

SCUM

NEWSLETTER OF THE BREWERS GUILDS OF ÆTHELMEARC AND THE EAST

NUMBER 20

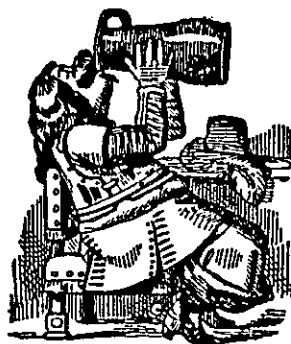
SPRING, AS XXXI



SCUM

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

THEIR ROYAL MAJESTIES
Bjorn & Morgen
 THEIR SYLVAN HIGHNESSES
Yngvar & Caryl



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

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GUILDMASTER OF THE BREWERS GUILD OF
 ÆTHELMEARC

Master Corwin of Darkwater

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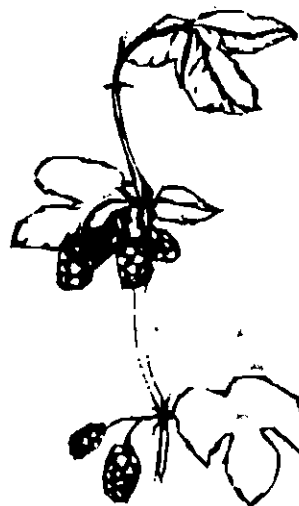
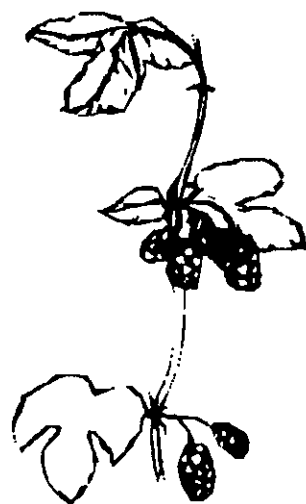
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A LESSON OF HOP YARDS

Tusser, 1573

Where hops will grow,
Here learn to know,
Hops many will come,
In a rood of room.

Hops hate the land
With gravel and sand.
The rotten mould,
For hop is worth gold.



The sun south-west
For hop-yard is best.
Hop-plot once found,
Now dig the ground.

Hops flavoureth malt,
Hops thrift doth exalt.
Of hops more reed.
When time shall need.

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FROM THE GUILDMASTER

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

PENNSIC XIV BREWING RESULTS ADDENDUM

Last issue I mentioned that a Lady whose name I regretfully could not obtain had won a red ribbon in **Cordials** at the Pennsic XIV Brewing Competition. Well, good news does travel, and I have been informed that **Lady Vashni Morgansdottir** (Canton of Ravenhill, Barony Beyond the Mountain, East Kingdom), took a Red ribbon for her Strawberry wine. Her Strawberry cordial took a Green ribbon, along with her Pymment, Mead, and Cherry wine. **Vivat!**

Don't forget - we're doing it again at Pennsic XV. The rules are the same as last year (why spoil a good thing). See you there.

PENNSIC XV WAR CHEST

Unto the Brewers of the East Kingdom, do I Lady Suzanne Nueber de Londres send greetings. It is my task to keep track of the Pennsic XV War Chest. The following information is needed from those whom wish to contribute:

- SCA name;
- Mundane name, phone number;
- What will be contributed (type of beverage, flavor, quantity)
- How it will be bottled
- When it will be delivered to the Crown. (This information is necessary, so that the crown will make arrangements for transport if necessary.)

I would like to give their Majesties a partial list upon their coronation day, with a monthly up-dates. Any and all can reach me via:

e-mail: susan_maeber@playbill.com

US post: Susan Maeber, 201-10, 36th Avenue, Bayside, NY 11361

Telephone: Home #: (718) 225-6170 before 10PM
Work #: (212) 557-5757

GODISGOODE

My boundless thanks go out to Lady Ursula von Liste, Lord Christophe Bürnklay von Rostock, Priscilla Kucik, Lord Ivan Kalinin & Lady Valentina Andreyevna Sokolova Krasnaya, Madame Marie Mains (of the Inland Empire Brewers), Lord Tadhg macAedain uíChonchobhair, Lady Morgaine ferch Cadwr, and Lord Quentin de Soissons who made Scum what it is today. Vivant to you all.

Master Corwin of Darkwater

Scriba fermentatoris, Fermentator scribae



ARNAU DE VILANOVA ORANGE WINE

3	L	(3 qts) of a good and aromatic "rose" wine
½	L	(1 pt) alcohol, 45-50% (90-100 proof)
800	g	(1¾ lbs) of sugar
1		lemon skin, cleaned
8		orange skins, cleaned
1		cinnamon stick
12		cloves

Combine the wine, the alcohol, sugar, orange skins, lemon skin, cloves and cinnamon. Let it macerate 6 months, and filter before serving.

There is no indication from which specific reference the recipe came from, but there are a lot of good references in the book.

REFERENCES

La table medievale des Catalans, Eliane Thibaut-Cornelade, Les Presses du Languedoc



**I Spectre Firkin Ghoul Pint when I
Ghost to the Phantom & Firkin**

- Phantom & Firkin





I've Flounder great Plaiice for a
Firkin Pint

- Flounder & Firkin

ARNAU DE VILANOVA ORANGE WINE

Quentin de Soissons

Greetings gentles, my name is Quentin de Soissons. I am the guildmaster of **Le Havre des Glaces**, a French-Canadian shire. We were organizing our brewers guild when I met Lord Patric de la Rose at the East Kingdom 12th night event. Lord Patric recommended us to do research and find French references. I present you my first find.

This a Catalan medieval recipe of the XIII century. The Catalogne was a region of great influence between the XIII and the XIV centuries. The Catalogne had established a lot of commercial interests in the Mediterranean. Its culture and dishes reflect influences from the French, Spanish and Muslim cultures. The oranges and the lemons are period for the Catalogne. First I present the original recipe in French, followed by my translation.

Arnaldus de Villanova

A physician who taught at the university of Montpellier in southern France, Arnaldus de Villanova (1235-1311) wrote *Liber de Vinis* (Book on Wine), the first wine book ever printed (1478). Arnaldus was a strong proponent of the virtues and uses of aqua vitae, and the methods of adding herbs and

VIN D ORANGE D ARNAU DE VILANOVA

3	L	de tres bon vin rose tres aromatique
1/2	L	d alcool 45-50%
800	g	de sucre
1		peau de citron non traitees
8		peaux d oranges non traitees
1		belle ecorce de cannelle
12		clous de girofle

Mettre dans le vin rose, alcool, sucre, peaux d oranges, de citron, girofle et cannelle et laisser macerer pendant six mois filtrer avant utilisation.

A GARDENER'S GUIDE TO WINE-MAKING

(AMERICAN MIDWEST TO NORTHEAST CLIMATE)

OR URSULA'S VERSION OF CJJ BERRY

Lady Ursula von Liste

APRIL

Dandelion Wine - The best dandelion wine is made from only the yellow petals picked in late April (or the earliest that they appear in your area).

MAY

May Wine - Pick fresh Sweet Woodruff which blooms just as the dandelion turns to seed. Add sprigs of it to Chardonnay, Riesling, Rhine, or your favorite semi-dry white wine.

Sage Wine - Sage leaves are best picked when the flowers bloom in May. They can be used fresh or dried with raisins and honey to make a delightful mead.

Chamomile - This herb makes a good wine and a good beer. It settles the stomach after overindulging at a feast. Pick the flowers in May, but watch out for aphids. Chamomile can be used fresh or dry.¹

Borage and Violets - These also make nice additives to white wines or can be made into wines themselves if you have enough of them. Use the fresh flowers or fresh frozen ones.

Rhubarb Wine - This is a traditional English and American favorite. Rhubarb is picked and prepared in the same manner as you would for pie. It can be made alone into wine or frozen to mix with other fruit later in the year. It has a high acid content but still mixes delightfully with strawberries or other berries. Red stalked varieties are best.

Bramble-tip Wine - If you are growing black berries anyway, you may want to try this one. Pick young green leaves, dry them, and make a strong tea (one gallon or more, depending on how much you want) Discard the leaves and use the tea with sugar to make wine in the usual way. This wine is high in Vitamin C and other healthy elements. Blackberry leaf tea is often found in health food stores.

JUNE

Rose Wine - Pick only the freshest red petals. (Personally, I find that the more fragrant the rose, the more like perfume the wine tastes, but to each their own.) Note: this is a gardener's guide, do NOT use

¹ See M. Grieve for recipes.

florist's petals. Later in the season, rosehips can also be made into wine. They are very high in Vitamin C.

Strawberries - If you can get a large enough quantity, they make an excellent wine or melomel, provided they don't get eaten first.

Mulberry Wine or Morath (Mulberry Melomel) - Pick mulberries when the local birds leave evidence on your door step that they are ripe. Generally the end of June to the first week in July is the best time for picking. I typically lay an old cloth on the ground and bang on the tree branches with a broom handle. Mulberries are not easy to pick. I then remove debris and unripe berries. Mulberries are low in Pectin and will never gel. Morath is delicious and dates back to Saxon times.

JULY

Black Raspberries - These follow mulberries by one week in ripening. They can be picked in the wild as well. Look for them around the fourth of July or a little later. I pick every other day for about 9 days once they're in season. This goes for red and yellow raspberries as well.

Currants - Mine ripen a few days after the raspberries start. There are many varieties, including yellow, red, and black. I prefer red for the color and flavor.

Gooseberries - According to Microsoft Workgroups for Windows, Leif Eriksson may have discovered these in Nova Scotia, leading him to call it Vinland. Regardless, they make a good wine.

Cherries - Third week in July is when they usually ripen. Of all the fruits, these I tend to prefer to pick in someone else's orchard who sprays them regularly. Organic cherries will have worms.

Vegetables - Wine can be made from onions for cooking, beans, and even potatoes.² I personally have never tried this. I prefer to eat my vegetables although I have made carrot/chamomile and parsnip wine.³

AUGUST

Blueberries - These are difficult to grow in Pennsylvania, but are very common in Wisconsin, Michigan, and states that have naturally occurring topsoil and moisture. This year, a colleague of mine introduced me to several varieties that stagger the season to span almost six weeks. Each variety has a season of a week. Each one comes into season at a different time. The wonders of modern gardening are amazing. The last bush came into season the first

² See CJJ Berry for details.

³ See *Scum*, Issue #18 for a recipe.

In conclusion, the historical data on mead aging times suggests that at a minimum, the vast majority of meads made prior to the 17th century were drunk within days or months of being brewed, as were most wines. We know that some wines were aged for much longer, and it seems probable that some meads also were aged much longer before drinking, although I am aware of no documentation for this. The longer aging times seen in such profusion in recipes in Digby's 1669 can, I believe, be credited for the most part to changes in technology and social changes taking place in the early 17th century.

What are the implications of this conclusion for the historical brewer? Long aging meads appear to have been at least uncommon prior to 1600. The meads that were produced were intended to be drunk within a few days to a few months of brewing. Implementing this into your brewing requires a greater degree of forethought, as the window of prime taste may be much shorter, and the mead will be brewed much closer to when it is consumed. I have tasted mead made from at least 4 of the 15 recipes mentioned above, and can attest that all were quite tasty, although some were very quite unusual.

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fermentation and aging times range from a "few days" to 6 months. There is no recipe which clearly calls for a fermentation plus aging time greater than 6 months.

This information is in marked contrast to the fermentation plus aging times called for in recipes from Sir Kenelm Digby's 'The Closet Opened ...' published in 1669 (Digby, 1669). This text contains over 100 distinct recipes for meads. The specific fermentation plus aging times called for in these recipes are most often between several days and 4 to 6 months, but aging times of up to several years are called for in many recipes. A brief count shows that recipes with fermentation plus aging times of less than six months outnumber those with times greater than 6 months by at least 4 to 1.

There are two most likely explanations for the presence of some longer aging times in Digby. The first, is that the smaller sampling of older recipes by chance does not include any with long aging times. The second, is that some change occurred in the early 17th century which either changed how long meads could be aged without spoiling or changed the popular opinion of how long they should be aged. The historical record shows that technological changes in the first half of the 17th century did allow for longer aging times and that social demand for aged beverages arose which mirrored these changes.

Because the written record on wines is significantly more substantial than that on meads, a brief review of the aging of wines in the middle ages will serve to provide a context for considering mead. Until the later part of the 16th century, it appears that the vast majority of wine from one vintage was drunk before the next vintage was available. Wine did not store well, and was likely to go bad in less than a year. Studies of the wine trade show an extremely strong focus on getting the wine to the customer quickly, before it could begin to go bad. The primary cause of this is inefficient prevention of contact between wine and air, giving frequent opportunity for contamination with bacteria or oxidation, both of which lead to spoilage. Yet, it cannot be supported that all wines were drunk within a year; a 1568 text on wines indicates that some authors considered a wine 'new' at up to seven years age (Turner, 1568). In general, it appears the wines that lasted were those from the Mediterranean areas, where grapes were harvested later, partially dried before pressing, and therefore produced a high alcohol wine which would perforce last longer (Johnson, 1989). One author indicates it was not until the 17th century that durability of wine became a significant goal.

Bottles in which beverages could be reliably stored out of contact with air for long periods were developed and became popular during the first half of the 17th century (Johnson, 1989). With this innovation, especially with the use of corks, long storage times for meads and wines were possible without excessive risks of spoilage. In fact, it was Sir Kenelm Digby who invented a strong bottle which could be used for the long-term storage of even sparkling beverages.

week in September. Check out growers in Michigan for these marvels.

Zucchini, squash, and pumpkin - The British call this wine "marrow" wine. It makes a bland white wine. I add raisins and brown sugar to add body and taste. CJJ Berry recommends mixing the wine with rum before bottling. I do not recommend fermenting in the pumpkin shell because of bacteria and foreign yeast.

Peaches - Peach trees grow best toward the Delmarva peninsula, southern Pennsylvania, and of course, Georgia. They have been introduced into the north, even into Door County Wisconsin, but I am not sure how successfully they have adapted. Do not use the pits in freezing the fruit or in winemaking. In BMDL, they come into season toward the end of August.

SEPTEMBER

Pears - I have had a hard time growing these. The autumn storms seem to come in at the same time as the pears ripen. The winds knock most of them down and the birds have already feasted on the most ripe ones. Charlemagne grew pears. Most early medieval folk believed pears were poisonous until cooked.

Plums - Plums seem to go into bumper crops ever other year. This year was quite spectacular. I never want to see a plum again. They now occupy two shelves in my freezer.

Apples - There are many, many varieties and uses for apples. I prefer cider over wine, but wine keeps longer. A melomel may be made with honey instead of sugar. Some varieties ripen sooner than others, but mid-September is apple season.

Grapes - The same (see apples) goes for grapes. Some people say that only grapes can produce wine by definition. It takes five to seven years for most vines to bear fruit, add to that two years for winemaking and aging, wine requires a lot of patience. As my mother always said, "Variety is the spice of life." and with all these choices of fruits, I prefer variety (or picking someone else's grapes!).

GENERAL

Fruits: Use only ripe, clean, organic fruits in the quantity of three to five pounds per gallon of water. Never use pits, as a bitter taste or unwanted yeasts will be imparted to the wine. Most fruit freezes nicely without additional preparation.

Herbs: Pick herbs when the plant first starts to bloom to maximize the flavor (and vitamins) in the leaves. Early morning before 10 am is the best time of day to pick herbs, before the sun has a chance to wilt the plant. Dried herbs are stronger in flavor than fresh ones.

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First Steps in Winemaking by C.J.J. Berry, published in 1983 by Amateur Winemaker Publications Ltd., Andover, Hants.

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It's Friesian outside, you start to shudder, so Jump the Herd, and Heifer Firkin Udder

- Friesian & Firkin

DREIATOR (DOPPLEBOCK)

Lord Christophe Bürnklay von Rostock

RECIPE

All Grain Mash (150°F. 1.5 hours)

12 lb	2-row Pale Malted Barley (2.2°L)
½ lb	Roast Malted Barley (500°L)
½ lb	Chocolate Malted Barley (375 L)
½ lb	Victory Malted Barley
2 oz	Black Patent Malted Barley (525°L)
2 teaspoons	Food grade Gypsum
¼ oz	Amylase Enzyme

Wort boiled 90 minutes with the addition of the following:

½ inch	Brewers Licorice
½ oz	Shredded Licorice Root (in hop bag)
1 lb	Clover Honey

Hops

Added to last 60 minutes of boil

1½ oz	Mt. Hood Flowers (4.8% Alpha)
1 oz	Tettnang Flowers (3.3% Alpha)

Added to last 15 minutes of boil

1 oz	Mt. Hood Flowers (4.8% Alpha)
------	-------------------------------

Added to last minute of boil

½ oz	Saaz Flowers (6.0% Alpha)
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Yeast Lab - Amsterdam Lager yeast

Primary Fermentation (60° F) 7 days

Secondary Fermentation (60° F) 23 days

Bottled 3/26/95. Primed with ¾ cup (minus 2 tablespoons) corn sugar.

Initial Specific Gravity - 1.072 (9% alcohol potential)

Final Specific Gravity - 1.026 (3% alcohol potential)

available essential oils, which mimic these compounds. **Warning: Essential oils can produce severe allergic reactions in some persons. Please be careful when trying this.** The commonly accepted conversion from liquid to solid measure is 1 drop to 1 grain.

SOURCES:

To make Usquebath the best way.

Take two quarts of the best Aqua vitae, four ounces of scraped liquorish, and half a pound of sliced Raisins of the Sun, Anniseeds four ounces, Dates and Figs; of each half a pound, sliced Nutmeg, Cinnamon, Ginger, of each half an ounce, put these to the Aqua vitae, stop h very close, and set it in a cold place ten dayes, stirring it twice a day with a stick then strain and sweeten it with Sugarcandy, after it is strained, let h stand till h be clear, then put into the glass Musk and Ambergreece; two grains is sufficient for this quantity.

The Queens Closet Opened, W. M., 1655, p. 23.



If Flower you I'd buy me a Firkin pint

- Flower & Firkin

FERMENTATION AND AGING TIMES FOR MEADS

Lady Morgaine ferch Cadwr

Using modern brewing techniques it is possible to make meads (using the term meads as a generic one) which are ready for drinking anytime between a couple of weeks and several years after brewing. With proper sanitation and storage, the time at which mead reaches its prime is dependent on what ingredients are used and the specific proportions of those ingredients. However, since modern brewing techniques are the same as those used prior to 1600, this begs the question of how long were meads fermented and aged prior to drinking in the period prior to 1600.

What do surviving recipes for mead indicate? From various sources we have to date collected 15 specific recipes for meads dating from the 14th century to about 1609. Of these recipes, one gives no indication of fermentation or aging times. Five call for the mead to go until it had finished working and then perhaps age a little more (one says work until clear and then age two months, two more simply until done working). Of the remaining nine, if we assume that the mead was ready to drink immediately when no aging was specifically called for, the total



Frog od's sake buy me a Firkin pint
- Frog & Firkin

USQUEBATH

by Lord Tadhg macAedain uiChonchobhair

Usquebath (pronounced Oos-ke-bah), is a recipe for Irish whiskey. Of course, the distillation of whiskey is forbidden by law--however, a recipe is available from *The Queens Closet Opened* by W. M., which uses an infusion technique--in effect, a very unusual herbal cordial.

RECIPE:

Usquebath (Gaelic for "water of life")

1	qt	vodka (Finlandia)
1/2	cup	sugar
2	oz	licorice (see note 1)
4	oz	raisins
4	oz	dates
4	oz	figs
2	oz	anise seed (see note 2)
1/4	oz	nutmeg (broken)
1/4	oz	cinnamon
1/4	oz	ginger
1	drop	white musk essential oil (see note 3)
1	drop	ambergreece essential oil (see note 3)

PROCESS:

Place all ingredients except musk, ambergreece, and sugar in 1 gallon jug. Cover with vodka. Let stand in a cool place for 10 days. Shake well twice a day. Strain into second container. Add sugar. Allow to clear. Add ambergreece and musk.

NOTES:

1. I was unable to "scrape" the licorice. As a result, I broke the roots into small chunks and placed them in whole.
2. Rather than use anise seed, as called for in the recipe, I used whole star anise.
3. Both the white musk and ambergreece are internationally sanctioned commodities. I did **not** use them. Instead, I obtained commercially

GENERAL HISTORY OF BEER

The road to modern tastes in fermented malt beverages required the development of seven technologies:

1. Fermentation
2. Malted Grain
3. Roasted Malt
4. Mashing
5. Introduction of Hops
6. Bottling
7. Methods for Carbonation

All of these technologies were either available in period or soon after.

