasted barley and chocolate malt. Try to break up the grains without crushing them into a powder! If you don't have a grain mill, a manual coffee grinder (set very coarse) or a blender (used sparingly) will work. You could also use a rolling pin to crack the grains, since the volume is not excessive.
2. Put the crushed malt into a large pot, along with 1½ gallons of cold water.
3. Bring the contents of the pot almost to a boil. You're not interested in starch conversion here, just malt extraction. When the pot begins to boil, remove from heat to limit the leaching of tannins from the husks of the malt into the wort.
4. Strain the malt from the wort, and sparge (rinse) the malt with one quart of hot water. Because of the tannins still in the malt, don't use boiling water here, either.
5. Add the dry malt extract and another gallon of water to the wort. Stir until dissolved.
6. Now turn off the heat, and add the cans of malt extract and the honey. Again, stir until dissolved before you restore the heat; you don't want any undissolved extract burning on the bottom of your pot.
7. Bring the wort to a rolling boil. Watch it carefully, since it will want to boil if left unattended. When the wort begins boiling, add the boiling hops and boil for an hour. The long boil is needed to extract the bitter resins from the hops.
8. While waiting for the boil, rehydrate the yeast with ½ cup of 70° water in a sterile, covered container.
9. Add the finishing hops 5 minutes before the end of the 1 hour boil.
10. When the hour is up, remove the pot from the stove and set it in a sink half-full with ice water. Stir occasionally, and change the water in the sink as needed. You want to reduce the temperature of the wort

each of which had its own vineyards. By the time another century had passed, the Cistercians had over 2,000 monasteries and 1,400 nunneries scattered throughout Europe. Even more important than their role in the expansion of viticulture however, was their contribution to the "art" of viticulture. They were not satisfied with simply increased production, they set about to improve the quality of the wine. They did this by studying the best vines, experimenting with them on different soils, experimenting with different methods of pruning, grafting plants, etc. Many of the methods which they developed are still in use today. Some believe that the Cistercians were the first to introduce Chardonnay vines to the region known as Chablis during this time period. (Which finally brings us to how my brief excursion through the history of wine ties into the wine I have made. I could go on, volumes can, and have been written on the subject. If you are interested in learning more, I recommend ***Vintage, the Story of Wine*** written by Hugh Johnson, from which most of the historical information I have used is derived.)

Of course, the grapes I used were not grown in Chablis, they were grown in New York State on the west shore of Lake Seneca. Because I cannot yet afford to purchase a wine press, and because of the importance of pressing the grapes as soon as possible after they have been picked, I chose to purchase juice which has already been pressed using a modern bladder press, and sulfited to insure that no wild yeasts started the fermentation early. Unfortunately, the year had been a very poor one for growing conditions. Much of the summer had been cloudy and rainy, and the grapes were unable to ripen fully before they had to be harvested due to the threat of the approaching winter. As grapes ripen normally, there is a gradual fall in the acid content of the juice and a concomitant rise in the sugar concentration. In ideal years, the perfect sugar concentration will be reached at the same time as the ideal acid content, and it is the aim of the winemaker to harvest the grapes at precisely this time, before the grape looses too much acid, and thus much of its character. Due to the unfortunate conditions of the summer of 1992, however, the juice was exceedingly high in acid, as well as low in sugar. To counterbalance this, I had to added additional cane sugar when starting the must to bring it to a potential alcohol content of 11%. To counterbalance the acid, I added 2 t. calcium carbonate per gallon to bring down the acid and thus make the wine more palatable. (In period, they probably did not have pure calcium carbonate available, but I have seen references to adding egg shells, which are a source of calcium carbonate, and I believe that chalk was also sometimes used, which generally has a high content of calcium carbonate.) I added a charge of Red Star Montrachet yeast, which began to work on the third day. (In period, they did not know of the existence of yeasts and thus most wine was fermented with whatever yeast was indigenous to the area. In some areas of France this is still practiced because the optimal strain of yeast is so pervasive throughout the region after so many hundreds of years of wine production. During the Middle Ages, it was believed that contact with the air would start the

fermentation. Some attributed this to angels who touched the must to start it working.)

I tasted the must daily after fermentation was established to see how far the fermentation had gone. When I could only detect the smallest amount of sugar and the bubbling had slowed considerably, I added potassium sorbate to stop the fermentation. (I did this because I was afraid that a completely dry wine would be overwhelmed by the high acid content, and because I am fundamentally opposed to adding sugar to a completed wine. After the fact, I learned that the only problem with potassium sorbate is that if a malo-lactic secondary fermentation occurs, there is a nasty side reaction in which a compound is formed which both tastes and smells like geraniums, not a good thing for wine. I was very disappointed to learn this as I had been considering inducing such a fermentation. To prevent this, I added additional sulfite to insure that I would not have any unpleasant surprises.)