The development of Fermentation is lost in prehistory. Wild yeast if allowed to act upon any edible material will result in a pleasant change in the flavor. The earliest things which were fermented were probably fruits and honey. The fermentation of grain is documented from Mesopotamia, Egypt and most civilizations since (Corran, 1975; Papazian, 1984.). The fermentation of unmalted grain however would result in a weak and unpalatable beverage. due to the lack of monosaccharides in the grain.

Malting is when a grain is germinated to the point where a rootlet begins to form and then the grain is dried. The malting process is necessary, because yeast is unable to metabolize polysaccharides (Starches), thus the starch must be hydrolyzed to monosaccharides (i.e. Glucose and fructose). the hydrolysis of the starch is carried out during the mashing process by enzymes (i.e. amylase) released by the seed as it begins to germinate. The process of malting was being used in Mesopotamia during the third millennium BC, i.e.. 3,000 to 2,000 BC (Corran, 1975). The development of malting may have begun with grain which was used after accidentally being allowed to germinate (Corran, 1975). This would result in a food stuff which would be less bitter and sweeter than normal.

The history of roasting grain to change its flavor is not documented, but it is not hard to envision that it developed by accidentally over cooking the grain as it was being dried during malting. It is necessary to "oven-dry" the grain after germination to prevent rotting and stop growth. This process in its simplest form results in a minimums roasting value of 1°L to 2°L (read 2 degrees of Lovibond). A higher degree of Lovibond denotes that the grain has been roasted longer, this results in a darker color in the beer and more of a roasted (or burned) flavor.

The Mashing process today performs several functions: the activation of the enzymes liberated in the malting process, dissolution of the soluble sugars after hydrolysis of the starches and removal of the spent grain and husks by filtration. The development of mashing as an actual process probably came about as a convenience and as a matter of taste more than necessity. A drink could be made by the action of yeast on

ground malted grain with water added, but this will result in a drink which would be less efficient in converting the sugars, would contain tannins from the grain husks and would be thick and cloudy due to flour in the ground grain. There is evidence that drinks were made in Mesopotamia and Egypt using both by direct fermentation and mashing (Corran, 1975).

The preceding discussion has referred to the use of technology in Mesopotamia and Egypt, these are the earliest occurrence of this technology. It is possible that this technology was developed by other civilizations independently, but there is no indication that it was lost at any time and then rediscovered at a later time. There is evidence that this technology was in use in ancient Greece and Rome (Corran, 1975). but providing this evidence would simply result in a list of ancient civilizations.

Herbs and spices, including hops have been used in brewing for a very long time. There are indications that hops were in use in Babylon before 200 AD (Corran, 1975). Hops we record in the district of Germany known as Hallertau in 736 AD, when a hop garden was established. Hops were being accepted as payment of rent by 1000 AD. In 1484, London Law allowed that Ale may NOT contain hops and any drink which did contain hops was beer (modern definition is that ales are top-fermented, lagers are bottom fermented and beer is either of these). Hops are the female flowers from a vine in the nettle family. The use of hops results in several advantages: hops have a distinct "flowery" flavor which they impart to the drink, they add a bitter taste (if boiled in the wort) and they are preservative which allowed beers to be milder than ales (Corran, 1975). Hop varieties are named for the region where they are grown (originated).

The use of bottles in brewing began with the use of earthenware and leather bottles, glass bottles were introduced in the seventeenth century (Corran, 1975). In 1615, the closures were of cork tied down with thread (Corran, 1975).

The potential for beer to be carbonated was apparently known early. Corran (1975) specifically states that the Babylonians chose to drink their beer flat. The first discovery of the use of bottle conditioned (carbonated) beer is attributed to Dr. Alexander Nowell who was Dean of St. Paul's Cathedral from 1560 to 1602. Corran (1975) reports the incident as follows:

The Dean, after enjoying a day's fishing, happened to leave a corked bottle of ale on the river bank. Coming back several days later, he discovered the bottle and, on opening it, found 'no bottle but a gun, so great was the sound at the opening thereof'. If this story is true, as may well be doubted, the Dean had discovered the properties of naturally conditioned bottled beer. (page 229)

insists that ALL bottles have to be returned for the recycling deposit. For those types, we brewers usually have to resort to zymurgical guerrilla tactics and take the poor guy by the hand, pull out a shiny unused ball lock fitting and whisper in his ear what it is for. I've had 12 six packs personally loaded in my truck with this very technique. I would not recommend it for brewers, however, since the manager might want to take you out to the parking lot to knock off your ball lock fitting instead of helping you load bottles into the trunk.

Another thing we like about the bottles is the gleam of the glass once it is clean. It satisfies the need for tidying up and beats the heck out of polishing the oak sideboard. There is something quietly profound about 48 gleaming bottles lined up in formation on the kitchen counter waiting to receive their ration of sanitizing solution. They don't talk back, you don't have to clean up any towels they have dropped and you eventually get to put a lid on all of them. Try that with the kids and you are up for child abuse and a spot on the Prime Time evening news with half a dozen microphones vying for your nose hairs.

Bottling is always such an arousing event in my house. Picture my devoted spouse rinsing and setting bottles down on a clean towel as fast as he can. I squat on the top step of an ancient step tool, insert the filler into the clean bottles, push and release just as the foam comes into view, fade, cut to the next scene with my spouse masterfully flexing his biceps as he clamps down with animalistic grunts. Too hot for you? Okay- cool off with the final scene of us both languidly stroking the sticky bottles with a damp towel to remove the residue from the overzealous filling job. If this whole vignette had caused you to overheat, then you definitely need another brewsky before you finish this column.

The final step in bottling is storage and this depends on whether the brewster is brewing ale or lager. If it is an ale, that unused bathtub in the upstairs bathroom is just fine- one more excuse for not having to put up with your brother-in-law and his wife for another month. This is also an ideal situation to use that red, shocking pink and orange tablecloth Aunt Jane brought you from Peru and that you have previously only brought out for dinners with her. Just drape that beauty over your batch of ale and let it glow in the dark. No light dare pass to injure your brew. Lagers can be stored in any cool dark place. Usually there is enough mold on the bottom shelf of my refrigerator to shield the exposure of the bottles to the door light. Furthermore, since it never drops below 45 degrees anyway, that's perfect.

Yes, we brewers are different from you brewers on some fundamental practices. However, what we brew is still the same (well, I like to think slightly better) and we all still enjoy it just as much. It has been a pleasure sharing our womanly secrets with you guys. I have one teensy request- try not to get into arguments over whose tank is bigger when we're around. Remember fellows- it ain't the circumference, the height or the capacity that counts...

chauvinist jokes, please) and GAUGES - mercy, have I heard it about gauges! Even my non-brewing spouse who loyally rinses bottles and caps on filling day will peruse the catalogues on the gauges pages. (If you can say that sentence without slurring the last two words, you haven't had enough to drink.) single gauges, twin gauges, gauge cages, you name it, I've heard men extolling it. Anything with a dial, markings of some sort and a wavering needle hand just sends you into outer space. It's that male tendency to measure stuff, I guess. "Hey Fred, we're down to ten PSI. Jiggle da gas pin lock, check yer nipple and screw yer nuts down a little tighter." See what I mean? While poor Fred is having male anxiety attacks for the rest of the party over his faulty barbed adapter, the rest of the brewers run frantically around looking for the leak locator fluid, or at least a hose clamp. Brewster don't have anything more worrisome than remembering to tie a string to the bottle opener so that somebody doesn't pocket it.

The process of bottling is something you brewers seem to abandon with fervor once any of any of the following events have transpires: (a) you have won the weekly poker game and have a few spare bucks burning a hole in your pocket; (b) you didn't get a pay cut and/or were passed over for departmental cuts; (c) your wife let you carry the checkbook/ Visa/ Mastercard this month. Suddenly the pages in the brewing supply catalogue for CO₂ cylinders take precedence over even the favorite back issues of Sports Illustrated swimsuit edition. I've heard you rhapsodizing over shapes of tanks, sizes of tanks, numbers of gauges and hose lengths with more enthusiasm in your voices than over the topic of Cyndi Crawford's moles. I've found the dog-eared pages in the catalogues hastily stuffed in the bookrack by the upstairs toilet. I've even had to admit I've found pictures of "party pumps" tucked in the edges of the bathroom mirror that were torn out of MY brewing supply catalogues.

We brewsters take a more mundane approach to the bottling question - that is, we still bottle. Quite a few of my brewer counterparts still bottle too, but if you talk to them long enough they have usually forsaken the mere 12 ounce bottles for something bigger, such as the 22 ounce bottles. They also favor those macabre free standing bench cappers rather than the hand-held lever capper. At brewing meetings I will get up and move my seat from the bench capper typers - they would probably ask me to go along with them to look at their latest gauge or picnic tap out in the dark parking lot. No thanks. We brewsters still favor the easily attainable 12 ounce bottle. These can be had by the six pack for the for the mere bat of an eye and a vague promise of a bottle the finished product. Brewsters are enough of a novelty themselves (its like admitting you build houses or repair cars) in mixed company that one can take the reusable bottle right from under the nose of an unsuspecting drinker by just inquiring, "I brew my own beer- may I have your bottle." In fact, this technique works so well it may backfire and the unsuspecting drinker will bug the hell out of you for the rest of the evening wanting to know how beer is brewed. I have also had it backfire with the manager who

Although it is possible to carbonate in a wooden barrel, it was not practical to serve beer carbonated until the introduction of glass bottles with airtight closures (followed later by pressurized barrels, usually steel). This is not to say that all beer was flat, it was carbonated to some extent when a new barrel was opened. but would go flat quickly.

THE HISTORY OF THIS BEER STYLE AND OTHER CONCESSIONS TO MODERN LIFE

The origins of the Bock style of beer is ascribed to the city of Einbeck in the German state of Niedersachsen. This city was renowned for its beers in the 14th and 15th centuries. The Doppelbock style was developed by the Paulander Monks in Munich sometime after their monastery was established during the Counter-reformation (17th century). The style has changed with time until it is now typified by *Salvator* made by the Paulander Brewery (Richman, 1994).

Farming the grain and malting it are both highly specialized skills today which a brewer would do only out of curiosity (Miller Brewing does NOT own a Malthouse at this time!!!), and it is likely that this was true in period as well. I buy malted barley (Breiss and Schreier, both of WI). In period, the mash and lauter tuns would be made of wood, today they are plastic, because it is cheaper, more available and easier to fabricate. In period, as in today's commercial Breweries, the boil pots would have been copper with a wood fire. I use a stainless steel pot and electric stove, because of experience and convenience. The yeasts used in the past would be either wild or from the wooden fermentation barrels. I have been forced to use packaged yeasts for a number of reasons: they are cleaner than wild (specific strain and no bacteria), they impart a flavor specific to the beer type and due to the climate the wild yeasts of Wisconsin are more likely to be vinegar or bread yeast than beer yeast. Wooden fermentation vessels are expensive and very difficult to clean, therefore they are usually used only for aging wine in homebrewing and using them in primary or secondary fermentation of beer would be unreasonable. Glass water bottles (carboys) are available, cheap and easily sterilized. The bottling of beer in glass bottles (17th century) with crown caps (20th century) is a concession to necessity, earthen bottles with corks were impractical even in period, but they were all that was available. Earthen bottles with a "Grolsch" closure (19th century) have become available (one European beer is bottled in them at \$6/bottle), but they are rare, very expensive, and have only recently become available in the U.S. The carbonation evident (sometimes over carbonated) in my beers is needed to satisfy a modern taste in beers and is generated by bottle conditioning (natural carbonation). It would be very wasteful to make which no one likes or will drink (I know-I've made a few).

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**If your Gunner drink Firkin Ale you
Musket Firkin Legless**

- Fusilier & Firkin

WHAT YOU CAN DO WITH A DANDELION

Priscilla ("Pete") Kucik

A dandelion is a marvelous plant, and the purpose of this article is to tell you what you can do with it.

The word "dandelion" comes from the French "dent de lion" or "zones tooth"—the teeth being the jagged edge of the leaves.

The dandelion, rich in vitamins A and C and iron, is a versatile plant. The leaves are used in hot or cold salads — poke salad in the South end a traditional Maundy Thursday dish by the Pennsylvania Dutch in the North. They are also eaten by silk worms when there are no mulberry leaves. They are baked in an Algerian honey cake called "yubba". The roots are used to make tea, are roasted and ground for a coffee substitute, and boiled as a vegetable. Dandelion milk is made into a synthetic rubber by the Russians. Dandelion honey is thick and good. The unopened dandelion flower buds are supposed to taste like mushrooms when fried in butter. And, best of all, dandelions are

fermentable!

Yes, you frontierspersons can live off the land and become alcoholically self-sufficient by making your own Dandelion Wine. The main ingredient

Raisins: They were very commonly used to add body and tannin to "country" wines, particularly honey, flower, banana, orange or root crops.⁷

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 vintning.



**Donkey me waiting for a Firkin
Pint Eeyore I might get Fuzzock Ale!**

- Fuzzock & Firkin

BREWSTERS WHO RUN WITH THE WOLVES

Madame Marie Mains

The merry month of December brings me to the final installment of "Brewsters Who Run With The Wolves" (affectionately known on my desktop as BWRWTW- I think there is something prophetic about all those W's or else they are symbols of the wind whistling its way around my brain cells). I hope that you male brewers have felt a bit more fulfilled having had this rare glimpse into the world of women who brew.

Certainly this extended piece has eased the tension between the sexes, dissolved some of the prevailing myths and furthered the cause of gender appreciation among all brewers. After all, we are brothers and sisters of the art of zymurgy - and if you aren't woozy enough after reading this paragraph, go have another brew before you proceed reading the rest of this final installment.

We began this whole saga two months ago with the brewing stage and particularly with the fascination that brewers have with techno-gadgets in that process. It is with this same male fascination with "stuff" (a term that brewsters use to cover everything that you guys like- from chain saws to wort chillers) that I will close this dissertation.

The bottling process divides sharply between brewsters and brewers at this point. I know- I've attended a few (when I can stay awake) meetings and a few contests rubbing elbows with brewers busily discussing the attributes of round cylinders, tall tanks, short tanks, pigs (hold the male

⁷ Donald Ace and James Eakin, *Winemaking as a Hobby*, (Pennsylvania State University College of Agriculture, 1977), 16, 18.

Place the berries in cold water and simmer for three hours. Then strain the liquid. Mix it with the sugar. Boil up, then strain through a cheesecloth. When lukewarm, add the yeast cake, and let the mixture stand for two days, skimming it each day. Add the juice of the oranges and lemons with the thinly peeled rinds of both oranges and lemons simmered for half an hour in a little water. There should be 5 gallons in all by measure. Put into a cask, and add the raisins. Leave the cask open for a day; then seal it tightly, and let stand for six months before bottling. The wine improves with aging.

This recipe was followed pretty closely, with a few alterations:

1. We did not skim the must each day, as that would have removed most of the yeast. We kept it tightly covered with a towel to prevent contamination.
2. Please note the recipe does not say when the orange & lemon peels, and raisins are to be removed. They were left in for two weeks, instead of the usual two months, because sumac is already contains citrus and tannin.
3. The cask was not "left open for a day, then sealed." It was fit with an airlock to avoid contamination. We don't think the cask could have been sealed anyway, as the must continued to ferment vigorously for two weeks.
4. The wine was racked at three months, at six months, and bottled at nine months.

PERIOD USE OF INGREDIENTS:

Sumac: Its period. Sumac is still cultivated in Europe today (primarily in Italy), although more as a source of tannin than as a source of wine.

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 - 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.⁵

Oranges & Lemons: These two fruits were known only very late in period. Although oranges were brought to Europe by the Crusaders, they were almost certainly the sour orange, *Citrus aurantium*. Sweet oranges (such as we used), *Citrus sinensis*, and lemons, *Citrus limon*, were not seen in Europe until about 1494 when they were imported to England by the Portuguese.⁶

⁵ Alys Katharine of Ashthorne Glen [pseud.], "On Powdered Sugar," *Tournaments Illuminated*, 91 (Summer 1989): 20-21.

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

is free, which doesn't hurt, either.

Traditionally, the dandelion petals are gathered for wine making on St. George's Day, April 23rd (and the wine is drunk at Christmas). In our northern climate mid-May is more likely. end to get a smooth, palatable wine, you should go the whole two year route before drinking the wine.

Most of you have probably tasted homemade dandelion wine and most likely it was atrocious. It was a murky slime resembling Lake Erie water, had a stench that discouraged further investigation, and tasted bitter. Presumably a high alcohol content is supposed to compensate for that, but if your palate is made of leather, stick to drinking rubbing alcohol and leave winemaking to the experts. Here is how to avoid all the pitfalls in making dandelion wine.



HARVESTING THE CROP

Look for dandelion patches with big, healthy weeds. This is a clue that there are no chemical weedkillers used. Vacant lots are a gold mine. (And the month after, you can usually go back and harvest the red clover for another wine.) Pick the dandelions around mid-day, when the sun is shining and there is no dew on the ground. (If you doubt the wisdom of this, just try picking off the petals at 4:00 P.M.) **Pick only the yellow petals — this is very important.** Green will make the wine bitter. That includes the green cup right underneath the petals. In the process of trying to avoid the green, you will lose half of the yellow petals, which is very frustrating. I think many home winemakers give up and just start ripping off the whole flower head and that is why so many dandelion wines are bitter. You can freeze the petals in a plastic gallon milk jug with the top cut off until you have enough petals to make a wine. And watch where you stoop or sit while picking dandelions — doggy doo is abundant in dandelion patches. Harvesting the dandelions is more fun if you do it in a group.

THE RECIPE

The following recipe starts out with 7 gallons to insure that you will have 5 gallons or so at the bottling stage.

In a primary fermenter, mix:

- 2 gallon jugs** of dandelion petals (fluffed up) put in a net bag and tied
7 gallons boiling water
7 Campden tablets, crushed

Let this sit for 3 days. Then remove the dandelion petals and discard. This is very important. If you let the petals sit longer, your wine will be bitter. The old timers will tell you to let the petals sit and rot for 3 weeks before you start a fermentation; avoid this sort of person, especially if they pride themselves on homemade wines with a real "kick". (And especially if they brag about leaving a bottle in the 120° August heat until the bottle exploded as a sign that it is a good wine....) Leaving the dandelions in too long is where most homemade dandelion wines go wrong. Simply put, the rot is not noble....

Then add:

- 20 lbs.** sugar
 (or enough to get a hydrometer reading of almost 1100; we've found that if we go over 1100, it takes forever for the wine to get to secondary.)
7 lbs. dark raisins
 (which gives the wine a nice color that light raisins don't)
1 T acid blend
1 T yeast energizer
1 T yeast nutrient
1 T pectic enzyme
1 T tannin
1½ packets all purpose Montrachet wine yeast
 (If your basement is real cold, use champagne yeast)

Then proceed as with a regular wine. Sometimes dandelion wine has trouble clarifying and you might have to sparkloid two or three times.

THE LABEL

You can have a lot of fun with labels for Dandelion Wine. Sportive lions prancing across the label are cute. "Estate Bottled" (In English or German) can be used if the dandelions are from your yard. "Vin de dent de lion" can be pretentious on a label. Our dandelion wines are always labeled as "The Florist's Daughter" ("She was only the florist's daughter, but she was dandy lyin' in the grass.") The only limits are those of your imagination.

Don't feel miffed if people don't want to taste your dandelion wine. Many people have had grim experiences with the homemade version and really don't believe it can taste good. Once they sniff it and it doesn't smell bitter, they will be brave enough to try.



**I Gandered in the Goose and got
Firkin Quackered**

- Goose & Firkin

RED SUMAC WINE

Lord Ivan Kalinin &

Lady Valentina Andreyevna Sokolova Krasnaya

First of all, let me get this out of my system. SUMAC IS NOT POISONOUS! I trust you are all reasonably comforted by this thought. I personally have drunk sumac wine, and often make it into tea. This report should imply I still enjoy some degree of activity.

Sumac has been used as a source of food historically, although it is most often mentioned as a dye. White sumac is poisonous, but then, white sumac is not even available in my area. Having complete color vision, I am easily able to distinguish the difference anyway. Besides which, white sumac berries grow inverted, not upright. Any blind person could easily tell them apart by feel.

If I sound just a touch hysterical about this point, it is because I have had to explain this to everyone and their relatives for some time now. I had not started out harvesting sumac with the intention of educating mankind. It just happened.

The original recipe comes from *The Wise Encyclopedia of Cookery*⁴. Originally, it was a recipe of dandelion wine. We simply substituted sumac berries for the dandelions. Even though this is really a cookbook, we really like it as a reference because its wine recipes do not use modern ingredients such as tannin, citric acid, or nutrient; rather they use chopped raisins, orange & lemon juices, and orange & lemon peels. The following is no exception.

- 15 qt.** sumac
3 gal. cold water
15 lb. sugar
1 yeast cake
 Juice of 1 dozen oranges
 Juice of 1/2 dozen lemons
2½ lb. raisins

⁴ *The Wise Encyclopedia of Cookery*, Wm. H. Wise & Co., Inc., New York, C)1949, p. 388.

SCUM

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THEIR ROYAL MAJESTIES
Bjorn & Morgen
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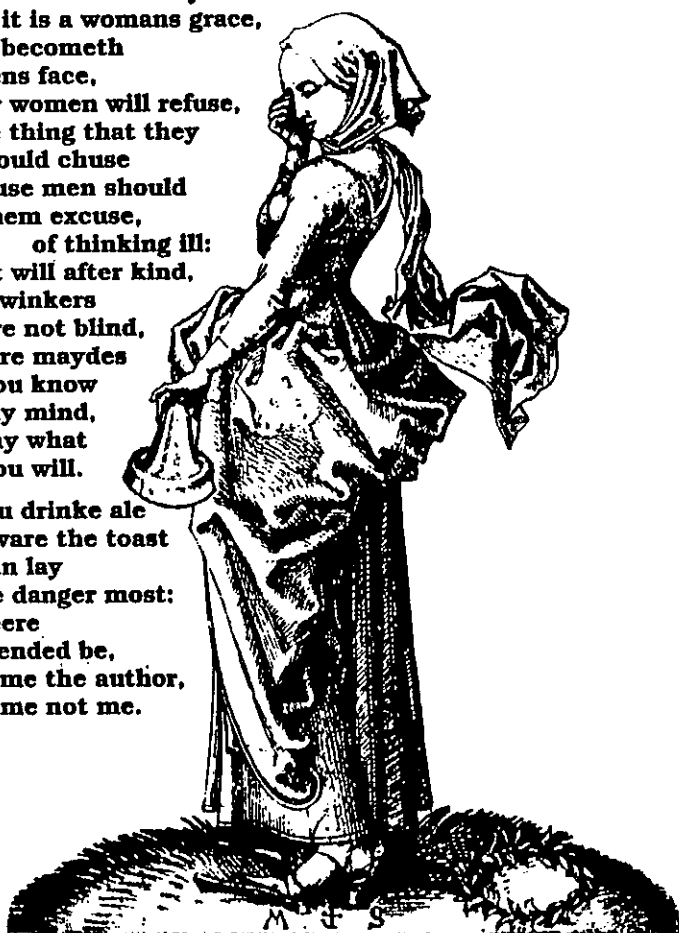
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he cald it Watkins ale,
 which neuer will be stale,
 I doe beleue:
 This is now in prime
 and swietly usde this time,
 And lately put in rime:
 let no man greeue,
 To heare this merry iesting tale,
 The which is called watkins ale,
 It is not long since it was made,
 The finest flower will soonest fade.

Good maydes and wiues I pardon craue
 And lacknot that which you would haue
 To blush it is a womans grace,
 And well becometh
 a maidens face,

For women will refuse,
 the thing that they
 would chuse
 Cause men should
 them excuse,
 of thinking ill:
 Cat will after kind,
 all winkers
 are not blind,
 Faire maydes
 you know
 my mind,
 say what
 you will.

When you drinke ale
 beware the toast
 For therein lay
 the danger most:
 If any heere
 offended be,
 Then blame the author,
 blame not me.



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FROM THE GUILDMASTER

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

USQUEBATH WARNING

I've been advised by Lord Tadhg macAedain uiChonchobhair that both the essential oils for white musk and ambergreece should be **deleted** from his recipe for Usquebath (Scum #20), as they can produce severe allergic reactions in some persons.

GODISGOODE

My boundless thanks go out to Lord Ivan Kalinin & Lady Valentina Andreyevna Sokolova Krasnaya, Lord Tadhg macAedain uiChonchobhair, Countess Marieke van de Dal, Lord Prospero di San Guiseppe Iato, Lady

Katerine Rountre, and Lady Morgaine ferch
Cadwr (for Mother Watkins) who made Scum
what it is today. Vivant to you all.

Master Corwin of Darkwater

Scriba fermentatoris, Fermentator scribae!



GRAPE WINE

Lord Ivan Kalinin &

Lady Valentina Andreyevna Sokolova

Krasnaya

OK, so I just should have title this "Wine", since technically, alcohol made with any fruit other than grapes is not wine. The grapes were picked by climbing several pine trees (!) out in the wilds of Vesper WI, where an incredibly huge grape vine is slowly strangling a grove of trees. The grapes are North American natives, probably *Vitis rotundifolia*, the fox grape.¹

The original recipe comes from *Winemaking at Home*², which contains several recipes for wild grape wines:

Wild grapes

Water

Sugar

Gather the grapes only when they are fully ripe. To every bushel add 1½ gals. warm (not hot) water and mash well, taking care not to crush seeds. Let stand for a week, stirring once a day. Dissolve sugar in the liquor until a fresh hen's egg will float at the surface exposing to the air an area of the shell about the size of a silver quarter of a dollar. Turn into cask and water-seal after it has stopped "boiling" over.

This wine will be ready for early sampling by Christmas time, but ought not to be bottled until March.

We didn't make too many changes to this recipe:

1. We have had bad luck with grapes and their attached wild yeasts. We soaked the fruit in sterilizing solution, then washed the grapes thoroughly.
2. After we found a "silver quarter of a dollar"; and got a fresh hen's egg (Banty) from a friend; we learned that the recipe called for a s.g. of 1.21. We added only 1 lb. of sugar for 4 gals. wine.

¹ *Encyclopædia Britannica*, 1944 ed., s.v. "Vine", by George Husmann.

² Homer Hardwick, *Winemaking at Home*, (New York: Funk & Wagnalls, 1954), 182.

again at last.

Let us talke a little while,
With that the mayd began to smile
And saide good sir full well I know,
Your ale I see runs very low.

This yongman then being so blamd,
Did blush as one being a shamde:
And gaue her more of watkins ale:
and saide faire maid I pray
when you goe forth to play,
Remember what I say,
walkenot alone.

Good sir quoth she againe,
I thank you for your paine,
For fear of further staine,
I will be gone.

Farewell mayden then quoth he,
Aduce good sir againe quoth she,
Thus they parted at last,
Till thrice three months were gone and past.

This mayden then fell very sicke,
Her mayden head began to kicke,
Her colour waxed wan and pale,
With taking much of Watkins ale,
I wish all maydens coy,
That heare this pretty toy,
Wherein most women ioy,
how they doe sport.
For surely Watkins ale,
And if it be not stale,
Will turne the to some bale.
as hath report.

New ale will make their bellies bowne,
As trial by this same is knowne,
this prouerbe hath bin taught in schools,
It is no iesting with edge tooles.

Thrise scarcely changed hath the moon
Since first this pretty tricke was done.
Which being harde of one by chance,
He made thereof a country dance.
And as I heard the tale,

Tis sweeter farre then suger fine,
And pleasanter than Muscadine,
And if you please faire mayd to stay,
A little while with me to play:

I will glue you the same,
watkins ale cald by name:
Or els I were to blame,
in truth faire mayd.
Good sir quoth she againe,
Yf you will take the paine:
I will not refraine,
nor be dismayd.

He toke this mayden then aside,
And led her where she was not spyde,
And told her many a pretty tale,
And gaue her well of watkins ale.

God sir quoth she in smiling sort,
What doe you call this prety sporte
Or what is this you do to me?

Tis called Watkins ale quoth he.
wherin (faire mayd you may)
Report an other day.
When you go forth to play,
how you did speed:
In deed (good sir quoth she)
It is a prety glee.
And well it pleaseth me.
no doubt indeed.

Thus they sported and they playd,
This yongman and this prety mayd,
Under a banke whereas they lay,
Not long agoe this other day.

When he had done to her his will,
They talkt, but what it shall not skill:
At last quoth she, sauing your tale,
Glue me some more of Watkins ale.

Or else I will not stay,
For I must needs away,
My mother bad me play,
the time is past:
therefore good sir quoth she,
If you haue done with me,
Nay soft faire maid quoth he,

3. Instead of a cask, we used a glass jug. The wine was racked twice before bottling.

GRAPE WINE I

As I figure it, there are roughly three phases of being a vintner.

In the first step, you tell your friends you took up winemaking and ask if they wouldn't mind if you stopped over the weekend and harvest some of their fruit. If they have tasted some of your latest attempt at cooking from the last moot they will undoubtedly answer, "Gee I'm sorry, but there are only forty acres and I think my mom wants to make jelly out of it or something," even though their mother has a broken hip and hasn't canned in forty years.

In the second phase, your friends discover that, gee, you really can't get food poisoning from wine after all, and by golly, after you get past that first swallow, you're too intoxicated to worry much about the taste anyway. This is when they start to call you up and tell you about their berry patches, their friend's berry patches, and the berry patches of total strangers besides.

In the third phase, they will airmail you several pounds of exotic fruit from whatever country they happen to be visiting at the time.

I think my Lord and I are currently between steps two and three. That is, we haven't been receiving any packages from China lately. However, whole bushels of fruit have been known to mysteriously appear on our doorstep for no apparent reason.

Such is the case with this grape wine. It is also the case with some other wines I could mention too, but those are outside the scope of this report. So what do you do with 20 pounds of grapes? Well first of all, we filed them neatly between the T.V. dinners and the frozen pizza. This could not last for long, however, as it is rather disconcerting having grapes explode out of the refrigerator every time you open the door.

This kind of aggravation is a great incentive for making wine. Why, in no time at all, we found a recipe:

RECIPE³

Grapes
Water
Sugar

Allow 4 pounds of grapes and 2½ pounds of sugar for every gallon of wine. Put grapes in crock with a handful of stems and crush well. Add ¼ of the entire amount of sugar to be

³ Homer Hardwick, *Winemaking at Home*, (New York: Funk & Wagnalls, 1954), 181, "Grape Wine 7".

used, stir well and let stand for 10 to 14 days. Be sure to stir at least once a day during this time. Strain off juice, pressing skins dry, and turn into cask. Now add balance of sugar dissolved in warm water And bring contents up to bunghole with additional water. Let stand for a few days more and water-seal. Bottle when fine.

As you can probably discern, this is a pretty old recipe, as it does not mention things like hydrometer readings, sterilizing solution, or citric acid. We followed it rather closely, except that we put the must into a regular secondary container, as we did not have a wooden cask available for this wine. Furthermore, we did soak the grapes in a sterilizing solution of sodium metabisulphite first, put it back in the freezer, and then prepared the recipe a day later.

I realize most grape wine recipes call for the natural yeast which grows on the fruit to do the fermenting. However, we did not wish to trust to the fates. There are simply too many strains of wild yeast which can taint the flavor.

There is something inherently contrary about the grape. Although it is surely one of the finest fruits to be fermented by man, it never seems to turn out the same twice when made into wine. This is one of the best batches we have ever made from the grape.

PERIOD USE OF INGREDIENTS:

Grapes: Boy, is it tough trying to prove what species of grapes the Vikings picked up when they visited the new world! The best I could do was get a friend in New Hampshire to verify that the *Vitis rotundifolia* grows wild up in that part of the country.

Grape Stems: This has got to be one of the strangest ingredients in the recipe. I'm assuming it is included because the crushed stems would release extra tannin. The only other natural way to collect tannin I know of are to include tea or oak leaves in the recipe. But look at it this way, tea (except for herbal varieties) isn't period and most of the oak leaves lying around are not what I would consider hygienic. In retrospect, Aren't you glad we got the tannin this way?

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 - 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.⁴ Of course, the fact that it was on sale at the time, didn't hurt either.

⁴ Alys Katharine of Ashthorne Glen [pseud.], "On Powdered Sugar," *Tournaments Illuminated*, 91 (Summer 1989): 20-21.

surviving recipe in *Forme of Cury* (number 205 in the edition in *Curye on Inglysch*) calls for two parts wine to one part honey. That is surely sweeter than any wine I've ever had. The recipe from MS Royal 17 A III that Hieatt and Butler reproduces as #4 of *Goud Kokery* in the same volume is far less sweet, but still calls for three gallons of honey for a total of 20 gallons of clarre, or one to slightly less than six.

Hipocras is also a spiced, sweet wine, but usually sweetened with sugar, not honey. As mentioned above, hipocras played an important enough role in normal table habits for Russell to include pages describing it in a manual for aspiring servants. Along with wafers, it formed part of the normal conclusion to major meals. Once again, there are many surviving recipes, and they tend to indicate a significantly sweeter taste in wine beverages, at any rate, than we normally see today.

In summary, it appears both that sweet wines may have been preferred to drier ones in the middle ages, and that wine was often sweetened before it was drunk. However, the taste for sweet wines does not preclude the existence of dry wines, or imply that a vintage that produced dry wines would have been considered to have failed. Some recipes did call for red or white wines as opposed to sweet ones; and wines that were neither sweet nor sweetened were served at the best tables.

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MOTHER WATKINS (1590)⁵

Anonymous

**A Ditty delightfull of mother watkins ale
A warning wel wayed, though counted a tale.**

**There was a maid this other day,
and she would needs go forth to play.
And as she walked she sithd and said,
I am afraid to die a mayd.**

**With that: behard a Lad,
What talke this maiden had,
whereof he was full glad,
and did not spare,
To say faire mayd I pray,
whether goe you to play:
Good sir then did she say,
what do you care?**

**For I will without faile
Mayden, glue you Watkins ale,
Watkins ale good sir quoth she,
what is that I pray you tel me.**

⁵ Early English Texts, Reel 1045, Index 25107.

MEDIEVAL WINES: HOW SWEET WERE THEY?

Lady Katherine Rountre

One frequently hears the claim that medieval wines were sweeter than modern ones. Sometimes, this is embedded in a general claim that medievals considered sweetness itself to be a good thing, and did not get as much of it as we do now, thus prizing it the more. Unfortunately, we can't just go back and taste the wines to check. But there is some surviving evidence on the subject, and a little of it can be found in the culinary and related corpus.

First of all, it seems reasonable to note that while sweetness was considered a good thing, it was not considered the **only** good thing. The picture that emerges both from medieval works on health and from medieval recipes is one that values balance and variety. Herbs and spices are combined deliberately to balance flavors (sometimes according to the theory of the humors); dishes of one nature are deliberately juxtaposed against dishes of another. It would be surprising, therefore, if all medieval wines were uniformly very sweet.

John Russell's *Boke of Nurture* goes through the lists of wines he found important, and that he felt superior servants should be aware of and distinguish. It lists three classes: red, white, and sweet. Red and white wines receive no further discussion. He has a separate verse, however, dedicated to naming the sweet wines — vernage, vernagelle, wyne cute, pyment raspise, muscadelle, rompney, bastard, tyre, o[*z*]ey ('[*z*]' represents yogh), torrentyne, wine greke, malevesyn, caprik, and clarre. That's twelve sweet wines, to one word each to classify red and white. And then he spends several pages on hipocras. This matches my experience with recipes, which specify (when they don't say simply "wine") red, white, sweet, or vernage, or wine greke, or clarre — three sweets at least are routinely distinguished, but no distinctions are made among reds and whites.

Three things would seem to follow. First, wines described as 'white' and 'red' were not particularly sweet; and by extension, it was possible for a wine not to be sweet, and still not to be considered a failure. Second, one normally draws more distinctions among the things that are more salient; by extension, sweet wines appear to have been generally more salient than dry ones. Whether this was because they were liked more, or because they were rarer, cannot be determined from the evidence I have seen. Third, though, these distinctions are relative to a medieval palate. I have found as yet nothing that would easily let one tell how sweet a wine had to be before a medieval would call it 'sweet'. It seems reasonable to suppose that medievals tended to prefer a sweeter wine than modern Americans do, but it is far from certain.

However, whether they or not they started out that way, they were certainly often consumed that way. A popular medieval drink, for which several recipes survive, was spiced wine with honey, called clarre. A

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 vintning.

Incidentals: We introduce yeasts in the primary fermentation floating on 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.

EORANN'S COOL MEAD

by Lord Tadhg macAedain uChonchobhair

RECIPE:

- 15 lb clover honey (for five gallons)
- ½ hand ginger
- 3 limes (see note 1)
- 1 mint tea bag (see note 2)
- 2 tbsp spearmint
- 1 tbsp peppermint
- 12 juniper berries
- 1 vanilla bean (see note 3)
- yeast starter (see note 4)

PROCESS:

Scrape the limes with a serrated knife to get lime peel. Be careful to leave the pith! Half the limes and squeeze thoroughly. Set aside peel and juice. Using a five-gallon (or greater) stainless steel or ceramic-lined pot, put in ½ gal of hot tap water. Empty bottle of honey into pot and rinse out the container 1½ times with hot tap water. Bring solution to a boil and skim the dross. Continue until dross no longer forms quickly (45 minutes to 1 hour). Put in ginger, tea, and mint (use a tea ball for mint and tea, if available). Cook for 15-20 minutes-until ginger is limp and mint is

noticeable in taste. Add lime juice, lime peel, and juniper berries. Cook 5 to 10 minutes until the juniper berries are noticeable in smell.

Remove from heat. Remove tea ball. Pack off with ice and cold water to five gallons. Strain into fermenter. Add vanilla bean. Allow to cool overnight. Make sure mouth of fermenter is covered at least with a damp rag- preferably bleach-soaked. Pitch yeast in morning. Rack off once a month until the mead has completely cleared- "until you can read newsprint through the carboy" — and fermentation has all but stopped (usually 6 to 8 weeks).

NOTES:

1. While limes were available in period, and their use can be documented for cooking, my sources for brewing do not indicate that they were used in this manner. Instead, their kin — lemons and oranges — were used. In period, citrus was used for taste and the concept of pH control was not understood.
2. Tea is added as a brewing adjunct to provide tannins. This practice was not followed in period; however, inferences can be drawn that brewers used other practices, which accomplished the same thing. The most notable example is in *The Closet Of the Eminently Learned Sir Kenelm Digbie Opened*. Sir Digbie admonishes the reader to use barrels, which were previously used to produce sack, for brewing mead. Sack is a dry period wine, and wine has its own natural tannins.
3. The most notable exception from the use of period ingredients is the vanilla bean. The vanilla bean was a New World product, and extremely late period. As a result, it was probably never used in the manner noted; however, it has a wonderful effect upon the mead.
4. I use a cultivated yeast starter. After pitching the yeast, I wait about 2 to 3 days-until the fermentation is well established — and draw off about 1½ cups of mead, which I refrigerate. After about 2 weeks, I draw off another ½ cup and add that to the culture. The second drawing is a harder yeast and serves to introduce stronger strains. Over a period of two to three meads, a hardy yeast develops, which can produce as much as 18% alcohol — or so I have been told.
5. Starting specific gravity: 1.092 @ 78° F
6. Finishing specific gravity: 1.029 @ 72° F
7. Brewing period: 15 May to 5 October with 2 intermediate rackings on 5 July and 19 August. (The remainder of the batch is still in the bottle!)
8. Estimated alcohol content at bottling: 8.5%
9. Will be conditioned with 1 cup of honey.

served in wine or beer (Pechey, 1694) or as a stomach opener prior to eating. (Tryon 1690). Large doses or long term exposure to wormwood can cause liver and brain damage. Wormwood should only be used in small amounts if at all.

YARROW

(*Achillea millefolium*)

Also known as milfoil, wound wort, Devils nettle, gearewe, and field hop (and MANY other names) It has long been associated with Soldiers, Knights and the Devil. (Grieve, 1931) Yarrow is mentioned by Grigson as one of the herbs which hops replaced. It is still used in some Swedish ales.