After this, the wine was racked from the primary into the secondary and allowed to clear. After another month, the wine was racked a second time. Because the acid content was still quite high, I decided to do a cold stabilization by putting the wine outside for two weeks to force some of the acid to precipitate temperatures and weather forecasts carefully until it had warmed up enough that the wine would not freeze and thus break the carboy, yet still be cold enough to force some precipitation. The optimal temperature would be 28° F for two weeks, but this was not possible relying on mother nature. In actuality, the temperature varied between approx. 20° and 36° for the three weeks I had the wine outside. If the temperature dropped too low for too long, I pulled the wine back inside for fear of discovering a broken carboy in the morning. At the end of the cold stabilization period, there was an accumulation of crystals in the bottom of each carboy, some more than others. I carefully racked the wine off, leaving the last two inches in the bottom of each carboy for fear that the wine on the bottom would be more concentrated.

After this ordeal, the wine was still too acidic, so I made a trip to my local wine supply store and bought more calcium carbonate, which I added to each carboy. In two carboys I was able to achieve what I felt was a good balance. In one, I overshot a bit and felt that the wine lost some of its character, so I compensated by adding back a bit of the reserved acidic wine. the last carboy was beyond help. It was too acidic and too much carbonate flavor, so I added oak chips and prayed that they would mask it. In all, I decided to add oak to three carboys, and leave one "Sur Lie". I am entering one of the Sur Lie bottles which was among the best. This vintage has without a doubt been my most frustrating and challenging to date, but I feel that the finished product is one of which I can be proud.

BIBLIOGRAPHY

Anderson, Stanley F. and **Raymund Hull.** ***The Art of Making Wine.*** (New York, 1970)

till the more gross parts subside; then draw it off, and put it into the Vessels you design to keep it in longer, leaving them about an eighth part empty. Let the Vessels stand in a Cellar, with the Bung open, or covered only with a loose Cover, that there may be a free evaporation of the volatile particles of the Liquor. If you make this drink in very cold Weather, it will be requisite to treat the Liquor in a Copper, something more than Blood-warm to make it ferment; or you may put the yeast to it for the same purpose.[18]

The Receipt Book of John Nott, Cook to the Duke of Bolton, 1723

Turnip Wine

Take a good many turnips, pare, slice, and put them in a cyder-press, and press out all the juice very well; to every gallon of juice put three pounds of lump sugar; have a vessel ready, just big enough to hold the juice; put your sugar into a vessel; and also to every gallon of juice half a pint of brandy; pour in the juice, and lay something over the bung for a week, to see if it works; if it does, you must not bung it down till it has done working; then stop it close for three months, and draw it off in another vessel; when it is fine, bottle it off.[19]

The New Art of Cookery, by Richard Briggs, c. 1788

So, it seems that turnips have been fermented (like just about everything else). Someday, I might even try it. But until then, I have made some more practical observations out in the real world:

To make Turnip drink: Give him a beer, and he will drink.

INGREDIENTS

¼ lb	**Roasted barley (about 1 cup)**
¼ lb	**chocolate malt (about 1 cup)**
1½ gal	**cold water**
1 qt	**hot water**
1 lb	**unhopped dry light malt extract**
3.3 lbs	**unhopped amber malt extract (1 can)**
3.3 lbs	**unhopped dark malt extract (1 can)**
1 lb	**clover honey**

[18] E. S. Rohde, *A Garden of Herbs*, p. 230.

[19] Ibid, p. 239.

Rajotte, Pierre, "Growing Hops at Home", *Zymurgy*, Vol. 13, no. 4 (Special Issue 1990), 38-40.

Rajotte, Pierre, "Muliiplying Hop Plants", *Zymurgy*, Vol. 13, no. 4 (Special issue 1990), 41-43.

Stockberger, W. W., *Growing and Curing Hops*, Washington: GPO, 1907. (Madison County Historical Society archives)

Winship, Kihm, "Hops Through the Years: A Brief History", *Zymurgy*, Vol. 13, no. 4 (Special Issue 1990), 9-11.

Zymurgy, the magazine of the American Home Brewer's Association. Usually available at brewing supply shops. The special 1990 issue on "Hops and Beer," the source of the articles listed above is available as a back issue and has a wealth of information on hops. Subscriptions to Zymurgy are $21 per year include a membership in the AHBA and are available from:

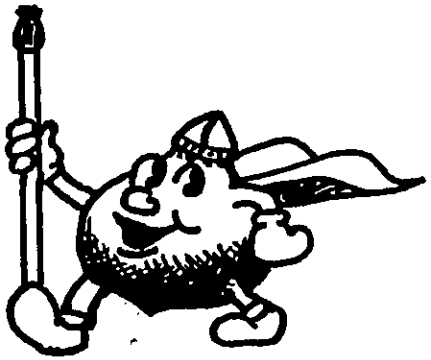
American Homebrewer's Association
PO Box 987
Boulder CO 80306-0287.

Blackstone Bordeaux is rightly praised as a peppermint flavored burgundy."

DARK TURNIP STOUT

Lord Corwin of Darkwater

Dark Turnip Stout was not made ***from*** a turnip, it was made ***for*** a turnip, the Turnip Herald of the East. But the questions wouldn't cease: "*Turnips?*" So I got to wondering, could you make a drink from turnips? To my surprise, history is stranger than fiction, and there are, indeed historical recipes for turnip drinks.



To Make Turnip Drink

Pound your turnips and press them through a Hair-bag; then let it stand a Day or two in the open Tun, or only covered with a cloth or boards to keep it from the Dust, or in a Hogshead or other vessel not quite full, with an open Bung,

[17] **Monty Python**, *Monty Python's Previous Record*, Australian Table Wines, This Side, Track 5, New York: 1972, Buddah Records.