CAUTION

All of the following are reputed to have narcotic or toxic properties that render them unsafe to use in any amounts. All should be omitted from brewing recipes. Hellbore and Mistletoe in particular are potentially deadly at low doses.

- **DARNEL** (*Lolium temulentum*)
- **HELLBORE** (*Helleborus niger*)
- **MELILOT** (*Melilotus altissima*)
- **MISTLETOE** (*Viscum album*)
- **THORN APPLE** (*Datura stramonium*)

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SLOES*(Prunus spinosa)*

Also known as Blackthorn. Used to make sloe gin. Bullace or Sibarells (*Prunus insititia*) are a closely related species used for making bullace wine. (Grieve, 1931)

TANSY*(Tanacetum vulgare)*

Tansy has long been associated with the Virgin Mary so its presence in fruit may have religious as well as gastronomic implications. (Grieve, 1931) Culpepper wrote, "Let those Women who desire Children love this Herb. 'Tis their best Companion, their Husband excepted". Boiled in beer it "stayed miscarriages" Tansy and the closely related cost mary (*Tanacetum balsamita*) were used to bitter beer in Germany (La Pensée, 1990).

VALERIAN*(Valeriana officinalis)*

Also known Setwall or Setewale. It is also most likely the Phu mentioned in Dioscorides and Galen. (Grieve, 1931) If you have ever smelled it you would find "Phu!" to be an appropriate response. The roots of plant produces a sedative similar to the active ingredient in Valium. Use with caution.

WOODRUFF*(Asperula odorata)*

Also known as wuderove, wood-rova, muge-de-boys and old man of the woods. (Grieve, 1931) Although difficult to start from seed plants are readily available from garden stores and once established for a couple of years it spreads rapidly. It does well in low light and in acid soil. This makes it ideal for planting under pine trees. The fresh herb is almost scentless but when dried smells like vanilla. In Germany woodruff is picked in May, dried, and added to white wine to make Maibowle or "may wine". This was a period practice that extended as far as England. In Berlin it is added to wheat beer (La Pensée, 1990).

WOOD SAGE*(Teucrium scorodonia)*

Also known as Sage-Leaved Germander. (Grieve, 1931) Grigson tells us the bitter leaves were used in ales before hops arrived in Britain. (La Pensée, 1990)

WORMWOOD*(Artemisia absinthium, Absinthium vulgare)*

Also known as Green ginger. Roman wormwood (*Artemisia pontica*) and sea wormwood or old woman (*Artemisia maritima*) and mugwort (*Artemisia vulgaris*) are closely related species (Grieve, 1931) One of the main ingredients in infamous liqueur absinthe. Wormwood was

SOURCE:

This recipe uses period ingredients in proportions consistent with many of the recipes noted in *The Closet Of the Eminent Sir Kenelme Digbie Opened*. Exceptions from this practice, are discussed in proceeding notes. Briefly, the proportions of honey and spices are documentable through many recipes in the noted reference- however, no recipe specifically uses this particular spice combination. The mead draws its name from Lady Eorann O' Connor, and the unique blend of fruits and spices were initially chosen to produce a non-allergenic mead for her.

SIMPLE MEAD FOR SIMPLE PEOPLE

Countess Marieke van de Dal

Mountain Freehold, East Kingdom

My village is small. Our apothecary knoweth naught of "campden tablets" or "bleach" or "yeast nutrients," nor can she explain the intricacies of "sterile techniques" or "airlocks." Still, our villagers make fine mead without benefit of such arcane aids, and it is my desire to share our methods with you.

First, understand that this mead is soft and sweet, as mead should be. If you seek a dry or tart beverage, perhaps wine would be more to your taste, if your purse is heavy enough to afford it. And second, this mead keepeth not above two or three weeks, for after this time its character changeth for the worse.

The list of necessary ingredients for a gallon of mead is short: honey (more than a pound and a half, less than two); bread yeast (half an envelope, or half a cube); and water. For honey, any will do — the darker types seem to have more flavor. For yeast, seek simple BREAD yeast. Do not let the merchants sell you special yeasts for the making of ale, beer, wine, or mead — they will give this type of mead a most displeasing flavor. Be sure to take your water from a clean cistern or well.

If you can obtain a stick of cinnamon, or half a dozen cloves, or a piece of fresh ginger, these make fine additions to the flavor, but are by no means necessary. If you are fortunate enough to have an orange or lemon (you surely come from a century later than mine!) then the outer peel and the juice may also be added as flavorings.

The equipment needed is equally simple. The pot in which you boil the honey-water should hold more than a gallon of water, and must not be of bare metal. An enamel pot, such as is used in the preserving of fruits, is excellent. You will also need a vat, jug, amphora, cask or crock of some sort in which to ferment the mead. Again, this should not be of metal, but any ceramic, glass or wood vessel will do nicely, provided it holds more than a gallon of liquid. You will also need a large spoon, a small

cup, a square of cloth larger than the opening of your fermenting vessel, some string, and perhaps a funnel.

First you must dissolve the honey in the water. Put a bit less than a gallon of water in the enamel pot, and add to it one and a half or two pounds of honey — if you're measuring by volume, that's somewhat less than three cups, because honey is heavier than water. It may take a few batches to find the amount of honey that's right for you. Heat and stir the honey and water, keeping the mixture just under a boil. If scum riseth to the top, skim it off with your spoon. When the scum riseth no more, or your patience is at an end, add any spices you desire and set the pot aside to cool.

Next, you must check the vigor of your yeast, since some unscrupulous merchants sell old, tired yeast, and this will surely spoil your mead. Ladle out some of the hot honey-water into the small cup, and let it cool to skin temperature. Dissolve your yeast into it (half an envelope, or half a cube). Stir it well, set it aside, and check it in a few minutes. If it seems foamy, it is good yeast, and may be used without fear.

If your enamel pot is not needed for anything else, you can use it as a fermenting vat as well, but more often you will transfer the cooled honeywater (and the spices, if any) into a different container, which also must not be of metal. Add the active yeast from the small cup, and shake or stir well. Cover the vessel with the cloth and tie it with the string, so the vapors may escape but the flies enter not. Do not let the cloth touch the liquid.

The time needed for the "working" depends on the season. In full summer, my mead is at its peak flavor after two weeks; in fall or spring it may take three weeks. In the winter, my cottage is too cool to make mead at all. Your tongue is your best teacher; taste your mead after a week, and every day or so thereafter, until you like it best. It will gradually get less sweet and more mellow, but after a point the flavor will start to become harsh — and then drink it quick, for it will only get worse from there.

As the mead ferments, you will see sediment at the bottom of the vat. This will not harm you; in fact, some say it is quite nutritious, though it has a flavor that some find displeasing. Before serving the mead, you may wish to ladle it out into pitchers, leaving the sediment and spices behind. The strength of this mead is about that of ale or beer; beware, lest its sweetness beguile you into drunkenness!

(My patroness in the art of simple brewing is Countess Arastorm the Golden, though she may not agree with all I've written here. Many a horn of "Stormbrew" have I raised in her honor!)



MARJORAM

(*Origanum vulgare*)

Used in conjunction with buckbean and woodruff in the Low German recipes, closely related to the oregano used in Italian herb beers. (La Pensée, 1990) Used to make "Mr. Webb's Ale and Bragot" (Digby, 1669)

MUGWORT

(*Artemisia vulgaris*)

This herb shows up in "plauge water" (Hess, 1981). It is still used in Europe to make Mugwort ale. It is related to wormwood and should only be used in small amounts if at all.

NETTLE

(*Urtica dioica*, *Urtica urens*)

Stinging nettles are a relative of hops and nettle foods and beverages are wide spread through out the temperate climates of the world. Not only could you eat sauteed nettles and drink nettle beer for supper but you could weave the table cloth out of them as well. (Grieve, 1931) Red nettles (*Urtica rubra*) appear in the period medicinal "Restorative Marmaleet". (Hess, 1981). Nettles are a potential source of inorganic nitrogen used by yeast to manufacture protein.

PENNYROYAL

(*Mentha pulegium*)

This species of mint is also called run-by-the-ground, lurkin-the-dich and pudding grass. Culpeper recommends Pennyroyal wine for snake bite (Grieve, 1931). It was used in making methgolin (Digby, 1669) It was also widely used in Britain in pies, puddings and haggis and Tryon recommends it's use in beer. (La Pensée, 1990) Pennyroyal is potentially dangerous should only be used in small amounts if at all. Pennyroyal can induce miscarriages and should not be consumed by pregnant women under any circumstances.

SAGE

(*Salvia officinalis*)

Frequently appeared as Sawge in period. Charlemagne had it put on his list of regal Kitchen Herbs and it appears in the Low German recipes as well as in Tryon as a beer spice. (La Pensée, 1990) In Germany during the sixteenth century Clary (*Salvia sclara*) and elder flowers were mixed with Rhine wine to make Muscatel. Clary was also used to bitter beer. (Kowalchik & Hylton, 1987) Sage vervain (*Salvia verenaca*) is another related species and should not be confused with the lantanas or ornamental vervains (*Lantana* sp.) which are potentially toxic.

GALINGALE*(Alpinia officinarum, Alpina galanga)*

Also known as galangal, China root and garguat. The taxonomy of galingale is confused. Kaempferia Galanga, *Alpinia officinarum* and *Alpina galanga* may or may not be different species depending on which work you consult. *Alpinia officinarum* is known as either true galingale or lesser galingale *Alpina galanga* is know as greater galingale (Grieve, 1931) . (Hess, 1981) English galingale (*Cyperurus longus*) also adds to the confusion. "True" galingal(s?) come from Java and taste, to me anyway, like a cross between ginger, pepper and licorice. A little goes a long way

GRAINS OF PARADISE*(Amomum meleguetta)*

Also know as Ginny graynes due to their West African origins. (Hess, 1981) Grieve considers them a form of paprika (Grieve, 1931). Tastes like cardamom on steroids.

HOPS*(Humulus lupulus)*

Brief public service announcement: Hops are attractive and toxic to dogs. Don't discard your spent hops were Fido can get into them. Hops are period but most of the high alpha acid variety on the market aren't. Even the modern Noble hops are more potent than their period ancestors. I use ¾ to ½ what is called for to compensate.

HOREHOUND*(Marrubium vulgare)*

In German it is known as "Berghopfen" (mountain hops). (La Pensée, 1990) It also appears in Digby's liver and lung concoction. (Digby, 1669)

HYSSOP*(Hyssopus officinalis)*

Hyssop is used in Elizabethan mead recipes (what isn't?) (Hess, 1981) Benedictine monks brought it to Europe from the Holy Land and use it in herb liqueurs (La Pensée, 1990)

LAVENDER*(Lavandula vera)*

Digby apparently recommends French spiked lavender (*Lavandula vspica*) for mead. (Digby, 1669) It also shows up in Elizabethan wine based "cordiall waters" (Hess, 1981) Cogan includes lavender in a c. 1548 rosa solis used in making Mum ale. (La Pensée, 1990)

A BREWERS GUIDE TO BOTANY

A MOST HELPFUL AND USEFUL GUIDE TO THOSE PLANTS THAT MIGHT BE ENCOUNTERED BY THOSE INTENT ON THE RECREATION OF PERIOD ALES AND MEADS

By his Lordship Prospero di San Guiseppe lato, C.Sy. know by some as Lontallo

(How's that for a long winded period title?)

The list of herbs and spices presented here is not intended to be a complete listing of every botanical that has ever graced a period ale or mead. What it is a list of some of the more common together with the binomial names (Remember from high school biology? Genus and species? Sound familiar?) so that the reader can do further research on each. No claims of safety are made or should be implied. Any recommendations should serve as cautions to promote further study. Or in other words if you don't know precisely what an herb might do don't put it in your brew.

ALECOST*(Chrysanthemum balsamita.)*

Alecost is a member of aster family and was a widely used in beer, soups and meat pots. Its leaves, when crushed emit a powerful aroma of menthol, melissa and sage. (La Pensée, 1990) Not to be confused with cost mary (*Tanacetum balsamita*) which is also sometimes called Alecost.

ALEHOOF*(Glechoma hederacea.)*

This bitter and aromatic plant is also known as Ground Ivy, Gill-go-over-the-Ground, Tunhoof and Creeping Jenny (among others). Alehoof was used extensively in period ales especially in the British Isles. Gerard recorded in 1597 its use in ale in Wales and Cheshire. (La Pensée, 1990) It was also one of the major plants used by the Saxons to bitter and clarify beer. (Grieve, 1931)

ALOE*(Aloe spp.)*

Although there are over 300 species in the the genus Aloe , *Aloe barbadensis* also known as *A. vera* is the most readily available. (Kowalchik & Hylton, 1987) Although I haven't found any period references to the use of Aloe in beer it was grown as an ornamental in Spain, Portugal and Italy in the sixteenth century (Grieve, 1931) It was used in the late eighteenth century. (La Pensée, 1990)

BALM*(Melissa officinalis)*

Also known as sweet balm, balm gental or lemon balm this herb is one of my personal favorites. It was widely used in period for making beers, meads liquors and in all manner of other food and drink. It shows up as the an import ingredient in recipes for "Balme-Water" in late period. (Hess, 1981) Try as a finishing herb in bitters or wheat beers

BETONY*(Stachys officinalis, S. betonica)*

Tryon mentions this herb as a beer ingredient in 1690. It is commonly credited with medicinal properties. Gerard claims: "It maketh a man to have a good stomscke and appetite to his meate; it prevaieth against sower belchings... It is singlar against all pains of the head: it killeth worms in the belly : [and] helpeth the ague" As a result it is a common medicinal methgalins and Aquimirabelis ("miraculor water") a late period wine based cureall. (Hess, 1981) Though I have not used it in brewing, I find betony tea with honey and lemon good for a sore throat.

BOG MYRTLE*(Myrica gale)*

Also known sweet gale, bayberry or Dutch myrtle. Native to marshy regions across North Europe and the British Isles. Used in Yorkshire "Gale Beer". (Grieve, 1931) Bog Myrtle was also an import ingredient in making guilt especially in Northern Germany. It was popular in England too where apart from its use in brewing it was laid in the linen to keep away the fleas. (La Pensée, 1990)

BUCKBEAN*(Menyanthes trifoliata)*

Also know as bogbean, boonan and bocksbohne. In German it is also known as Scharbock (Grieve, 1931) Grigson and Hahn record its use in beer as do the Low German sources. (La Pensée, 1990)

CARDUUS*(Carduus Benedictus, Carbenia benedicta)*

Also known as holy thistle and wild field saffron among other names (thistle taxonomy can be confusing) It commonly appeared in medicinal preparations designed to treat the plague. In Much Ado about Nothing Shakespeare writes: " Get you some distilled Carduus Benedictus and lay it to it to your heart; it is the only thing for a qualm..." and it is frequently sited in period as a tonic. (Grieve, 1931) Post period sources also claim it can be used to bitter beer and I wouldn't be surprised if someone turned up a period recipe containing holy thistle. (La Pensée, 1990)

CENTAURY*(Centaurium minus, Gentiana centaurium, Erythraea centaurium)*

Also known as Gentain and Felwort. Centaury has long been credited with medicinal and magical powers. (Grieve, 1931) The root of this medicinal plant is used to provide the bitter taste in some beers. Gerard recommends it if you want to "open the stoppings of the liver, gall and spleen". (La Pensée, 1990)

COMFREY*(Symphytum officinale)*

Also known knitbone, yalluc, and boneset. Do not confuse with the common American boneset (*Eupatorium perfoliatum*). This plant is frequently kept as bee fodder on river banks and in ditches. Period references to comfrey as a medicinal are common. (Grieve, 1931) Gerard considered it a cure all an recommends that : "The slimie substance of the root made in a posset of ale and given to drink against the paine in the backe, gotten by any violent motion...". (La Pensée, 1990) Heavy combat comes to mind.

DANDELION*(Taraxacum officinale)*

In *Ortus Samitatis*, 1485 the Dandelion is referred to as *Dens Leonis* and its leaves are frequently pictured in period herbals as resembling the teeth of a heraldic lion. (Grieve, 1931) Agricultural workers in wine producing areas spice their wine with it and in England the steel makers and miners put it in their beer. (La Pensée, 1990)

ELECAMPANE*(Inula helenium)*

Also known as scabwort, elf dock, elf wort, horseheal, and marchalan. Elecampane has been a common medicinal and culinary herb since ancient times. (Grieve, 1931) It was commonly beer in the Low German countries. (La Pensée, 1990) It can also be used "To Make a Meath Good For The Liver And Lungs" (Digby, 1669)

EYEBRIGHT*(Euphrasia officinalis)*

Eyebright was used as a medicinal from the Classical era onward and eyebright ale is at least late period beverage (Grieve, 1931). Tryon liked its flavor. Eyebright was served in table-beer "when the eye is much bruis'd". It is also mentioned by Milton as the herb that revealed mankind's future to Adam (La Pensée, 1990) Not to be confused with Clary (*Salvia sclara*) which is sometime also called Bright eye. (Grieve, 1931)

SCUM

NEWSLETTER OF THE BREWERS GUILDS OF ÆTHELMEARC AND THE EAST

NUMBER 22

AUTUMN
AS XXXI



SCUM

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

THEIR ROYAL MAJESTIES

Lucan & Elspeth

THEIR SYLVAN HIGHNESSES

Rurik & Elspeth



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

Lord Patric de la Rose

Patric McGlynn

19 Aragon Avenue, Latham, NY 12110

GUILDMASTER OF THE BREWERS GUILD OF
ÆTHELMEARC

Master Corwin of Darkwäter

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BACK AND SIDE GO BARE

Henry Howard, Earl of Surrey, 1553

CHORUS

Back and side go bare, go bare,
Both foot and hand go cold;
But belly, God send thee good ale enough,
Whether it be new or old.

I cannot eat but little meat,
My stomach is not good;
But sure I think that I can drink
With him that wears a hood.

Though I go bare, take ye no care,
I am nothing a-cold;

I stuff my skin so full within
Of jolly good ale and old.

I love no roast but a nutbrown toast,
And a crab laid in the fire;

A little bread shall doo me stead,
Much bread I not desire.

No frost nor snow, no wind, I trow,
Can hurt me if I would,

I am so wrapped and thoroughly lapped
Of jolly good ale and old.

And Tib my wife, that as her life
Loveth well good ale to seek,

Full oft drinks she, till ye may see
The tears run down her cheek.

Then doth she trowl to me the bowl,
Even as a maltworm should,

And saith "Sweetheart, I have take my part
Of this jolly good ale and old."

Now let them drink till they nod and wink,
Even as good fellows should do;

They shall not miss to have the bliss
Good ale doth bring men to.

And all poor souls that have scowered bowls,
Or have them lustily trowled,

God save the lives of them and their wives,
Whether they be young or old.

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FROM THE GUILDMASTER

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

GODISGOODE

My boundless thanks go out to Lord Ragnar the Wolf, Lord Ivan Kalinin & Lady Valentina Andreyevna Sokolova Krasnaya, Lord Tadhg macAedain uiChonchobhair, Lady Katherine Rountre, Lord Ansel the Barrister, Lady Morgainé ferch Cadwr & Lord Lord Muiedoch O'Sidhail who made Scum what it is today. Vivant to you all.

Master Corwin of Darkwater

Scriba fermentatoris. Fermentator scribae



A LITTLE BEER WOULD SUIT ME BETTER, IF IT IS
ALL THE SAME TO YOU, MY GOOD SIR."

TWO BOOK REVIEWS FOR CORDIALERS

Lord Ragnar the Wolf

HOMEMADE LIQUEURS

by Dona and Mel Meilach

Published by Contemporary Books, Inc.
Chicago, IL
ISBN: 0-8092-7582-1
Copyright - 1979 (out of print)

This book will serve as an introduction to cordial making. The book covers sanitation, equipment, methods of making cordials including how to sweeten the cordial to taste, and a good selection of variations on ingredients including the alcohol base and the flavoring components such as fruits, spices and herbs. It provides a good selection of basic recipes usually centered around one main flavoring ingredient such as apples or ginger. It is one of the basic books on cordial making for most of the cordialers who I learned from when I was starting out making cordials. It does not go into the history of cordials nor does much of the bibliography refer to period information. It emphasizes instead such subjects as background on ingredients and the combination of different ingredients, and the use of cordials in cooking including a number of recipes. There is a fair amount of discussion on how to vary the end result by modifying the ingredients especially by the use of spices in the steeping process.

*perrie is more holsome and profitable for the stomake and
whole bodie then the cyder*

In making cider, the authors give brief descriptions of several ways of obtaining the juice from the apples. The preferred way, to which they devote the greatest time, gives three grades of must: that juice which runs out by itself; the juice which is pressed out; and the juice which is removed when water is added to the dross, steeped, and pressed. The must is allowed to ferment in an open cask until it has purged of "all his froth, scum, and other impurities" and is then closed tight for further fermentation. Alternatives are given for some aspects of the fermentation process.

To adjust this to a modern recipe I would start either with pear juice or with a good amount of pears. Since no sugar is added in these recipes, the most difficult step to replicate is the evaporation of some water from the fruit by letting it lay out for some time (in order the get a higher sugar content in the juice). With a juice extract this could be solved by adding less water. Alternatively, the must could be boiled to remove water (although no such step is called for in the documentation, it achieves the goal; and some contemporary texts on wine approve this action in winemaking). My choice for yeast is generally a beer/ale or bread yeast as these would be the most likely wild yeasts, and because I suspect the sugar content will not be very high. Note that the source indicates the resulting drink should not be expected to be long aging.

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If anyone has any questions, I will be pleased to respond to the best of my ability. In case you are interested, some of the books I referred to in writing this are:

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"Ah! BUT HE SAYS YOUR BEER IS ALWAYS GOOD."

... besides, that perrie is not so good for keeping as cyder is, except it bee the carisie, or that which is made of the peare Grosmeuill, or such other peares as haue a harde flesh and skin, the perrie whereof may be kept two yeeeres vndrawn, and after they be perced or drawne of, sixe weekes, foreseene they be well ordered and gouerned.

The faculties and qualities of perrie must be considered of and weighed in such manner as we haue saide of cyder, that is by his taste, age, and making. The taste of the perry dependeth for the most part of the relish of the peares out of which it is pressed, ... following such forme and manner as we haue largely laid downe in the handling of cyder ... There is no cause why you should greatly esteeme in respect of your health of the perries which are pressed out of wilde peares, and all such as are vnhusbanded, vntamed, of a sharp taste, fat, reddish; or of those which are pressed out of diuers sorts of peares, not agreeing together either in taste or otherwise, neither yet of such as are made of apples and peares mingled and pressed together, as neither of that perrie which is newly put vp into the vessels and not fined, or that which had water mixt with it when it was made, or that which is made of the peare called the wood-peare ... it would be easie to iudge that the

Cyder and Perry

In France and some other Countries, and in England, They make great use of Cyder and Perry; thus made: dresse every Apple, the stalke, upper end, and gasses away, stump them, and straine them, and within 24 houres tun them up into sweet, and sound vessels, for fear of evil aire, which they will readily take: and if you hang a poakfull of Cloves, Mace, Nutmegs, Cinamon, Ginger, and pils of Lemmons in the midst of the vessell, it will make it a wholesome and pleasant as wine. The like usage doth Perry require.

William Lawson

CLASSIC LIQUEURS :

THE ART OF MAKING AND COOKING WITH LIQUEURS

by Cheryl Long and Heather Kibbey

published by Culinary Arts Ltd.

P.O. Box 2157

Lake Oswego, OR 97035

ISBN: 0-914667-11-4

Copyright - 1990

This is a book which I just found recently in a Barnes and Noble. It is a passable guide for getting started in making cordials. The book does not go into any of the historical aspects of cordials and it lacks a bibliography. It does cover the basics of sanitation, equipment and ingredients for making cordials, and the basic methods of producing cordials including sweetening. The book does not go into as detailed an examination of the use and variations of possible ingredients such as spices and herbs that "homemade liqueurs" carries out. The bulk of the book consists of recipes for assorted liqueurs, drink recipes using the liqueurs produced, and recipes for food items using cordials. It offers same variations on recipes but does not go into variations of recipes to the same extent as "homemade liqueurs". In addition quite a few of its recipes are for reproducing various commercial liqueurs.

SOME CALLED FOR ALE, AND SOME FOR PORTER,
AND ONE FOR COFFEE, AND ALL OF THEM FOR
CAKES...

PENNSIC XXV BREWING COMPETITION

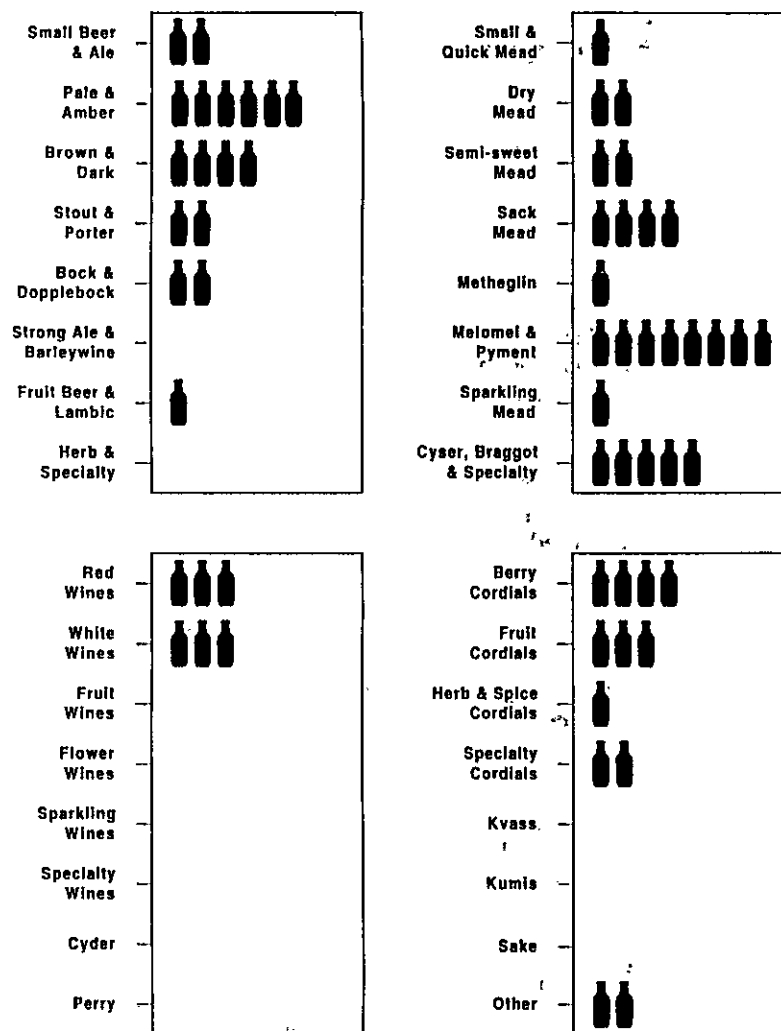
Master Corwin of Darkwater

REPORT ON THE SECOND COMPETITION

Well, the second Pennsic Brewing/Vinting Competition was another success. Thirty-six brewers and vinters entered a total of 58 different potable beverages in the Brewing/Vinting category. Vivat to all of you! The following charts show the distribution of entries across the various sub-categories:

There were few problems this year. The mead category was too large, and should be split next year (somehow). The most unexpected problem was

the gentle who could only judge kosher entries (and had to find a surrogate judge). At least there were enough crackers!



Once again, brewers were their harshest critics. Scores for brewing & vinifling entries were substantially below the typical scores for the rest of the A&S competition. Why this occurs is still a mystery. Possible explanations include:

- The general judging and scoring criteria for the A&S Competition cannot be used to properly judge potable beverages.

On perry specifically, we see:

Perrie is made of diuers sortes of peares: sometimes of rough, harsh, sowre, and wilde ones, neuer husbanded, planted, grafted, or otherwise hauing had anie labour or paines taken with them: such perrie will keep long, euen three or fower yeares, and be better at the ende then at the beginning. Sometimes of garden, tender and delicate peares, such as are the Eusebian and the Marie peare, the roset, hasting, rimolt, mollart, greening, butter peare, the Iaques du four peare, the little conie peare, the perplexed peare, the alabaster peare, the two headed peare, the dew peare, and the wood of

Cyder is made of the juce of peeres; or of the juce of apples; and other whyle cyder is made of both; but the best cyder is made of cleane peeres; the which be dulcet; but the beste is not praysed in physycke, for cyder is colde of operacyon, and is full of ventosyte, wherfore it doth ingendre evyll humours and doth let dygestyon and doth hurte the stomacke; but they the whych be used to it, yf it be dronken in harvyst it doth lytell harme.

Andrew Borde,
A Dyetary of Helth,
1542

Hierusalem: and such perrie is pleasant for a certaine time, but after it is once come to be five monethes old it becommeth void of all taste and dead: the best and most excellent perrie is made of little yellow waxe peares, and such as haue beene throughly dressed and husbanded, as the little muske peare, the two headed peare, the peare rohart, the fine gold peare, bargamot, tahou, squire, and such other peares, which haue a fast and solide flesh and hard coat. The amiot peare is commended aboue all the rest, ... Some doe also sometimes mingle diuers sorts of peares together to make perrie of.

Whether they bee peares to be gathered earely or late, pressed they must be, and the like implements and meanes vsed about them in making the perrie, that were vsed in the making of cyder, for after the same manner must you proceed,

pears, mulberries, pomegranates, gooseberries, sloes, and sorb-apples (service berries).

I found two paintings showing pears (variety unnamed) from the early 17th century in Italy, these pears appear midway in shape between modern Bosc and Bartlett's, and have a red hue.

My earliest extensive information on perry is from a book called *Maison Rustique*. This book was originally published in French in 1569-1570. The book was translated into English and published in 1600. Michael Best, in his book on (and including the text of) Gervase Markham's *The English Housewife* credits *Maison Rustique* as the inspiration for Markham's book. Because there are about a dozen single-spaced pages potentially relevant to this discussion I have selected and summarized the information presented here. The additional material discusses specifics of pressing out juice, how the process may vary depending on the type of pear being used, and the specific nutritional/medicinal properties of types of perry and cider.

The authors claim that fruit wines are made where grape vines cannot flourish due to weather. It is noted that wine cannot be made from all fruits:

The way then to make these kinds of drinckes generally, is to gather the fruit not all out ripe, and after to let them ripen some certaine time in the open aire, or to drie in the sunne, for the spending and wasting of their waterie humour, then to breake and crush them with milstones or such other heauie instruments, and lastly to presse them out... When the iuice is pressed out from the fruit it must be put into caske for to boile therein a certaine time, and to be ordered after the manner of the ordering of the iuice of grapes, as we intende to declare more particularly.

In some places of England there is a kind of drinke made of apples; which they call cider or pomage, but that of peares is named pirrie, and both are ground and pressed in presses made for the nonce. Certes, these two are verie common in Sussex, Kent, Worcester, and other steads where these sorts of fruits do abound, howbeit they are not their onelie drinke at all times; but referred unto the delicate sorts of drinke.

William Harrison,
Description of England,
1577

- The Pennsic micro-climate is detrimental to the storage and evaluation of potable beverages.

Finally, thanks to Lord Angus McBain and Lord Yaakov HaMizrachi, who helped out with the competition, and to Mistress Rayah for spawning the competition.

Results of the competition:

BLUE RIBBON

None!

RED RIBBON

Apple Pie Cordial

by Lord Lord Muiedoch O'Sidhail,
Barony of Carolingia, East Kingdom

GREEN RIBBONS

Beers - 10 awarded

Meads - 4 awarded

Wines - 4 awarded

Cordials - 3 awarded

"TEA! NO THANK YOU! A LITTLE RED WINE, I THINK FOR ME."

APRICOT/BANANA WINE

Lord Ivan Kalinin &

Lady Valentina Andreyevna Sokolova Krasnaya

The original recipe comes from *The Wise Encyclopedia of Cookery*, Wm. H. Wise & Co., Inc., editors, (Wm. H. Wise & Co., Inc., New York, 1949) pp. 32.

Even though this is really a cookbook, I really like it as a reference because its wine recipes do not use modern ingredients such as tannin or citric acid, rather they use chopped raisins and orange and lemon juices. The following is no exception:

Take 12 pounds of ripe apricots, wipe clean, and cut them into small pieces. Place them into 2 gallons of water and boil until the liquid has absorbed the flavor of the fruit. Then strain through a sieve and add 6 ounces of sugar for every quart of

liquid. Boil again and skim repeatedly until the scum ceases to rise. Pour into an earthen crock and let stand. Bottle the next day, putting a lump of sugar in each bottle.

I made several variations to this recipe, mostly because the flavor kept trying to get away from the wine, and hide under the bed. To wit:

1. After the first boil, the fruit was strained, and the water had no color at all, and little taste. The boiled fruit was mashed and added back into the liquid.
2. The second boil brought the fruit mash to the top, and skimming nearly removed all the flavor again. The mash was added back into the liquid, and boiling was discontinued.
3. For tannin, I added ½ pound of raisins.
4. This recipe does not call for yeast! Although it is certainly period to "trust to the fates" to get a ferment going, I have had real trouble with this method. I added Montrachet yeast.
5. The must was fermented in a ceramic jug immediately, and an airlock was attached. It fermented about a week.
6. The apricot mash was not removed at either first or second racking, since this also removed most of the flavor. It was not my intent to create "everclear" wine, so I left the mash in the brew. After 4 months, I gave up, and added two mashed bananas to the gallon.

Apples of Paradise

In that country at a certain time of year long apples are sold, which men of that country call apples of Paradise. They are sweet and delicious in the mouth. And when they are cut open, always in the middle of them is found the figure of the Cross. But they will rot within eight days, and so they cannot be taken to distant lands. The trees that bear them have leaves a foot and a half broad; commonly men find a hundred of these apples in a bunch.

Sir John Mandeville, 1356

7. Two months later, the wine was bottled.
8. The raisins were washed from the must and baked into a loaf of raisin bread, which tasted real nifty.

PERIOD USE OF INGREDIENTS

All ingredients in this recipe, with the exception of the modern yeast, were period. Apricots are a native of Armenia; bananas were cultivated by Portugal in the New World as early as 1516; sugar and raisins were of course available throughout period.

To sum up, I don't know why the apricot flavor did it's damndest to leave the wine, but I think the bananas actually add to the flavor.

ARE YOU A KNAVE?

The **Knives of Grain** are an unaffiliated group of homebrewers, vintners, mead and cordial makers and stewards who are also members of the Society for Creative Anachronism (SCA), a historical reenactment group focusing on the Middle Ages. We make beers, ales, meads, wines, and cordials. We conduct various brewing activities including displays, classes, competitions, tastings and parties.

Worthy yet simple goals of the Knives: Making stuff to drink. Making it better (takes lots of practice and millions of yeast lives are sacrificed). Getting more people into brewing. Increasing (and decreasing) the Known World alcohol supply. Showing the populace that all beer doesn't have to taste like Budweiser, and that alcohol is a *drinking* thing, not a *drunken* thing.

Any brewer, vintner or cordial maker, or anyone interested in learning to make beer, ale, mead, wine or cordials, or in stewarding brewing competitions, is welcome. Join today!

Stumbling Peasants is a quarterly publication of the **Knives of Grain**. It is available from **Lord Ansel the Barrister**, Dennis Walker, 506 Pinecrest Drive, Warner Robbins, GA 31093, (912) 929-3963.

"AND DRINKING WINE OUT OF A GOLDEN CUP, I SHOULDN'T WONDER. WHAT'S THE PONY TO HIM, OR MUGS 'O' BEER?"

PERRY

Lady Morgaine ferch Cadwr &

Lord Lord Muedoch O'Sidhail

The earliest hard documentation I have found for perry use dates from the 15th century. One source cites a reference claiming that in 15th century English households perry was both made and drunk (Hammond, 1993). The diary of a Parisian includes this in the entries for 1447 "Wine was very dear now in Paris, poor people drank ale or mead or beer or cider or perry and suchlike drinks." (Scully, 1995). Beyond this, it appears likely that perry was made from much earlier times as well.

Perry is best classified with a group of fermented beverages made from various fruits. Excluding wine due to its singular position, the fruits from which these beverages were made include apples, medlars, quinces,

Next you will be taking the run-off, adding hops, and boiling it as in extract brewing. You want about 6 gallons total volume at the start of the boil. Assuming a vigorous one-hour boil you'll end up with about 5½ gallons to transfer to your primary fermenter. There is more *trub* (sediments and particulates) in all-grain brewing than in extracts, and a 5½ gallon primary volume will let you end up with a 5-gallon net yield.

Clever mathematicians may have noticed that so far we've only added a total of 5¼ gallons in this recipe (7 quarts at *mashing* and 3½ gallons at *sparging*). This won't yield 6 gallons of run-off, especially since the grain will absorb and retain around 3 quarts. You can add clear water to the brewpot after sparging, until you have 6 gallons total. You could add directly to the primary fermenter after boiling, as in extract brewing. However, for various reasons involving (*gasp*) *chemistry* , in all-grain brewing we add it before boiling. Water volume affects hop alpha-acid extraction efficiency. The larger the boiling volume, the more you'll get out of your boiling hops (which is why some all-grain recipes may seem a little light on boiling hops compared to extract brewing).

In this recipe, you'll probably need to add about another 1½ gallons of water to get your initial 6 gallons. You won't know exactly how much to add until you see how much run-off you get, which varies from batch to batch. If necessary you can heat some of this extra water up to 170°F. and use it as additional sparging water (that is, if the run-off isn't clear or nearly so after rinsing the initial 3½ gallons through). You want to end up with the sparge water running clear, or nearly so, and a total wort volume of 6 gallons.

Now you are ready to boil the wort. Add the brown sugar and the Northern Brewer hops. Boil for one hour. Add 1 oz. of the Fuggles hops for the final 30 minutes of boiling. The Irish moss goes in for the last 10 minutes of boil. The last ½ oz. of Fuggles, for aroma, goes in just before you end the boil—no more than 1 minute. That plus the steeping time while you chill the wort will be enough.



Once the boil has finished you need to quickly chill the wort. I use an immersion wort chiller. Swirling the chiller around the pot, although tedious, significantly reduces the chilling time. When chilled to yeast pitching range (near 70°F), transfer to primary. Splash a lot to aerate the wort since you just boiled all the oxygen out. Pitch your yeast. That's it! It is much less complicated to do all this than to describe it. All-grain brewing just involves a couple of new steps that seem unfamiliar. All-grain brewing has advantages and disadvantages compared to extract brewing. All-grain brewing is usually cheaper per batch than extract, once the extra equipment is obtained. All-grain brewing generally takes longer than extract. You will have more control over more of the brewing process, and more flexibility in recipe creation.

he had been saying farewell to the
BEER-BARREL in the cellar.

SCARBOROUGH METHEGLIN

Lord Tadhg macAedain uiChonchobhair

RECIPE:

- 15 lbs clover honey
- 3 tbsp sweet bryar (see note 1)
- 1½ tbsp parsley
- 1½ tbsp rosemary
- 1½ tbsp sage
- 2 tsp thyme
- 2 tsp marjoram
- ale yeast (Edme)

PROCESS:

Place ½ gallon of hot water in pot. Bring to a boil. Add honey and rinse each container 1 time with hot water. Skim dross. Add herbs. Cook for 1 hour. Remove from heat. Pour 2 gallons of cold water into fermenter. Strain wort into fermenter. Top off with cold water to 5 gallons. Allow to cool to about 100° F. During cooling, close container or cover mouth with a bleach-soaked rag. Pitch yeast and shake well. Rack off once a month until the mead has completely cleared.

NOTES:

1. Sweet bryar, also referred to as eglantine, is no longer commercially available so far as I have been able to discern. Fortunately, I have been able to obtain two such plants, which are my sole source of the herb. In period, sweet bryar (a form of wild rose) was quite common; regrettably, this is no longer the case.
2. Starting specific gravity: 1.087 @ 106° F
3. Finishing specific gravity: 1.045 @ 75° F
4. Brewing period: 17 May to 16 December with 2 intermediate rackings on 5 July and 18 August.
5. Estimated alcohol content at bottling: 6%

SOURCE:

The specific recipe is drawn from several different recipes in *The Closet Of the Eminently Learned Sir Kenelme Digbie Opened*. The inspiration for this work comes from a medieval song — resurrected by two gentlemen known as Simon & Garfunkel — about the Scarborough Faire. Based upon this perhaps peculiar inspiration, several recipes containing some or all of the desired herbs were consulted. The research was substantially enhanced by access to Duke Gyrth's notes. Some years ago, His Grace did an analysis of all the herbs and spices used by Digbie in his recipes. As a result of this early work, His Grace had a set of note cards with all the recipes which used a given herb or spice. I was able to prevail upon Duke Gyrth and used these cards to identify the appropriate recipes.