Duncan, Peter and **Brian Acton**, ***Progressive Winemaking***, (Great Britain, 1984).

Castelvetro, Giacomo, ***The Fruit, Herbs and Vegetables of Italy***, Written in 1614, translated by Gillian Riley, 1989, (Viking Penguin, Inc., 1989).

Johnson, Hugh, ***Vintage, the Story of Wine***, Simon & Schuster, New York, 1989).

Lausanne, Edita, ed., ***The Great Book of Wine***, (Switzerland, 1970).

Lichine, Alexis, ***Alexis Lichine's Guide to the Wines and Vineyards of France***, Alfred A. Knopf, New York, 1989).

Sutcliffe, Serena, ed., ***The Art of the Winemaker***, (Philadelphia, 1981).

Another good fighting wine is Melbourne Alvin Yellow, which is particularly heavy, and should be used only for hand-to-hand combat.[2]

METHEGLIN RECIPE (SPICED MEAD)

Lord Ivan Kalinin &
Lady Valentina Andreyevna Sokolova Krasnaya

This wine actually started out at a leftover food auction after Feast of the Beast in the Canton of Coille Stoirmeil. During one of their desserts, they served fruit poached in a spiced honey sauce. I purchased three pounds of the leftover sauce, and was heard leaving the site, "This is for Arts & Sciences next year." Of course, I had to have time to let the yeast-beasties do their job, as well.

THE RECIPE FOR THE SAUCE WAS:

1 lb.	**Dark Honey**
¼ tsp.	**Ginger**
¼ tsp.	**Cinnamon**
¼ tsp.	**Ground Cloves**
¼ tsp.	**Nutmeg**

Heat the honey to just below boiling, stirring constantly, then remove from the heat and stir in the spices. When well blended, return to the pan and heat briefly to set the spices. Cool.

[2] **Monty Python**, *Monty Python's Previous Record*, Australian Table Wines, This Side, Track 5, New York: 1972, Buddah Records.

THE RECIPE FOR THE WINE WAS:

3 lbs.	**Honey Sauce**
¼ oz.	**Argol (See below. Can substitute Cream of Tartar)**
	Yeast
3	**Oranges (peel, juice & pulp)**
1½	**Lemons (peel, juice & pulp)**
1 gal.	**Water**

Dissolve honey mixture in water. Add cream of tartar and the peel, juice and pulp of the oranges and lemons. Add bread yeast sprinkled on a slice of burnt toast. After 4 days strain off herbs and peel and continue fermentation until specific gravity of brew drops to about 1.005 on a hydrometer. Rack and add sherry yeast. After 4 months, bottle and allow to age a minimum of six months.

PERIOD USE OF INGREDIENTS

Water: We used well water from my parent's house, instead of the chlorinated city water we have, since it can be tasted in our wines. However, the well water was drawn with an electric pump from more than 90 feet underground—a feat not likely in period.

Sugar: I used store-bought, purified, white, cane sugar, imported from Hawaii. Except for the "Hawaii" part, this kind of sugar was period.[3]

Yeast(s): Yeast is not mentioned as a separate entity until Louis Pasteur discovered it in 1857. We have discovered the best tasting wines are produced by using two different strains of yeast during fermentation. A bread yeast to start during the primary fermentation; wait until the must starts to make the room smell "bitter"; strain into a secondary; add a true wine yeast (preferably a Sherry yeast); fit airlock; rack every two months; and wait.

Argol (Also Argal or Tartar): Crude Potassium Bitartrate, an acid substance deposited from Grape juice during fermentation from which tartaric acid is derived.

It is used to manufacture Cream of Tartar. Cream of Tartar is sometimes used instead of tannin in wine making; to improve the vinous character of any wine; or to remove the "green" taste in wines made with unripe fruit.[4][5][6][7]

[3] **Tournaments Illuminated**, *On Powdered Sugar*, Alys Katharine of Ashthorne Glen, Society for Creative Anachronism, Milpitas CA, ©1989, Issue 91, p.20-21

[4] *The American Heritage Dictionary, 2nd College Edition*, Houghton Mifflin Co., Boston, ©1982, p126.

your hands even if you're not allergic, and at the museum we have nineteenth-century hop-pickers' tools which would be easy to make and do give some hand protection. They are simply a 4" rounded stick, ¾" diameter, with a with a leather loop attached in the middle. The leather loop fits over the middle finger and holds the stick across the base of the fingers, on the inside of the hand.

As hops turn ripe, they develop the characteristic hop aroma that comes from the fragrant lupulin glands, which look like yellow powder at the base of the petals. They also turn from green to yellow-green and from soft and pliable to elastic and crisp. It only takes a few days to dry them on screens out of the sun, and then they can be stored whole, in oxygen-tight bags in your freezer.

The hops grown today are probably not the hops someone would have used before 1650 A.D. Mass selection of better plants in the nineteenth century and breeding programs of this century have been responsible for most of the commercially cultivated hops varieties grown today.[16] Improved disease resistance, a higher bittering compound content, and improved aroma are all present in modern-day hop plants. Roots are usually available from brewery supply stores in the spring for a nominal fee, around three or four dollars.