I examined each of the recipes which used one of the four desired herbs: parsley, sage, rosemary, and thyme. From these many recipes, I was able to identify the following quantities: (1) relative proportions of each of the herbs when they were used in conjunction, (2) reasonable amounts of the each herb used for flavoring meads and metheglins, and (3) additional herbs and spices commonly used in conjunction with the primary four. The redacted recipe is the result of these labors.

"I HAD COUNTED ON PASSING THE *GOLDEN PERCH* AT STOCK BEFORE SUNDOWN. THE BEST BEER IN THE EASTFARCHING, OR USED TO BE: IT IS A LONG TIME SINCE I TASTED IT."

DISTILLATION AND ALCOHOLIC BEVERAGES

Lady Katherine Rountre

A common question that arises is whether distilling antedates the seventeenth century. The short answer is yes. In the fifth collection in *Curie on Inglysch*, which Hieatt calls *Goud Kokery*, there is a 14th century recipe for distilling aqua vite from the lees of strong wine, which seems to produce something that would appear to be a heavily spiced (and probably rather weak, given the methods described) brandy. So some form of such distilling is unmistakably present already in the fourteenth century.

The second section of Hugh Platt's *Delightes for Ladies* (London, 1602) is titled "Secrets in Distillation"; its first recipe is called *How to make true spirit of wine*. Most of the rest, though, are how to make things like rosewater, or heavily herbed and spiced things, not what one would

two plastic food-grade buckets. The first holds the clear rinse water and has a drain and hose to connect to a spray arm over the second bucket. The grain goes in the second bucket. There is a plastic convex plate with holes which goes in the bottom of the grain bucket and holds the grain off the bottom, letting rinse water pass through. A drain at the bottom of the grain bucket routes the rinse water to your brewpot. You can buy the entire system for about \$60 or you can buy the key parts like the plastic perforated plate and the spray arm, and scrounge up the buckets yourself from restaurants. The best part of the manufactured system is the sprayer. This is a little brass sprayer arm, kind of like a miniature water sprinkler, which sits on top of the grain bucket. You hook this up to the clear rinse water coming in so that it is sprayed evenly over the top of the grain. This greatly minimizes agitation of the grain bed, increases the efficiency of the rinse, and reduces the occurrence of *stuck run-off*.

Stuck run-off is one factor in the sparging process which you want to avoid. During the rinsing operation, the wet, cracked grain packs into a mass which becomes a filter-bed. The hot rinse water passing through this leaches out all the starch and other ingredients to form the wort. Sometimes the straining system will become clogged, either with small bits of grain and husk, or due to gumming (solidification) of the grain mass. Relax, don't worry, etc. This is as inevitable as boil-overs, infected batches, etc. It's just a part of the operation we try to minimize. The fix could be as simple as unclogging a drain hose. At worst, you empty out the grain, rinse everything, reload the grain and try again. The type of sparging system you use to rinse the grain can greatly impact how often you will get stuck run-offs.

SPARGING

Heat at least 3½ gallons of water to 170°F (½ gallon per pound of grain). This will be your sparging water. Next, before adding any grain to the container it will be in for rinsing, add some of the sparge water to the grain container. Then add some grain and more of the water in stages, so that the level of the water is always higher than the grain. This is so that the grain will be partially suspended in the water and not pack down as densely as it would if just the grain went in first. This helps avoid stuck run-off. Once you have made your *foundation* (the grain-water bed), you add the remaining sparge water as *gently and slowly as possible*, while draining run-off out of the bottom of the container at roughly the same rate and collecting it in your brewpot. You want to be careful not to agitate the grain. You want a lightly-packed grain bed and a slow, even pour. Naturally, as the very last of the water rinses out, the grain will be left high and dry (damp). With the grain bag method or the homemade lauter-tun strainer, you'll be pouring manually over the top of the grain. With the Listerman system or home-made equivalent, you turn on the pinch-valve for the rinse bucket and watch the show as the sprayer distributes the water. Hopefully by the time you're out of water the runoff will be clear or nearly so.

keeping the burner on and stirring 7 pounds of cracked, wet grain. You need something insulated. I use one of those round orange 5-gallon water coolers. A rectangular cooler would also work. The less left-over space in the cooler, the better. The volume of wet grain for a typical batch is 3-5 gallons. As another alternative, some of the reference books discuss building an insulated box to put your brewpot in:

MASHING

Put the cracked grain in your *mash-tun*. Heat 7 quarts of water to 170°F (1 quart of water per pound of grain). Add this to the grain and stir. The grain should now be somewhere near 150°F. Close the *mash-tun*. Go watch TV for 30 minutes while the enzymes work their magic. Now check for starch conversion. You will need tincture of iodine (the little bottle like your Mom used to treat scrapes with, available at any drugstore and many grocery stores). You are going to test a little sample of the mash liquid with iodine. Don't put the iodine in the mash, and don't put the sample back in the mash. Put a spoonful of the mash liquid on a white saucer. Add a drop or so of iodine to the sample. If the iodine stays the same color (brownish), you're done mashing. If the iodine changes color to purple or black, close up the *mash-tun* and watch TV for another half-hour. Check again. Hopefully the iodine will stay the same color and you can proceed.

The next step is rinsing the grain. This is called *sparging*. You will need some kind of system which will contain the wet, cracked grain while allowing rinse water to pass through and be collected. The least expensive system I've seen is a grain bag. This is a mesh bag, kind of like a giant hop sock, which holds the entire mass of grain inside your *mash-tun*. You will need some kind of drain on the *mash-tun* so that you can add the rinse water to the top of the grain in the bag and drain the water out the bottom as you go. You'll be using several gallons of rinse water, ending up with about 6 gallons or so. The suppliers sell a grain bag made to fit the round 5-gallon water coolers. Since the water cooler has a built-in spigot, if you're using one of them you'll have a ready-made drain.

There are lots of other types of home-made and manufactured sparging systems. You don't want to try to rinse the grain bit by bit (in a hand strainer, for example). This is grossly inefficient in extracting all the starch from the grains, terribly time-consuming, and would require too much rinse water. You can make a workable giant strainer by drilling lots (as in, LOTS—hundreds) of $\frac{1}{8}$ " holes in the bottom of a five-gallon food-grade bucket, as described in Papazian's book (*The New Complete Joy of Homebrewing*, Charlie Papazian, Avon, 1991). If you put this strainer bucket inside a bottling bucket or another five-gallon bucket with a drain, you've got an inexpensive, functional rinsing system.

I use a ready-made sparging system which many of the suppliers carry, called the Listerman Sparging System. The Listerman system comes with

think of as either modern liquors or cordials. Still, by that time, not only is the technique known, but it seems to be used in ordinary households. What is unclear is both what concentrations of alcohol were being produced, and whether anyone ever used the result of distillation as a beverage, i.e. drank it straight, either to quench thirst, to enjoy the flavor, or to get drunk.

The methods of distillation in use seem unlikely to produce concentrations as strong as we routinely see in modern liquors, although they are probably substantially stronger than brewed beverages. Until very recently, I was under the impression that the distillation equipment and methods used in Europe through the 16th century could not produce alcohol concentrations above about 30% to 35% by volume (in U.S. terms, 60 to 70 proof) at the highest. But I recently came across the following in a recipe from the early 15th century (Arundel 334, Mawmene for xl. Mees, p. 455 in Nichols's edition):

And if thou wol have the potage rennynge, putte theron a litel aqua vite; and qwhen hit is dresset in dyshes, as hit is beforesayd, thenne light hit with a waxe candel, and serve hit forthe brennynge.

This is fascinatingly ambiguous. The aqua vite may be intended only to make it more liquid (*rennynge*), and the reference to burning may simply be the candle lit and stuck onto the serving platter. Certainly this particular manuscript shows far more interest in elaborate presentation than most other collections of the time, and serving a dish with a lit candle on it for display would not be out of line. The text, however, does seem to suggest an alternative reading, namely, that this is intended to be flaming with alcohol.

But alcohol will not burn in concentrations significantly under 50% by volume (100 proof by the U.S. system). And while some of the more elaborate French presentation pieces are served flaming (for instance, dragons breathing fire), in every case that I am aware of, the effect is achieved by a cloth of some sort saturated with camphor. If they could do it with an edible substance, I would have expected them to. But the question remains open, and I would be very interested in any information anyone has on this point.

To return to documented uses, distilled products do not seem even to have been widely used in fortifying brewed beverages. Kenelm Digbie (1669), the largest single locus I know of for early brewing information, contains (so far as I know) no recipes that call for distillation, or for using its product (i.e. you don't add spirit of wine).

What is least clear of all, however, is whether anyone drank them. The closest I have to an indication of such a use is that spirit of wine (or aqua vite) is used sparingly as an ingredient in some recipes for making spiced wines or ales (these recipes tend to indicate amounts).

I have not seen it myself, but understand that there is evidence that some distilled beverages of enhanced alcoholic content were used as medicinals. (I have been referred to a book written in 1478 by a Michael von Shrick on distilling liquors, that is said to have suggested the use of such liquors as brandy for medicinal purposes. To date, I have not had a chance to check out exactly what can be found there.)

But there's a huge gap, even today, between Cognac and Robitussin. The first is a beverage. The second isn't. The question is whether distilled alcohols in Europe in period were only ingredients or medicinals, or whether they were also sometimes beverages. So far, I don't know an answer.

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THE NORTHFARCHING BARLEY WAS SO FINE THAT THE BEER OF 1420 MALT WAS LONG REMEMBERED AND BECAME A BYWORD. INDEED A GENERATION LATER ONE MIGHT HEAR AN OLD GAFFER IN AN INN, AFTER A GOOD PINT OF WELL-EARNED ALE, PUT DOWN HIS MUG WITH A SIGH: "AH! THAT WAS A PROPER FOURTEEN-TWENTY, THAT WAS!"

NO-BRAIN ALL-GRAIN

Lord Ansel the Barrister

You don't have to be a chemist to understand all-grain brewing. It's simple. Ansel's painless guide to all-grain chemistry: You probably already knew that the starch in grain has to be converted into a simpler form for the yeast to use. Conveniently, enzymes already present in malted barley will do this for you at certain temperatures. Yes, once again, some microscopic beastie or compound does all the real work while you relax with a homebrew. All-grain brewing can literally be as easy as adding hot water to cracked grain in a cooler, then rinsing the grain with more hot water. Once the rinse water is running clear, you've got all the starch and other goodies out of the grain. The rinse water becomes your wort and you proceed to boil and add hops as in extract brewing. Not so hard. Folks were successfully all-grain brewing for thousands of years before they even understood that yeast was alive, much less the difference between proteolytic and diastatic enzymes.



EQUIPMENT

You will need a few pieces of special equipment for all-grain brewing. You'll need something to hold the grain during starch conversion (called mashing) and something to handle the rinsing operation (called sparging). I'll get into those items as we discuss mashing and sparging later. You'll also need a bigger brewpot. In all-grain brewing, you'll be boiling about 6 gallons of wort instead of the usual 1½-2 gallons you boil in extract brewing. You'll need a brewpot of 8 gallons capacity or larger. Stainless steel pots that size get very expensive. I have been using an enamel canning pot (about \$30) for some time with no problems. You'll also need a practical way to quickly heat 6 gallons or so of wort. The stovetop would take forever. I use a big propane burner (a "fish-cooker") which costs about \$45. Finally, in order to quickly chill 6 gallons or so of wort, you need a wort chiller. I use the copper immersion type. You can buy these for around \$30 or make your own.

PROCESS

Let's jump right in with a simple one-step infusion mash (relax) and a recipe for a nice English ale similar to Bass:

Ingredients for 5 gallons:

6	lbs.	pale (2-row) malt
1	lb.	light crystal malt
1	lb.	brown sugar
1	tsp.	Irish Moss
3¾	oz.	Northern Brewer hops
1½	oz.	Fuggles hops
		Ale Yeast

Notes on buying grain: pale (2-row) and crystal are varieties of malted barley grain. Since this is an English style beer, try to get English malts if the supplier has them. Crystal malt is sometimes rated as to color on a scale referred to as Lovibond. I've seen anything from 10L to 120L. The lower the number, the lighter the color. For this ale, you want about a 20 or 40L. If it isn't rated, don't worry. Assuming this is your first batch of all-grain and you don't own a grain mill, you'll need to ask the supplier to crack the grain for you. Some do this for free, some charge a small fee. If you really get into all-grain, you'll want to buy a mill later (about \$50).

The first thing you are going to do is *mash* the cracked grain, meaning add hot water and hold the temperature near 150°F-155°F for 30-60 minutes. Whatever you use to hold the grain for mashing is called a *mash-tun*. Your brewpot alone can be used but doesn't work well because the temperature falls too fast and (trust me) you don't want to consider

SCUM

NEWSLETTER OF THE BREWERS' GUILDS OF ÆTHELMEARC AND THE EAST

NUMBER 23

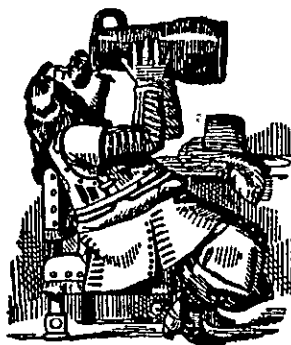
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SCUM

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

THEIR ROYAL MAJESTIES
Hanse & Moruadh
 THEIR SYLVAN HIGHNESSES
Kyl & Susan



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SERVANTS SONG

John Lily, 1584

GRANICUS

O for a bowl of fat canary,
 Rich Palermo, sparkling sherry,
 Some nectar else from Juno's dairy:
 O those draughts would make us merry!

PSYLLUS

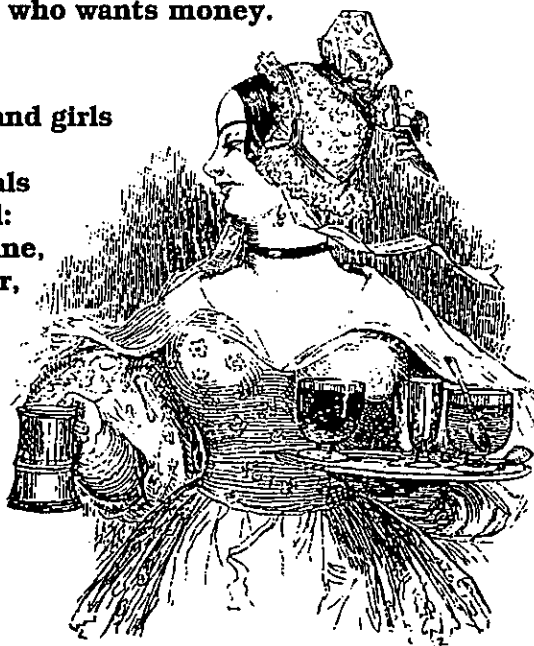
O for a wench! (I deal in faces,
 And in other daintier things,
 Tickled am I with her embraces,
 Fine dancing in such fairy rings.

MANES

O for a plump fat leg of mutton,
 Veal, lamb, capon, pig and coney!
 None is happy but a glutton;
 None an ass but who wants money.

CHORUS

Wines, indeed, and girls
 are good,
 But brave victuals
 feast the blood:
 For wenches, wine,
 and lusty cheer,
 Jove would leap
 down to
 surfeit here.



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FROM THE GUILDMASTER

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

LETTERS

The following letter raises some valid safety concerns for brewers. To be fair to the author of the referenced article, there was no intent to promote the use of dangerous herbs. Still, when you are dealing with unusual herbs, caution and knowledge are both good to have in abundance.

Master Corwin,

Thank you for putting out this great little newsletter.

One thing troubled me greatly in a previous newsletter. One of the articles¹ advocated the use of comfrey, pennyroyal, tansy, valerian, wormwood and yarrow in alcoholic concoctions. Perhaps *advocated* is too strong a word, but *these are potentially dangerous* herbs!!!

Comfrey taken internally can cause severe liver damage; *Tansy* preparations can act as an abortifacient² or emmenagogue³; *Pennyroyal* and *Valerian* have strong sedative properties, as well as *Pennyroyal* being a muscle relaxant and potential abortifacient; *Wormwood* is extremely psychotropic⁴ and should, in my opinion, **never** be used; *Yarrow* is the least harmful of the bunch, which can cause severe allergic reactions in some people, and can act as an abortifacient.

Please refer your readers to

Rodale's Illustrated Encyclopedia of Herbs,
C. Kowalchik & W. H. Hylton, Eds.
Rodale Press; Emmaus, PA 1987.
ISBN # 0-87857-699-1

for a more thorough treatment of herbs various uses (medicinal or otherwise) and cautions. The medicinal herbs are reviewed by several doctors of differing opinions for safety.

Herbalism is a popular subject, but herbs should not be taken internally (in general) unless one knows their properties. They are, in many cases, best considered medicines. Especially in teas and alcoholic concoctions, where the essences are concentrated, is safety of utmost concern.

Thank you for allowing me to vent my concern.

In service & fun,

Lady Elizabeth Canynge the Ravenhaired

¹ Scum #21, A Brewers Guide to Botany.

² A substance that causes abortion.

³ Ha! I knew you'd look it up. A medicine that promotes menstruation.

⁴ A substance that affects the mind.

evergreen tree, native to Indonesia. Cloves have a warm, dark aroma and a hot, bitter taste.

Nutmeg (*Myristica fragrans*)

Nutmeg is the kernel of the nut of an evergreen tree (see Mace). Nutmeg has a rich aroma and a warm, sweet taste.

Caraway (*Carum carvi*)

Caraway, a relative of parsley, has been cultivated in Europe since medieval times. Caraway has a pungent aroma and a bitter flavor.

Long Pepper (*Piper longum*)

Long pepper, made of the small catkins of a plant related to common pepper, probably reached Europe before pepper was available; now it is seldom found outside of the Far East. Long pepper is slightly less pungent than pepper, and has a hint of sweetness.

Coriander (*Coriandrum sativum*)

Another ancient spice, the use of coriander seeds were spread throughout Europe. Coriander has a balsamic, woody aroma and a faint orange flavor.

Anise (*Pimpinella anisum*)

Related to caraway, cumin, dill and fennel, anise is a seed native to the Middle East. Anise has an aroma and taste of licorice.

Malabathrum (*Cinnamomum aromaticum*?)

Malabathrum was popular in Rome, and is supposed to be the leaves of the cassia tree. It's flavor profile is unknown, perhaps a blend of Bay and Cinnamon?.

Fennel (*Foeniculum vulgare*)

Popular in Europe since Roman times, fennel has a flavor and aroma very similar to anise.

Squinant (?)

Also called camel's hay. No further information available.

Saffron (*Crocus sativus*)

The world's most expensive spice, saffron comes from the dried stigmas of the saffron crocus. Saffron has a distinctive aroma, a slightly bitter taste, and is often used to color a dish (or beverage) a brilliant golden yellow.



THE SPICES OF CLARREY

Cinnamon (*Cinnamomum verum*) and/or**Cassia** (*Cinnamomum aromaticum*)

One of the oldest spices, and among the first to be imported into Europe. Cinnamon and cassia are both dried bark of trees in the laurel family, and are often used interchangeably (although cinnamon has a more delicate flavor). Cinnamon has a sweet, woody aroma and a warm taste. [see Malabathrum]

Ginger (*Zingiber officinale*)

Ginger is also one of the oldest spices known. The rhizome was popular in Egypt, Greece and Rome from antiquity, and quite common in Medieval Europe. Ginger has a warm aroma and a hot, biting taste.

Pepper (*Piper nigrum*)

Native to India, pepper is perhaps the most common spice used today. Pepper has a pungent aroma and clean taste.

Grains of Paradise (*Aframomum melegueta*)

Small, chestnut colored seeds, native to the west Africa, Grains of Paradise have a faint aroma of caraway, and a hot peppery taste.

Spikenard (*Nardostachys jatamansi*)

Spikenard is the aromatic root of a Himalayan plant of the valerian family. Apicus refers to spikenard, and ointment of spikenard is mentioned in Bible.

Galingale (*Languas galanga*)

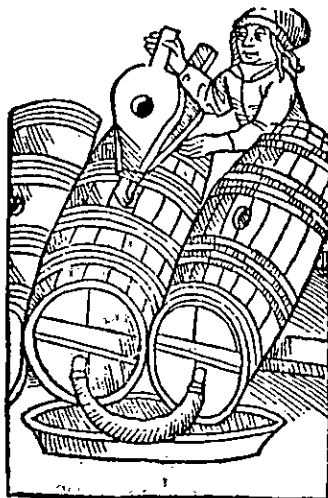
Another rhizome native to the far east, galingale has a pungent aroma and a taste akin to ginger.

Mace (*Myristica fragrans*)

Mace is the lacy covering that surrounds nutmeg, the kernel of the nut of an evergreen tree (see Nutmeg). Mace has a rich aroma and a warm taste more bitter than nutmeg.

Cloves (*Syzygium aromaticum*)

Cloves are the unopened flower buds of a small



GODISGOODE

My boundless thanks go out to Lady Elizabeth Canynges the Ravenhaired, Lord Ivan Kalinin & Lady Valentina Andreyevna Sokolova Krasnaya, Lord Manus Gillecroist Mac-an-Fleister, Countess Marieke van de Dal, and Lady Katarina Vignéra de Salerni, who made Scum what it is today. Vivant to you all.

Master Corwin of Darkwater

Scriba fermentatoris, Fermentator scribaei



IN TABERNA QUANDO SUMUS,
NON CURAMUS QUID SIT HUMUS

BREWING COMPETITIONS IN ÆTHELMEARC

Master Corwin of Darkwater

The purpose of this article is to document some recent Brewing Competitions held in Æthelmearc, put the results in perspective, and to praise the efforts of the brewers of this realm.

Blazing Comet

Held in the **Barony Marche of the Debatable Lands**, this portion of the Pentathelon saw 5 brewers with 7 entries in competition. There was a tie for the high score between **Lord Tofti Kerthjalfadsson**, for his *English strong ale*, and **Lord Tofti Kerthjalfadsson**, for his *Raspberry melonel*.

Twelfth Night

Held in the **Barony of Thescorre**, this round-table judging saw 9 brewers with 23 entries in competition. **Lady Sorcia of the Lake** achieved the high score of the day with her *Apple/Pear Mead*.

Ice Dragon

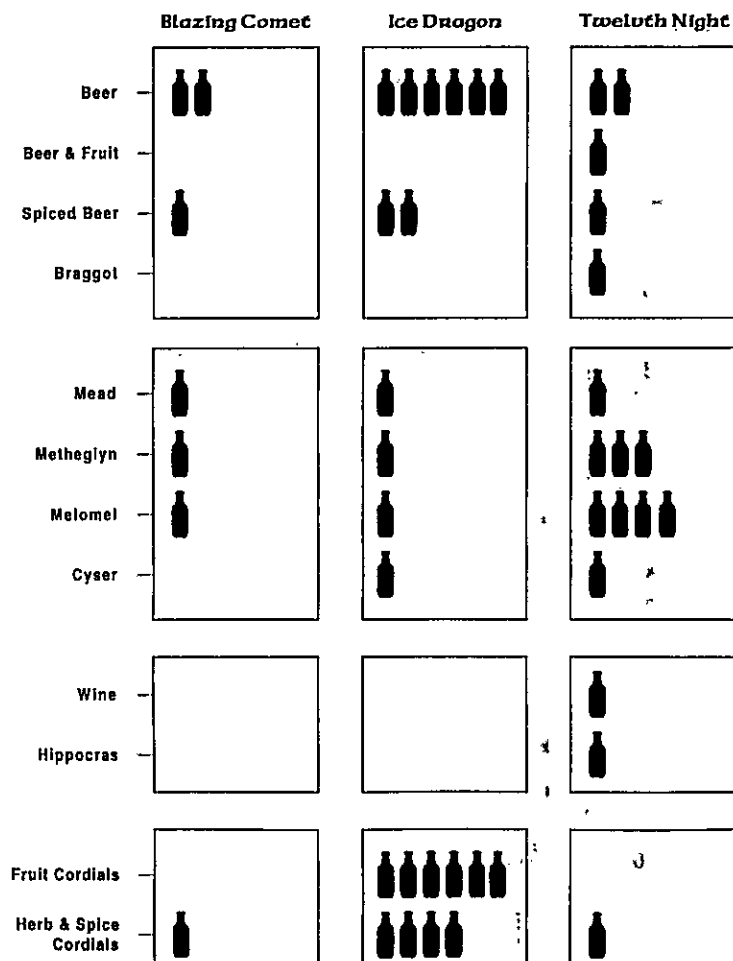
Held in the **Barony of the Rhydderich Hael**, this portion of the Pentathelon saw 11 brewers with 17 entries in competition. The high score was given to **Lady Catalina Alvarez** for her *Hypocras*.

A BRIEF ANALYSIS

A look at the following charts shows that the **Beer** and **Mead** categories tend to predominate the field, with **Cordials** a close second, and **Wines** a distant third. It's also apparent that the distribution of entries can vary wildly between competitions.

As for scoring, it's obvious that scores from different competitions cannot be compared except in the most relative way. More on this topic in a future issue of Scum.

DISTRIBUTION OF BREWING ENTRIES



THE PEOPLES CHOICE CLARREY

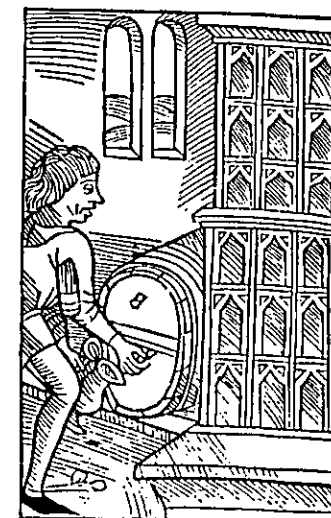
After tasting and evaluating fourteen different variations of Clarrey, the populace assembled¹⁰ at the East Kingdom Brewer's Collegium selected the following spice mixture as being the best.

INGREDIENTS

750	mL	Rhine wine
112	mL	Clover honey (about 4 oz)
1	tsp	cinnamon
$\frac{3}{4}$	tsp	ginger
$\frac{1}{8}$	tsp	grains of paradise
$\frac{1}{8}$	tsp	galangale
$\frac{1}{8}$	tsp	long pepper
$\frac{1}{8}$	tsp	caraway
$\frac{1}{8}$	tsp	mace
$\frac{1}{8}$	tsp	coriander

PROCEDURE

1. Grind or grate all of the spices — freshly ground spices have a fresher flavor and aroma profile. Place all the spices in a clean & sterile 750 mL bottle.
2. Warm the honey with an equal amount of the wine until thoroughly mixed. Do not boil! Add to the bottle with the spices.
3. Top off the bottle with the rest of the wine. There will be some wine left over — drink it (you knew you'd have to make sacrifices, didn't you)
4. Seal the bottle with a cork, and age for no more than a week.



¹⁰At least those still conscious after the tasting marathon.

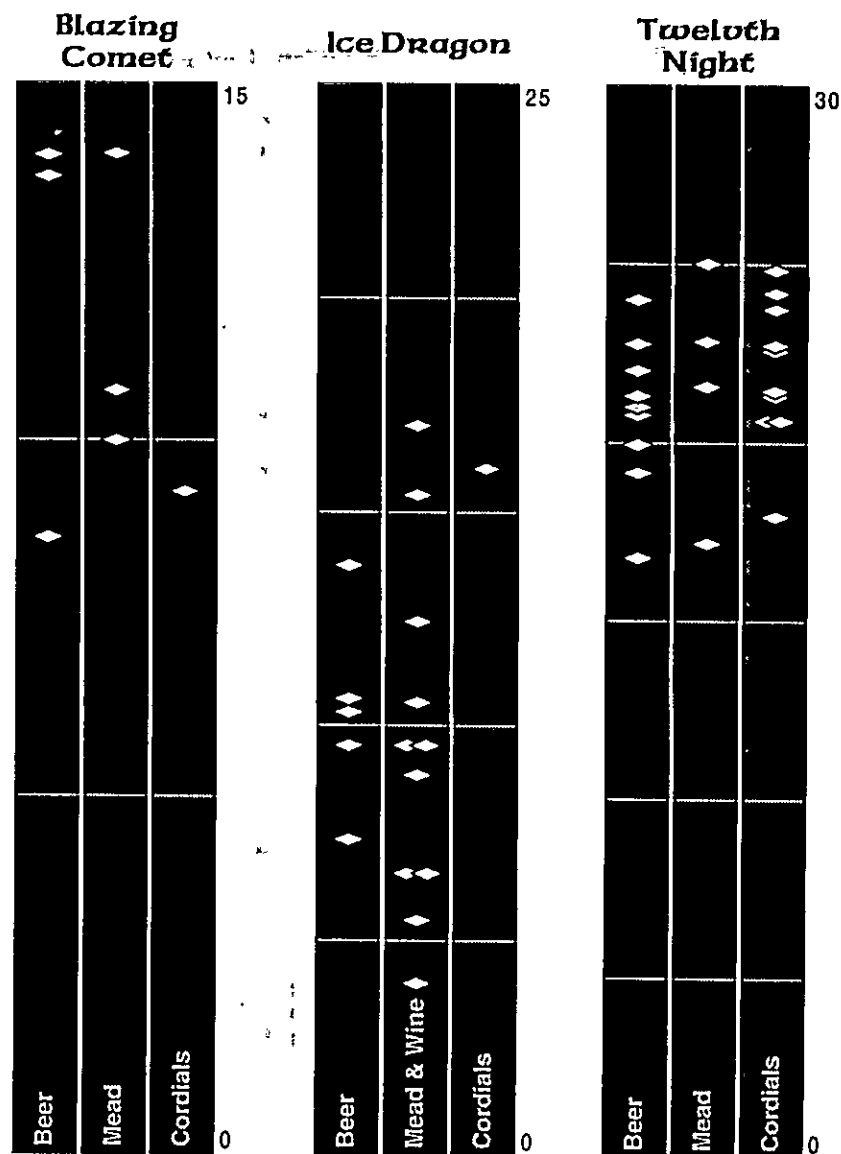
Clarrey and Braggot.

Take ... ounces kanel & galinga, greyns de paris, and a lytel peper, & make poudur, & temper hit wyt god wyte wyne & þe þrid þerte hony & ryne hit þorow a cloþ. In þe same manere of ale, but take viii galones of god stale ale to on galon of hony ipurede clene, & boyle iii galonus of ale wyt þo hony. Or hit bygyne to boyle, do in þi spicery; set hyt fro þo fyre & styre hit soft & let hit cole, & ryne hit þorow a wyde buliynng cloþ. Do hit in a clene vessel to þo ale, & do gode berme aboue, & hange in a cloute þe spyceri in þe ale & kouore hit wel, & wene hit is fourtene nyte holde, drynke pereof. Amen.

Here begins a recipe for clarée.

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

DISTRIBUTION OF BREWING SCORES



CAT'S WINE

Lord Ivan Kalinin &
Lady Valentina Andreyevna
Sokolova Krasnaya

Let's clear the air immediately about the name of this wine. We did **not** put a bunch of cats into a fruit press to make this wine (they kept running off). This wine is named after a friend of ours, Catherine Woodruff.

We are unusually busy doing work for a number of non-profit groups, so when we had one of the three free days in our schedule, we decided to go and harvest any late fruit that still could be harvested. This turned out to be rather more difficult than anticipated, since it was October 11th.

We stopped at Cat's, and she knew where we might still be able to find some wild fruit. We got out her canoe, and started paddling up Hemlock Creek. Since there were no roads for us to get where we wanted to go, we had to canoe there.

About ½ mile upstream, we harvested wild Grapes, fully ripe, mostly sweet, and about the size of early June peas. About ¾ mile up, we got some Elderberries. About 2 miles up, we ran across wild Apples. Fully ripe, very sweet, and with a smart aftertaste, each about the size of a Plum. Lastly, on an island about 2½ miles up, where there are three undisturbed Indian burial mounds, there were also Rose hips.

In celebration of a day in which we did nothing else but canoe a little and harvest the wild bounty around Vesper WI, we went home and made wine out of that part of the harvest we hadn't already eaten. And it is named after our guide for that wonderfully idyllic day.

There are, of course, no recipes for such a mixed batch of fruit. Also, there are no recipes for what is technically an early Winter—or glean—harvest.⁵ We settled on adapting a recipe for Rose hips⁶, and also falling back on the standard for wine recipes, 3 pounds of fruit to each gallon of wine.

⁵ I couldn't even find a name for a wine made from a glean. I know there must be such a word, because *Webster's New International Dictionary*, 2nd Edition, ©1945, lists definition 2 of *glean* specifically for those who harvest from a vineyard what has been left by the reapers or gatherers.

⁶ Massaccesi, Raymond, *Winemaker's Recipe Handbook*, [no publishing information], p. 31.



6

For to digte a pype of clarrey.

Take and drawe þi wiyn fiyn into a pype þat is clene | & lete it not be ful by vii or viii vnc̄is. & þanne take iii lb. of gyngyuer, iiii lb. of canel, 1 quarter of greynes, a half unce of notemugges, & half a quarter of clowis, i unce of spikenard, i unce of longe peper. Do alle þese togider in at a bunge; þanne take a staf and cleue it on foure with a kniif into þe myddil, þat þe wiyn & þe poudir may renne þoru þe staf til þe poudir be broken þoruout þe vessel. If þe vessel be strong inow, lete rolle him wel. & þanne lete take vi galouns of hony wel clarified, þanne do it into þe pype a zelk warrn, & hiete it þerwip. Þanne take & fille up þi pype & stoppe him faste, & on þe fourþe day it is fiyn. For to colouren, take an unce of safren & rolle it þerwip.

INGREDIENTS

750	mL	Rhine wine
33	mL	Clover honey (about 1¼ oz)
1¼	tsp	cinnamon
1	tsp	ginger
¼	tsp	mixed spices:
		8 parts grains of paradise
		4 parts cloves
		2 parts pepper
		2 parts saffron
		1 part nutmeg

PROCEDURE

1. Grind or grate all of the spices — freshly ground spices have a fresher flavor and aroma profile. Place all the spices in a clean & sterile 750 mL bottle.
2. Warm the honey with an equal amount of the wine until thoroughly mixed. Do not boil! Add to the bottle with the spices.
3. Top off the bottle with the rest of the wine. There will be some wine left over — drink it (you knew you'd have to make sacrifices, didn't you)
4. Seal the bottle with a cork, and age for no more than a week.

4

Potus clarreti pro domino.

Take of canel i lb. | as it cometh out of þe bale; of gyngyuer, xii unce in þe same maner; iii quarter of a lb. of pepir; ii unce of longe peper; ii unce & a half of greynes; iii unce & a half of clowis; ii unce & a half of galyngale; ii unce of carewey; ii unce of macis; ii unce of notemugges; ii unce of coliaundir; a quarter of a pynte of aqua ardaunt; with iii galouns of hony: rescett for xx galouns of clarrey.

INGREDIENTS

750	mL	Rhine wine
112	mL	Clover honey (about 4 oz)
1/4	tsp	brandy
1	tsp	cinnamon
3/4	tsp	ginger
3/4	tsp	pepper
1/4	tsp	cloves
1/8	tsp	grains of paradise
1/8	tsp	galangale
1/8	tsp	long pepper
1/8	tsp	nutmeg
1/8	tsp	caraway
1/8	tsp	mace
1/8	tsp	coriander

PROCEDURE

1. Grind or grate all of the spices — freshly ground spices have a fresher flavor and aroma profile. Place all the spices in a clean & sterile 750 mL bottle.
2. Add the brandy (although 1/4 tsp isn't gonna do much)
3. Warm the honey with an equal amount of the wine until thoroughly mixed. Do not boil! Add to the bottle with the spices.
4. Top off the bottle with the rest of the wine. There will be some wine left over — drink it (you knew you'd have to make sacrifices, didn't you)
5. Seal the bottle with a cork, and age for no more than a week.

Our recipe then became:

2 1/4	cup	chopped wild Apples
1	cup	Elderberries
1	cup	wild Grapes
1	lb	Rose hips (Note: 1/4 lb. was harvested that day. 3/4 lb. more was purchased from a tea store.)
2	gal	Water
2 1/2	lb	Sugar
1	tsp	Red Star bread yeast

Boil all ingredients except for yeast together. Put into a stone crock, and let cool. When luke-warm, float a slice of toast on top, and put the yeast on top of the toast. Keep closely covered for four days, stirring must twice a day.

Strain into secondary, and add:

1	packet	Sherry yeast
3		Oranges Juice, pulp, and grated rind of all
2		Lemons Juice, pulp, and grated rind of all
3	lbs	Sugar

Rack every 2 months, bottle when ready. (Ours was bottled at six months.)

PERIOD USE OF INGREDIENTS

Fruit: A quick perusal of the

Encyclopædia Britannica shows all of the harvest has representatives in the Old World, and were all period. "... are native to southeastern Europe and southwestern Asia ..."; Elder was "... known to the ancients for its medicinal properties ..."; Roses are "... native to all parts of the Northern Hemisphere ..."; and "... grape-stones have been found with mummies in Egyptian tombs not less than 3,000 years old."

Water: We used well water from my parent's house, instead of the chlorinated city water we have, since it

⁷ The University of Chicago, *Encyclopædia Britannica*, Encyclopædia

can be tasted in our wines. However, the well water was drawn with an electric pump — a feat not likely in period.

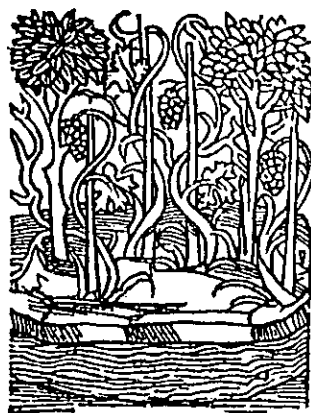
Sugar: We used store-bought, purified, white, cane sugar, imported from Hawaii. Except for the "Hawaii" part, this kind of sugar was period.⁸

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.

Incidentals: We introduce yeasts in the primary fermentation floating on 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.⁹

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 vintring.

To sum up, this is a simple country recipe, adapted mostly from experience with other vintring work we've done, and this doesn't use any fancy or out-of-period ingredients. This wine could have been made anytime in period after about 1500 (lemons are the last to be discovered), and we find the results most pleasing.



work just fine. Or use a careful decanting method: just grit your teeth and remember that you've had worse at Pennsic.

AGING

The only reference here is to age the Clarrey for 4 days. No muss, no fuss, no advance planning. I like it!

on þe fourþe day it is fign [6]

REFERENCES

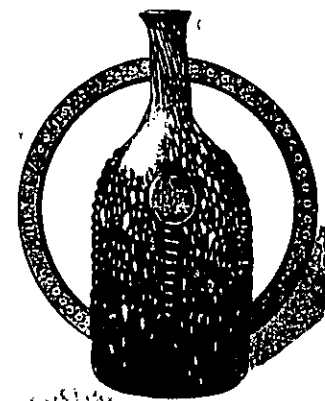
David Bellamy and Andrea Pfister, *World Medicine, Plants, Patients and People*, Blackwell Publishers, Oxford, 1992.

Joseph Dommers Vèhling (Ed.), *Apicius, Cookery and Dining in Imperial Rome*, Dover Publications, Inc., New York, 1977.

Constance Hléait & Sharon Butler, *Curye on Inglysch*.

Jill Norman, *The Complete Book of Spices*, Viking Studio Books, New York, 1991.

D. Eleanor Scully & Terence Scully, *Early French Cookery*, The University of Michigan Press, Ann Arbor, 1995.



Britannica, Inc., Chicago, London, Toronto, ©1944. References are, in order: vol. 2, p.138; vol. 8, p.130; vol.19, p. 553; vol. 23, p. 169.

⁸ Alys Katharine of Ashthorne Glen [pseud.], "On Powdered Sugar," *Tournaments Illuminated*, 91 (Summer 1989): 20-21.

⁹ *Encyclopædia Britannica*, vol. 16, pp. 835-838 [Oranges]; vol. 13, pp.907-908 [Lemons].

proportion up to 15% is legitimate for beverages — my preference is in the 5-10% range, proportional to the amount of spice used.

SPICES

Recipe #6, the most complete, calls for about 1 oz of ground spices per gallon of Clarrey. Another recipe (#4) calls for three times as much spice along with three times as much honey. There could be a correlation, but since recipe #4 implies whole spices, the perceived amount of spice would be less than three times that of recipe #6.