The pleasure of growing and using your own hops for brewing is a fulfilling one, and I hope that more people will try it. Please contact me if I can be of any further assistance for information.

WORKS CITED

Cosman, Madeline Pelner, *Fabulous Feasts*, New York: Braziller, 1976. (Cosman quotes from Andrew Boorde's A Compendyous Regyment, or a Dyetary of Healthe, 1542, ed. F. Furnivall, London, 1870.)

Digbie, Sir Kenelme, *The Closet Opened*, London: Brome, 1669.

Gerarde, John, *The Herball or Generall Historie of Plantes*, London: Norton and Whitakers, 1633.

Haunold, Alfred, "Development of Hops Varieties", *Zymurgy*, Vol. 13, No. 4 (Special Issue 1990), pp. 15-23.

FOR MORE INFORMATION ON HOPS

Myrick, Herbert, *The Hop: Its Culture and Cure, Marketing and Manufacture*, New York: Orange Judd Co., 1914. (Madison County Historical Society Archives)

Papazian, Charlie, *The Complete Joy of Home Brewing*, n p.: Avon, 1984.

[16] Alfred Haunold, "Development of Hops Varieties", Zymrrgy, 13, No. 4 (1990), pp. 16-18.

historical agricultural exhibit, because hops were a very important commercial crop for more than 100 years in Madison County. Hops are easy to grow, care for, harvest, and store, and if you have a bit of land with sun and well-drained soil, and can put up some means of support for vines that will grow up to 90' high, you can raise hops too.

The Germans started using hops in beer for their flavor and preservative qualities by the twelfth century, and their use spread to Holland, Flanders, and England over the next three hundred years. Hopped beer was replacing traditional unhopped ale not only because people liked the taste, but also because hopped beverages could be kept longer and hops were supposed to have some medicinal benefits. John Gerarde's 17th-century *Herball* says:

> *"the manifold vertues of Hops do manifestly argue the wholsomenesse of beere above ale..."*[13]

Sir Kenelme Digbie advocated using hops in mead:

> *"and if you do intend to keep your Meathe a long time, you may put into it some hopps..."*[14]

The growing use of hops was not without opposition from ale enthusiasts. "Writing on drink and its relationship to health (in 1542), Andrew Boorde called ale...a "natural drink", while beer...he considered a maker of fat men and killer of those troubled with colic or the stone."[15]

The hop, *humulus lupus*, is a native of the temperate zones of Europe, Asia, and North America. Temperatures in our area regularly drop to twenty degrees below zero in the winter, and the museum's vines have flourished through more than forty years with no winter protection. New plants are started by dividing old root clumps and planting them in the early spring, as soon as the ground can be worked. The numerous shoots growing out of each clump should be thinned to the two strongest ones, and the unwanted shoots can be cooked like asparagus—boil in salted water, add a few drops of lemon juice, toss with melted butter or simmer in cream.

Rather than trying to describe all aspects of hops cultivation here, I will list sources of further information for those interested. There is one thing about hops I have discovered the hard way and would like to pass along. The vine stems are covered with coarse, sharp hairs, and I have to cover my arms and use gloves because I break out in a rash if the vine stem touches my skin. Picking hops from tough vines can also be tough on

[13] John Gerarde, *The Herball or Generall Historie of Plantes* (London: Norton and Whitakers, 1633), p. 883.

[14] Sir Kenelme Digbie, *The Closet Opened* (London: Brome, 1669), p. 1.

[15] Madeline Pelner Cosman, *Fabulous Feasts* (New York: Brāziller, 1976), p. 77. Cosman is quoting from Andrew Boorde's A Compendyous Regyment, or a Dyetary of Healthe, 1549, ed. F. Furnivall. London, 1870.

OK, so we got a little carried away when we looked up Tartaric acid. One of our first "wines" we tried to make was good old Grape wine. It led to a series of screw-ups (ask us sometime!) that left us with some "Italian Red" that really was good only for one thing: Producing Argol. We racked our Grape wine, then washed and filtered the sediment. We put in twice the amount of Argol in substitution for Cream of Tartar.

Incidentals: We introduce yeasts in the primary fermentation floating on burnt toast, only because my Grandfather started his wines that way. This probably adds some nutrients for the yeast to start on, though this is not proven. We use Oranges and Lemons, in a ratio of 2 to 1, plus the pulp and grated rind to add acidity and micro-nutrients for the yeast to grow. Both Oranges and Lemons are period.[8]

Cleanliness: We have used modern sterilizing techniques on all of our equipment, bottles, and even on the fruits we harvested. We have had bad luck in the past with both wild yeasts, and 'flowers of wine' infections. We soak all harvested fruits in sterilizing solution for 24 hours before vintning.

Whatever the results of this competition, we intend to get some more spiced honey at the next Feast of the Beast, if available. Making wine with leftovers is an appealing and agreeable task.

Château Blue, too, has won many prizes, not the least for its taste, and its lingering afterburn.'

CURRANT WINE

Mistress Nerissa Meraud de la Fontaine

Note: this is a collection of currant wine recipes culled from my collection of winemaking and herb books, in response to a request by a berry-picker locally.

[5] *The Wise Encyclopedia of Cookery*, Wm. H. Wise & Co., Inc., New York, ©1953, p. 369 & 1160.

[6] CJJ Berry, *First Steps in Winemaking*, Argus Books, London, ©1987, p. 42.

[7] Homer Hardwick, *Winemaking at Home*, Funk & Wagnalls, New York, ©1954, p. 105.

[8] The University of Chicago, *Encyclopædia Britannica*, Encyclopædia Britannica, Inc., Chicago, London, Toronto, ©1944. Vol. 16, pp. 835-838 [Oranges]; vol. 13, pp. 907-908 [Lemons].

[9] **Monty Python**, *Monty Python's Previous Record*, Australian Table Wines, This Side, Track 5, New York: 1972, Buddah Records.

WINE FROM THE WOODS

Stephen A. Krause 1982
Stackpole Books $9.95

"Currants, at least black ones, also have medicinal uses. Herbalists believe they purify the blood, restore the nervous system, and help in anemia and malnutrition, and are full of vitamins. Some also say that the wine of black currants is a valuable medicine. It is good for colds and bronchitis..."

Making Currant Wine

Wash two quarts of black currants. Crush them into a plastic pail. Pour one gallon of boiling water over them. Allow it to cool to room temperature.

Add two pounds of sugar, the juice of one lemon, and a package of wine yeast. Cover with a cheesecloth.

Stir the mixture every day with a wooden stick for seven days. Strain the must into a fermentation jug and water seal it. Allow it to ferment (about 6 weeks).

Rack the wine into an aging vessel to age and clear. It should be ready to drink in one year.

Since currants contain much pectin, some recipes may call for a depectinizer to be added so the wine will clear.

WINEMAKING AT HOME

Homer Hardwick 1954
Funk & Wagnalls Publishing Company $10.95

Currant Wine 1

red currants water cream of tartar

Use only ripe fruit. Press out the juice and add water in the ratio of 2 gals. to every 3 gals. of juice. For each gal. of the mixture, use 3 lbs of sugar. Stir well and pour into cask. When violent stage of fermentation has passed, water-seal and put aside until some time in October. It may now be racked into a fresh cask or allowed to remain on the lees. This currant wine is ready to be served by Christmas time, but it can be improved by leaving it in the cask for as much as 2 years.

Currant Wine 2

red currants water cream of tartar
red raspberries sugar beets

Stem 4 gals. of red currants and 2 pts. of red raspberries and mash together into a vat. Press out juice, return the pressed hulks to the vat and pour over them 5½ gals. of water. Let stand for 12 hours with

bee, and she told the bee to fly to an island where a girl had a drop of honey on the hem of her skirt. The bee collected this honey on his wingtip and brought it back. The Osmo maiden was successful this time; the honey made the beer ferment.

But it worked too well! The beer rose up out of the tub and spilled to the floor. The people who came to drink the beer assured her that it was fine beer, but they suggested that it should be kept in stout oak barrels with copper hoops.

The old man concluded his story, "That was the beginning of table beer in the Kaleva district. Thus it got its high repute as a good drink: it sets women to laughing, puts men in a good humor, persuades the righteous to make merry, and causes fools to make jokes."

The Mistress of North Farm, thus instructed, begins to prepare the wedding beer. "For months rocks were heated, for summers water was boiled, wildernesses of trees were burned, wells of water were carried. Smoke is billowing;... from the many fires; it darkened all Karelia." The people of the surrounding areas fear that the smoke portends war, so they send a man to investigate, and he assures them that all is well. Finally, "The red beer was brewed, ready to lay away in a stone cellar, in oak barrels, behind a copper bung."

The Mistress busies herself with other preparations for the wedding, but has trouble finding a singer. Several candidates don't work out. Meanwhile, in the cellar, "the red beer grew threatening, the young drink began practicing magic in an oak keg behind a copper bung: 'If you do not produce a competent singer, I will kick off my hoops, force out the bottom of my barrel.'"

This threat works, because the best singer in the district agrees to attend, and the beer is a great success. (If you want to know how the wedding itself turned out, though, you'll have to read the book!)

The Australian Wine Society thoroughly recommends a 1970 Cotes-du-Rhône-Lavaux which, believe me, has a kick on it like a mule. Eight bottles of this and you're really finished![12]

GROW YOUR OWN HOPS

Baroness Mathilde des Pyrenees

This September I once again had the pleasure of gathering fresh hops and drying them for the winter at my workplace, the Madison County (NY) Historical Society. Hop vines ale grown at our museum as part of an

[12] **Monty Python**, *Monty Python's Previous Record*, Australian Table Wines, This Side, Track 5, New York: 1972, Buddah Records.

A prize winning Cuvée-Reservée Château-bottled Nuits-Saint-Waga-Waga, which has a bouquet like an aborigine's armpit."

A BEER LAY, FROM FINLAND

Countess Marieke van de Dal

The following story comes from ***Kalevala***, a collection of legends and stories from medieval Finland. Unfortunately, since the Finns had no written language until well after the Middle Ages, these stories (which were collected in the early 1800's) cannot be dated precisely, so I would be hesitant to use them for official documentation Still, they certainly give an idea of what life was like in Finland long ago. This selection involves the brewing of a huge batch of beer for a wedding. Quoted passages are from ***The Kalevala; or, Poems of the Kaleva District.*** (Cambridge, MA: Harvard Univ. Press, 1970.) Since the poetry is repetitive, I have taken the liberty of summarizing and condensing the plot where necessary.

The Mistress of North Farm finds herself obligated to brew beer for a large wedding. She confesses that she is ignorant of the preparation of table beer, nor does she know the origin of beer. An old man, sitting by the wood stove, tells the following story:

Hop vines grew up a tree; barley grew golden in a cultivated field, and water from the Kaleva spring bubbled. All three cried out, "When will we be joined together? Life alone is dreary, it is nicer with two or three!"

A maiden from Osmo took six measures of barley, seven hop pods, eight dippers of water; then she put a pot on the fire, brought the liquor to a boil, and poured it all into a new birch tub. But she couldn't get it to ferment. She resorted to magic...

First she picked up a splinter from the floor, rubbed it between her hands and thighs, and it turned into a squirrel. She told the squirrel to climb up a fir tree and bring her some pinecones. It did, but when she added the cones to the brew, nothing happened.

Then she picked up a wood chip from the floor, rubbed it between her hands and thighs, and it turned into a marten. She instructed the marten to run into a bear's den and carry back a paw-ful of spittle from an angry bear's mouth. The marten did so, but the spittle also didn't cause the beer to ferment.

Finally, she picked a yellow mustard plant up off the floor, and again rubbed it between her hands and thighs. This time her magic produced a

[11]**Monty Python**, *Monty Python's Previous Record*, Australian Table Wines, This Side, Track 5, New York: 1972, Buddah Records.

frequent stirrings. Press out the liquor and add to the juice already obtained. Put in this mixture 10 lbs of sugar, 1½ oz of cream of tartar, and 1 lb of good red beets (for color). Fermentation should take place in a cask, and when it is through, rack off the wine into a clean container, water-seal it and allow to stand for 2 months. At the end of this time it should be filled to the bunghole. Bung up tightly and put away until spring. If it suits the taste, it may be bottled and served now, but more age will improve it.

Currant Wine 3

red currants water sugar

Strip from their stems 4 gals. of currants and place in vat. Now boil for 15 minutes 2½ gals. of water which contains 5 lbs of sugar. Skim off the surface and pour on the fruit in the vat, where all should stand for 2 days with occasional stirrings. Strain through cloth bag into cask, and when scum no longer rises through opening, water-seal. When perfectly fine, it is ready to bottle, but will be much better at the end of a year.

Currant Wine 4

red currants water sugar

Stem and crush 1 bushel of red currants and pour over them 8 gals of water. Stir well, until skins and pulp are separated. Now press out the liquid and dissolve into 35 lbs of sugar. Put is cask and fill to bunghole. When violent stage of the fermentation has ceased, water-seal and allow to stand until December. If perfectly fine, it may be bottled; if not, rack into a fresh cask and let stand 3 months more.

Currant Wine 5

red currants water sugar

In a 5-gal. cask put 4 gals. of currant juice, 15 lbs of sugar, and enough water to fill. Let stand until scum no longer rises through the bunghole, then water-seal. Remove to cooler place and allow it to stand for 6 months more. If its clarity and taste are suitable, bottle it; if not, leave it in the cask.

Currant Wine 6

white currants sugar brandy (opt.)
water cream of tartar

Strip from their stems 20 lbs of white currants and mash in a vat. Pour upon them 2 gals. of water and stir well, until pulp and skins are well separated. After they have stood for 2 or 3 days, strain off juice by pressing through a cloth bag. Add to the liquid obtained 13 lbs of sugar; and stir until all is dissolved. Now add 5 gals more of water and stir again. Turn into a cask and mix in 1 oz of cream of tartar dissolved in a little of the wine. As soon as active fermentation

has stopped, water-seal and let stand for 4-5 months, at the end of which time rack off into a fresh cask. After 6 months more, the wine will be ready for bottling.

A pint of brandy may be added, if desired, a month after cask has been sealed.

This recipe makes a fairly dry wine. To make it sweeter, add 20 lbs of sugar (instead of 13).

Currant Wine 7

white currants	**water**	**cream of tartar**
gooseberries	**sugar**	**brandy**
bitter almonds		

Mash together in the vat 4½ gals. of white currants and ½ gal. of gooseberries (not red). Let stand for 2 days and strain off juice through cloth. Add to the liquor obtained 12½ lbs sugar, 1 oz of bitter almonds, ½ oz cream of tartar, stir well and turn into a keg. After one week has elapsed, water-seal. When fermentation has stopped, remove seal, stir in 2 qts. of brandy, reseal and let stand for 7 months before bottling.

Some prefer to boil the juice of the currants for a few minutes in order to soften the harshness of the flavor imparted by the husks. If juice is boiled, start fermentation with yeast.

Currant Wine 8

currants	**honey**	**eggs**
water	**sugar**	**cream of tartar**

Boil together 15 gals. of water and 8 lbs of honey. When lukewarm, strain and add the juice of 8 lbs of red OR white currants and ferment in a warm place for three days. Now dissolve in the wine 1 lb of sugar for each gal. Beat thoroughly into the whites of two eggs 1 oz cream of tartar. Stir this into the liquor and turn into cask. Let stand under water-seal until perfectly fine, at which time it may be bottled.

Currant Wine 9

black currants	**sugar**	**yeast**
water	**brandy**	**cream of tartar**

Mash rather lightly a gal. of black currants and boil them in a gal. of water for 10 minutes. Press out the juice well and add boiling water to make up for any loss. Into this liquor stir 2½ lbs of sugar and 1 oz cream of tartar. Cool to about 85 degrees and ferment with yeast. Turn into a cask and keep this filled. When fermentation has stopped completely, add 3 qts. of brandy and let stand for 8 months before bottling.

Currant Wine 10

black currants	**water**	**cream of tartar**
strawberries	**sugar**	**brandy**

Willhem von Rubruk who went in 1253. Both started by disliking kumiss, but came to prefer it. Kumiss is definitely an acquired taste.

The great Kubilai Khan built a summer retreat at Shang-tu (the Xanadu of Coleridge's vision) set in the Khingan mountains. There he "drank the milk of paradise" kumiss. This was prepared from the yield of ten thousand pure white mares of the imperial herds.

The traditional way to make kumiss is to fill a leather or skin bottle with mare's milk. This is occasionally shaken. It will ferment, either with yeasts in the bottle or by adding some old kumiss as a starter. In two to three days it will be ready to drink.

Well to make your kumiss, you take fresh mare's milk and ... what? No fresh mare's milk? The most common recipe for mock mare's milk is based on an article by D. H. Davies in ***Pharmaceutical Journal and Transactions***. He notes that mare's milk contains less casein and fatty matter than cow's milk. It is also less prone to separate out the cream than cow's milk. The following recipe will produce the desired result: For one pint of mare's milk:

- **1½ cups homogenized cow's milk**
- **½ cup water**
- **2 teaspoons light brown sugar**
- **1 teaspoon milk sugar**

Place the milk in a bottle equipped with a fermentation lock. Add a small amount of yeast (I use Fleischmann's Active Dry Yeast) and let stand a room temperature for between 36 and 48 hours. Shake occasionally. The kumiss is ready in two days. It must be drank at that time. In three days it will separate into curds and whey and spoil.

The recipes that suggest making kumiss in a sealed bottle miss the mark. The original skin bottles were not sealed air tight. Modern glass bottles will blow up is kumiss is made in them sealed. Serve your kumiss at room temperature.

This is a fine traditional drink that is both quicker and easier to make than quick meads. But remember, it is an acquired taste so experiment with what you like.

BIBLIOGRAPHY

The CA Guide to Brewing by Lady Arwen Evaine fert Rhys ap Swynedt

The World of the Scythians by Renate Rolle

The Devils Horsemen by James Chambers

Kubla Khan by Samuel Coleridge

Henley's Twenty Century Book of Formulas, Processes and Trade Secretes by Gardner D Hiscox.

This wine must not be drunk for a year; two or three years is even better.

The recipe I have given can be used half-in-half with raspberries or gooseberries. These are put in with the currants.

Again, honey can be used instead of sugar: a pound of honey for each pound of sugar. This will vary the flavor of the wine pleasantly. Use a honey that is unblended and unboiled.

If you use black instead of red currants, the results will be a rich, heavy wine like a heavy port or a Malaga. But you must let this wine age three or four years before drinking it. Then you will enjoy it as much as any fortified after-dinner wine.

Red Currant Liqueur

Max LaLande

Put 4 lbs currants through a blender, then let set 24 hours.

Add 2 pt 190 proof alcohol (vodka may be substituted). Let set 24 hours.

Cook up syrup using 3 cups water and 1 lb 5 oz sugar. Bring to a boil and boil hard for 5 minutes. Let cool about 1 hour, then add to currant mixture. Mix up good, then strain through jelly bag and put into jug to mellow about a year.

Use only stainless steel or crockery cookwares, never aluminum.

Yields about 3 quarts.

Château Chander, which is an Appellation Contrôlée, specially grown for those keen on regurgitation. A fine wine that really opens up the sluices at both ends.[10]

KUMISS

Lord James Allen

Kumiss (or koumiss) is fermented mare's milk, bluish, biting and potent to the uninitiated. Kumiss was the drink of choice of the Mongols and other people of the Eurasian plain.

The nomadic herders of the region have been making kumiss for about 4000 years. It was first brought to the attention of Europeans by two Franciscan monks who were sent by the Pope as ambassadors to the Mongols. These were John of Plano Carpini who went in 1245 and

[10]**Monty Python**, *Monty Python's Previous Record*, Australian Table Wines, This Side, Track 5, New York: 1972, Buddah Records.

Mash together in the vat 6 gals. of black currants and 3 gals. of strawberries and allow to stand for 2 days. Press out juice through cloth bag and add 25 lbs sugar, 4 oz cream of tartar, and 1 gals. of water. When sugar has been thoroughly dissolved, put in a cask, and water-seal after 4 days. When fermentation has ceased, add 2 qts. of brandy, re-seal, and put aside for 8 months before bottling.

Currant Wine 11

currants **water** **sugar**
cream of tartar

Use equal parts of red, white, and black currants from which the stems have been removed. Crush 4 gals. of them and press out all the juice. Pour over the pressed hulks 5½ gals. of water, stir well, and let stand for a day. Now press out this liquor and add to the juice already extracted. Dissolve in the mixture 11 lbs of sugar and 1½ oz cream of tartar. When violent fermentation dies down, water-seal. Bottle after 8 months.

If white currants are difficult to obtain, use red and black in equal proportion, but allow 3 more months before bottling.

131 NEW WINEMAKING RECIPES

C.J.J. Berry 1981
The Amateur Winemaker Publications Ltd. $4.95

Red Currant Wine

This is a popular wine and well worth making, but often tends to turn out disappointingly "thin" for those who prefer good body in their wines. If you require a delicate wine, make it according to the recipe, but if you want a slightly heavier wine, use additional fruit, ½ lb of rolled barley, and pour the water on boiling instead of cold. In that case omit the pectic enzyme and Campden tablet.

3 lb red currants **yeast and nutrient**
3 lb sugar **water to 1 gallon**
pectic enzyme

Put the fruit in a polythene bucket and crush thoroughly, then add 4 pts. of cold water and one crushed Campden tablet. 24 hours later add the pectic enzyme according to the makers instructions. Cover closely and leave for 5 or 6 days, stirring daily. Then strain through a nylon sieve or jellybag, expressing as much juice as possible into a fermenting vessel. Add the sugar, stirring well to dissolve it, yeast and nutrient, fit a fermentation lock, and leave in a temperature of about 70 degrees to ferment. Top off a week later (if at all necessary, with cold water). Rack the wine off the lees when it clears, refit the air lock, and repeat the process about 3 months later, when it will probably be stable and ready to bottle. Again, dark bottles will preserve its delicate colour.

GUIDE TO BETTER WINE AND BEER MAKING FOR BEGINNERS

S.M. Tritton 1965
Dover Publications $2.00

Currant Wine

Currants, raisins and sultanas contain about 60% extractable sugar but are low in acid and require the addition of a vitamin yeast food such as Yeast Energizer.

currants, mixed	**1½ lb**
sugar	**1 lb 2 oz**
yeast energizer	**½ tsp**
citric acid	**4 tsp**
grape tannin	**½ tsp**
Campden tablets	**2**
sherry or tokay yeast	
water up to	**1 gallon**

Pour some boiling water over the minced fruit and beat well into the pulp. Add the remainder of the water, preferably lukewarm, sugar and other ingredients. Ferment on the pulp for 2 to 3 days, strain and ferment on.

WILD WINES

Darcy Williamson 1980
Maverick Publications $4.50

Wild Currant Wine

There are dozens of different types of wild currants growing throughout the United States and Canada. The best wild currant for winemaking is the red Squaw Currant. Some winemakers mix together several varieties of currants found growing in neighboring areas and obtain excellent results

6 lbs wild currants	**3 lbs sugar**
1 gallon water	**1 tsp active dry yeast**

Place currants in crock. Boil water and pour over berries in crock. Allow to soak for three days, mashing and stirring daily. Strain juice and discard pulp.

Add sugar, cover crock and allow to stand for four days. If action has not begun, add yeast. Ladle into jugs and fit with balloons. Allow to remain undisturbed until action ceases.

Siphon into clean containers, cap tightly and allow to rest three to four months longer. Carefully siphon into bottles: cork.

Matures in six months.

MAKING YOUR OWN WINE, BEER, & SOFT DRINKS

Phillis Hobson 1975
Garden Way Publishing $2.95

Currant Wine

8 qts currants
2 gallons water
5 lbs sugar

Pour water over currants and sugar in enamel pan. Simmer over low heat until berries burst. Stir well and turn off heat. Cool to warm, then strain juice into crock. Set in a warm place to ferment.

Red Currant Cordial

To 2 qts of red currants add 1 qt whiskey. Let stand 24 hours, then mash fruit and strain through cheesecloth. To each 2 qts of liquor add 1 lb sugar. Add 4 oz dried, bruised ginger root which has been boiled 20 minutes in 1 pt of water. Let set overnight, then strain, bottle and cork. It will be ready to use in 1 month.

FOLK WINES, CORDIALS, & BRANDIES

M.A. Jagendorf 1963
The Vanguard Press, Inc.

Currant Wine

8-10 qts fresh currants
2 gals water
6-8 lbs sugar
1 slice toast
½ oz yeast (2 pkgs)

1. Wash the currants thoroughly. Put them in a crock and mash them well with a wooden spoon.

2. Boil the water, let it cool, and pour it over the mashed fruit. Let this stand for two days, mashing the berries twice each day.

3. Squeeze through a cloth until the pulp is dry.

4. Return the liquid to an enamel pot and dissolve in it 6 to 8 lbs sugar (depending on how sweet you like the wine).

5. Prepare a slice of toast. Dissolve the yeast in ½ cup warm water. Cover the toast with the yeast and put it, with the excess yeast, into the crock. Set it in a warm place (65 - 70 degrees) to ferment. This will take from fourteen to twenty-one days.

6. When the visible fermentation has ended, strain the wine into glass jars or gallons, let it stand a few days to set, then rack and fine, if necessary.