Recipe #205 and 119v both provide the mix of spices used, but do not provide the amount of spice per gallon of Clarrey.

My preference is closer to 1 oz per gallon.

A NOTE ON MEASUREMENT

One tricky aspect when redacting old brewing recipes is that many units of measurement have shifted over time. We have four here to deal with:

- Gallons — ...one measure of wine throughout our whole realm... was established with the **Magna Carta**. I think that an assumption that gallons are wine gallons makes sense, which means that they are about the same as modern US gallons.
- Pipes — a pipe of wine equals ½ tun, or two hogsheads, or four barrels, or 128 gallons
- Pounds & Ounces — hmmm — pounds avoirdupois, (*avoir de peis*, i.e. of merchandise of weight) established for general purposes of trade by Edward III (1327-1377), with 16 ounces per pound, or pounds Troy with 12 ounces per pound? I lean towards pounds Troy, considering the size and value of the spices used. In any event, if you convert to grams the difference between the two systems of measurement (as far as these recipes is concerned) is only 3%.

Useful tidbit: 1 ounce of ground spice (like cinnamon) is approximately equal to 4 Tablespoons (12 teaspoons).

PROCESS

Two recipes refer to filtering the spiced wine, while one clearly mixes the ground spice directly into the wine. If you don't have access to a wine filter, a coffee filter should

*be poudir be broken þoruout þe vessel [6]
ryne hit þorow a cloþ [205]
Reduce all this to a powder and put it
into a bag. And take white or red wine
and pour it through the powder, filtering
it as you would clothes in lye [119v]*

BLACKSTAR ALE

Lord Manus Gillecroist Mac-an-Fleister

INGREDIENTS FOR 5 IMP. GALLONS (23 LITERS)

3	kg	Dark liquid malt extract
½	kg	Dark crystal malt
½	kg	Light crystal malt
120	g	Black Patent malt
150	g	Roasted barley
½	cup	Cooking Molasses
1	oz	Boiling Hops (I used Pride of Ringwood)
1	oz	Grated fresh ginger
2	tbsp	Coriander seed
½	tsp	Cardamon (Black) seeds
2		Bay leaves
1	tsp	Sweet Basil
3		Cloves
1	tsp	Anise seed

TO ADD AT 45 MINUTES

1	oz	Grated fresh ginger
4	tsp	Anise seed
2-3	in	Cinnamon bark
1	kg	Honey

TO ADD AT 58 MINUTES

1	tsp	Anise seed
1	tsp	Coriander seed
½	tsp	Sweet Basil

OTHER

Ale Yeast

Boil the specialty malts with water for 5 minutes. Skim them out as best you can and add the liquid malt and molasses. When it boils, add the spices as the time indicates. At the end of the boil, skim out what

material you can from the wort. Pour this into the primary fermenter and add cool water to 23 liter mark. When the temperature is down to 70° F or less add the yeast and cover. If you want, skim off the foaming yeast head after two days. When fermentation slows right down or after 5 days, rack into a carboy under an air lock until it is relatively clear. Rack, prime lightly and bottle as a beer

If you are only using a carboy, add the cool water BEFORE dumping the boiling wort in. Boiling water and cold glass do not get along well. If you are having this made at a U-Brew store, make certain that they DO NOT FILTER IT! It will not age, will not improve, and will be a disappointment.

Now, the hard part. This drink will be drinkable after 2 months, but will improve greatly after 6 months. It will still be improving after 8 months. It will improve for about a year, then it will start to taper-off. I did have a Vicount/Knight/Master try it and he said that it was full bodied, robustly flavored and smooth. Master William of Woodland (Bishop William) is alleged to have purred when he drank it. He made me his official brewer.

I made my spice selection from the book *Wassail! In mazers of mead*. There is a section on beer spices. My starting S.G. was about 1.050. I also skimmed the initial layer of dirty foamy yeast off of the top after two days of fermenting.

Questions? Comments? Write to me at this address.

Andrew Litzenberger, PO Box 4089, Smithers, B.C., V0J 2N0

TRI RUDAI FAOIN OL:
E OL, E IOMPAIR, AGUS E IOC.

DISTILLED SPIRITS IN ENGLAND, 1559 A.D.

Countess Marieke van de Dal

In the Autumn XXXI issue of Scum, Lady Katherine Rountre laments the scarcity of pre-1600 primary sources on the subject of distillation of alcohol. I have found a book that might help remedy that lack:

The Treasure of Euonymus, conteyninge the wonderfull hid secretes of nature, touchinge the most apte formes to prepare and destyl Medicines, for the conservation of helth: as Quintessence, Aurum Potabile, Hippocras, Aromatical wyne, Balmes, Oyles, Perfumes, garnishyng waters, and other manifold excellent confections. Wherunto are joyned the formes of sondry apt fornaces, and vessels, required in this art. Translated with great diligence

A PYPE OF CLAREY

Master Corwin of Darkwater

Most gentles are familiar with *Hippocras*, a spiced red wine popular in Medieval Europe. But there is another class of beverage, based on white wine, that was equally popular at that time, yet is largely unknown today: *Clarey*.

Medieval Clarey was typically made with white wine, sweetened with honey, and highly spiced. Clarey was often served before a feast, while Hippocras was reserved for afterwards. Hippocras was also more herb-based, as opposed to the spice-based Clarey. Several recipes exist, four of which are examined here. These recipes vary widely, and present different views of Clarey: Still, they can be combined in ways to create a tasty and unique drink.

Manuscript	Recipe	Date	Reference
Goud Kokery	#4	1380	1
	#6		
Forme of Cury	#205	1390	1
BL 32085	119v, Variant 1	13th. C.	2
	119v, Variant 2		

1. *Curye on Inglysch*, edited by Constance Hieatt and Sharon Butler

2. *Early French Cookery*, D. Eleanor Scully & Terence Scully

WINE

The recipes do not provide a lot of detail on the wine that formed the basis for Clarey, although the consensus tends to support a white wine in general. I use a dry white Rhine (Rhennish) wine. One nice aspect of Clarey is that the honey and spices tend to make up for the failings of the most inadequate (cheap) white wines on the market.

wijn [6]
(colored with saffron)
wyte wyne [205]
white or red wine [119v]

HONEY

The recipes present quite a range of honey to wine proportions, from a total lack of honey (119v) to pancake syrup (205). Clarey syrup is used in contemporary recipes, so I take that to imply that any

with iii galouns of hony: rescett for xx galouns of clarey [4]
(15% honey)
take vi galouns of hony wel clarified, panne do it into pe pype [6]
(5% honey for a 128 gallon pipe)
god wyte wyne & pe prid perte hony [205]
(could be interpreted as 33% or 25% honey)



In creating my blend, the initial inspiration came after I had already made the different component wines. In tasting them, it seemed that the strengths and weaknesses of each wine complemented the others, but by itself each was poorly balanced and deficient in some of the qualities found in the other wines. This got me to thinking about trying a blend, then on a tasting trip to the Finger Lakes I tried a wine which was a blend of these exact varieties which I liked very much. The three wines sat in my basement in carboys for another year before I actually blended them because I felt that creating the blend was an experience which I did not want to

keep to myself. It was an opportunity to learn and to share ideas with others interested in Winemaking. I tried unsuccessfully for months to find a time when I could get some of the other wine-makers of the Kingdom to come to Rochester for the blending, but was never able to arrange anything. Instead, I bottled one bottle of each wine and brought them to Ice Dragon last year where I knew several wine-makers and others interested in the brewing arts would be assembled. We created a series of blends, changing the proportion of each wine until we found the blend that seemed to bring out the flavors of the wine in the best possible way. The final blend was 40% Baco Noir, 40% Dechaunac, and 20% Chancellor. We chose to use a smaller percentage of the Chancellor because the "grape-iness" of that particular wine was so overpowering that using too much tended to obscure some of the better qualities of the other wines in the blend. The actual blending and bottling was done later that spring in my basement with the assistance of several friends interested in winemaking, some of who were present at the creation of the blend. The wine has since had time to mature in the bottles, the different flavors melding to form a more harmonious wine. I hope you enjoy my Vintner's Delight.

P.S. Each component wine was made from pressed grape juice obtained in the Finger Lakes during the harvest. Each was fermented with yeast from Lalvin—either *Sacchromyces cervisiae* or *Sacchromyces bayanus*, with addition of yeast nutrient (the juice had already been treated with 50 ppm of sodium metabisulfite). The primary fermentation was carried out in a plastic fermenter with addition of grape skins in the case of the Chancellor and the Dechaunac, but not the Baco Noir. The skins were stirred down daily and removed on day 4-5. The wine was transferred into a glass secondary fermentor and was racked at least two additional times prior to blending, with addition of ½ Campden tab./gal. every other racking, and at bottling.

and laboure out of latin, by Peter Morwyng, felow of Magdaline Colledge in Oxford. Imprinted at London by John Dale [1559].

The copy I'm using is a facsimile reprint by Da Capo Press, published in 1969. The author is cited as Conrad Gesner, though not on the facsimile title page. This reprint should be available through interlibrary loan at most large libraries. Below, I have reprinted sections that deal with distilling of alcohol.

First, a brief description of what our author (I'll call him Euonymus, for convenience, since I'm not sure where Conrad Gesner fits in) considers distillation.

Destillation... is the drawing forth of a thinner and purer humor out of a juice, by the force of heate.... Moist thinges put into a body (for so do they cal the bigger vessell, from whence the vapour is lifted up) by the force of heate are extenuated into a vapour, whiche gathered together by the coldenes of the head or other thing, into water, is receiued for the most part, by a chanel or gutter made in the brinks of the head, and so dropeth doune and destilleth by the noos (for so do they communly term that part of the head, very neer resembling mans noos, both in fashion and in use) into some vessell sette under for the purpose, men call it a receiver or a urinall.

(p. 1)

Waters destilled, reteyne and kiepe still the vertues of the simples wheroute they be drawne: saving that they are more pure & stronge, the oftener they be destilled, whyche wee prove in the water of wyne....

(p. 7)

Euonymus wasn't necessarily seeking a high alcohol content as the result of his distillations, since only a small portion of this work deals with the distilling of wine. He also describes the distillation of fresh and dried herbs, fruits and flowers; eggs, flesh, honey, and even human blood, and how the end results can be used as medicines or cosmetics. Euonymus makes a distinction between aqua vitae (which he also calls burning water) and quintessence of wine. Aqua vitae is simply the result of heat distillation of wine:

Burnynge water or Aqua Vitae is drawne oute of wine Burning water oft destilled, is brought into such sharpnes yt

can not be drunk. But this is commonly known: they that sell it commonly are wont to destil it only twice.

(p. 76-7)

Euonymus' various recipes for quintessence of wine all start with the distillation process, for instance,

thou shalt take the best wyne thou canst get, what colour soever it be, let it be wyny rather than swiet, destill it iiii tymes in a lembeck, so as commonly burning water is made. If so be it, it be ofter destilled, it shalbe the better.... when it is therfor prepared in this wyse, let it be put into a pellicane, that is a vessell with eares or handles on ether syde one, ... And when the vessell is diligently claied, and cemented with stif claye, by the often going up and downe, the water shalbee turned into true quintessence.

(p. 102-3)

This going up and down of the aqua vitae is later explained to be the result of heating the pellicane over a very long period of time, so that the liquid is heated, evaporates, rises, cools, condenses, and drops back down, all within the same vessel. He has now moved from science to alchemy. In a lengthy passage, Euonymus describes what's happening inside that sealed pellicane: the four humours of earth, water, fire, and air are consolidating into the mysterious and powerful fifth humor or "quintessence." As he puts it,

But when this circulation is many times done, at length let the hoal that is in the top be opened: wheras you shal know by the moste precious and swiet smell, whether any part of the four elements remain, not yet converted to quintessence. For if it be perfittly done, there will issue forth a moste fragrant and pleasant smell, so excellent that they that fele it, shal thinke them selve to be rapt from the earth into heaven.

(p. 103)

ANCIENT SOURCES

Euonymus gives a list of the medicinal properties of aqua vitae, quoting a thirteenth-century Spanish physician, Arnold de Villanova:

It is good for them that have the falling sickens if they drink it.... it maketh men mery & preserveth youth..... if it gargild it remedieth the disease in the throte.... and the touth ache. It is



from different grape varieties is superior to any of the component wines. This practice of blending is especially prominent in certain regions of France, regions such as Chateauf-neuf-du-Pape, Bordeaux, and Champagne are especially good examples. The aim in creating these blends is to produce a fine wine which is reproducible such that each house will produce a wine which will be relatively constant from year to year in spite of differences in the harvest. This is accomplished by blending the wine in different proportions depending on the attributes of the wine from that particular year. In fact, it is mandated by law that each chateau must save a certain

percentage of the wine from each year for blending with future years. The purpose of this is to ensure that in years with poor growing conditions a good wine can still be made by including some of the better older vintages in the blend to create a wine which is more constant from year to year.

Chateauf-neuf-du-Pape is unique in that the wine produced in this region can be blended from as many as 13 different varieties which are permitted in that region. The exact components of that blend vary from chateau to chateau, though Grenache is usually an important component. Each Chateau strives to create a certain style of wine which is recognizable. The 13 varieties permitted in this appellation include Mourvedre, Syrah, Cinsaut, Muscardin, Vaccarese, Picpoul, Terret Noir, Counoise, Grenache Blanc, Clairette, Bourboulenc, Roussanne, and Picardan. In Bordeaux, the traditional blend is of Cabernet Sauvignon, Merlot, and usually Cabernet Franc grapes, again blending in wine from older vintages to create a recognizable style despite differences in growing conditions. In Champagne the permitted grape varieties are Chardonnay, Pinot Noir and Pinot Meunier. Most Champagnes are blended from two or more of these grape varieties, though a Blanc de Blanc is made from only Chardonnay grapes and a Blanc de Noir is made either from Pinot Noir or a blend of Pinot Noir & Pinot Meunier.

As to what the actual practices were in period with regard to blending, there is actually very little information available. For the most part, there is some indication that the usual practice in making Claret (what the English called wine from Bordeaux) was to ferment various red and white wine grapes together, rather than blending the different wines after they had already been made. Also many laws were passed in France post-period to regulate blending due to the wide-spread practice of blending inferior vintages with higher quality "vintage" wine to stretch out the quantity of those vintages which could demand a higher price.

not to thintent covetous men may learne disceit thereby, but that physicions may both gratify sumtymes & profit also the sick specially such as be sumwhat delicate.

(p. 407)

As a final note, I would like to state specifically that nowhere in the book could I find mention of "cordials" of any sort, nor any description resembling the sweet, fruity, vodka-enhanced beverage frequently made and enjoyed by SCA-folk. Apparently the distilling of wine was not an uncommon procedure during the mid-sixteenth century, but the results of distillation were most usually added, in small quantities, to ordinary wine.

That pretty much concludes this overview of Euonymus' references to distilled spirits. His treasure-book, however, is also full of information about fruit-wines, medicinal wines, and hippocras recipes, which I hope to entertain you with in some future article. Wassail!

LAXO, NON EXCRUCIO, POTO CERVISIA DOMESTICA.

VINTNER'S DELIGHT

BLENDED RED TABLE WINE

Lady Katarina Vignéra de Salerni

The name for this wine describes what it is. Vintner's Delight because it is my favorite wine among the many which I have made, both because of the flavor of the wine and because of what went in to making it. Also as described in its name, this wine is a blend, a marriage if you will of three completely separate wines. In this case, a 1993 Chancellor, a 1994 Baco Noir and a 1994 Dechaunac, all French-American Hybrid grapes obtained in the Finger Lakes region of New York State.

As the French have known for generation upon generation, often a wine blended



merveylous profitable for frentik men & such as be melancholy.

(p. 83-4)

He also mentions that readers curious about further uses of aqua vitae should examine the writings of Raimund Lull and Albertus Magnus, and goes on to warn,

but practicioners, ignorant of thinges and times, or els of a purpose to deceive men, as many as they could, have most impudently fathered many things upon Galen, Hippocrates and Aristotle of the vertues of Aqua vitae, or burnynge water, as written by them.

(p. 84)

WAYS TO TELL IF YOUR AQUA VITAE HAS BEEN DISTILLED ENOUGH

Aqua Vitae is thought then to be stilled inough, that is, after it be stilled foure tymes at the leaste, and poured from all his fleame, whan as if a manne sette it a fyre, it wyll consume every whit wyth the flame, that no token of moysture be lefte in the bottome of the vessell: or elsse, if a linnen clothe dipte therein, and sette a-fyre, it burne not the clothe ... also, if a droppe of Oyle bee lette fall into it, it goeth to the bottome.

(p. 79)

Of iiii measures of wine, for the moste parte one measure of burnyng water is gathered in the first destillacion....Then in the next destillacion for one measure, there commeth the halfe. In the third, one part of five is consumed. In the fourth, as much is yieded as you put in.

(p. 81)

And finally, he writes,

They say, that aqua vitae is perfite when of ten measures is made one, (whiche I suppose will come to passe in the thirde or fourthe destillacion).

(p. 87)

AQUA VITAE GIVEN TO SOLDIERS?

Raymund Lullius wryteth of the marveylous use and comoditie of burning water even in warres, a little before the

joyning of battaile, to styre and encourage the souldiours mindes.

(p. 16)

Note that this is "hearsay evidence", and neither the amount nor the method of use is stated.

MEDICINAL USES OF AQUA VITAE

It is good for them that have the falling sicknes if they drink it. It cureth the palsy if they be anoynted therewith... It maketh men mery & preserveth youth.... If gargild it remedieth the diseas in the throte.... It is merveylous profitable for frentik men & such as be melancholy.

(p. 83)

HOW TO FIX SPOILED WINE

If wine by the meanes of the savour of the vessels or taste of the grapes be corrupte and soured, poure Aqua vitae into it and it will restore it.... it bringeth a good smel and tast also to any wine be it never so evel or corrupt, and good wine also it makes it better.

(p. 88)

SPICED WINE WITH BURNING WATER

That burning water doth drink in easily all the odour and vertue both of other medicins and also of spices, if they stand to stiep in it a few houres, first beaten, and a litle of it afterward be poured into simple wine, and that divers wines both in savour and taste may be made by this meanes forthwith, we did declare before....

(p. 404)

SPIKED HIPPOCRAS

The confection or making of the wine which they cal commonly Hippocras. Put into (the name of the measure is not exprest) of burning water, destilled iii^r or iiij^r times or more, ii unces of Cinnamon, Ginger half an unce, graines of paradise, Peper, of ether a dram and a half : a dram of Cloves, half a Nutmeg. When they are al pund [=pounded], put them into a vessel wel closed for iiij. daies, and shake it

about twice or thrice every daye. At laste strain it and kepe it : it may be kept a longe time. Put a meane sponefull of this into a measure, or iiij pounds of good red wine, and put a pound of Suger to it. Yet if the wine be swiete, there is no nede of Suger.

(p. 404)

Note that a spoonful of aqua vitae to four pounds of wine is hardly likely to be noticeable!

SPIKED SPICED WINE

A wyne that tasteth lyke Rhetish wyne. In a vessell of glas or of earth glased, hange a linnen cloth full of the spices hereafter folowyng, and fill it with burning water, stop it diligently, & let it stande at the lest xii houres, when thou wouldest use it, wring out the linnen cloth into sum gret glas, whiche the wyne shalbe powered into afterward, so that the sydes of the pot may be wet with that spiced burning water, or else the liquor crusht out into the bottom by lening and rooling the glas asyde, may moysten the sydes every where : Then power in the wyne, whiche shall have the taste of Rhetish. The spices are thies: Cinnamon, Ginger, Cloves, of every one half a dram, when they are sumwhat gros beaten let them be mixt, and after be tied in the linnen cloth.

(p. 405)

ANOTHER SPIKED WINE

The tast of Elseter wyne: bynd sugar candy in a linnen cloth as is before said. Or els mixt hony diligently clarified with burning water in a vessell well stopt, & when thou wilt use it, wringe out a linnen cloth dipt in this liquor, into the pot. All thies have we borrowed out of a dutch boke written.

(p. 405-6)

The volume concludes with several medicinal wine recipes which do not include distilled spirits. Euonymus carefully explains,

How divers Aromaticall wyne be made and a counterfet tast of certain straunge wyne with burning water and spyces, it is shewed before: Here will we ad how witty men may imitate certaine straunge wines without burning water: