

Questing Quill



February 2012 A.S. XLVI

Official Newsletter of the Barony of Loch Salann

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Words from the Baron and Baroness

Unto the populace of the Ancient and Glorious Barony of Loch Salann we do send greetings,

We greatly enjoyed the opportunity to welcome our new cousins to the north at the Investiture of Their Excellencies Michael and Bengta. We look forward to a peaceful and harmonious relationship with the Barony of Gryphon's Lair on into the future.

This last weekend it was our pleasure to recognize those in our Barony who have been the recipients of awards during this last year, both from the Barony and the Kingdom. It was an impressive list that was reviewed at the reception. We were also pleased to see some of our newcomers take advantage of the opportunity to meet other members of the populace in an informal gathering and get to know them better. Our thanks go out to Their Excellencies Sir Robert de Spencer and his consort Sir Leah de Spencer for making their manor available to the populace for this event and to His Excellency Morgan Blaid du for helping coordinate the reception.

Looking forward it appears that this month will be relatively quiet locally. Several members of the Barony are planning a sojourn south to practice their marshal skills with the Barony of Starkhaven in the company of His Majesty. We wish them success and safe travels. Hopefully we will see many of you at our regularly scheduled fighter and archery practices over the next few weeks.

Officer News

It is with great anticipation we are awaiting the grand party being planned by Their Highness' for the celebration of Their Majesties six months on the thrones of Artemisia. Our populace is working hard to assist with these preparations and are hoping that everyone will be able to attend.

Following closely will be our own Defenders' Tournament where we will be holding tournaments and competitions to determine the next Baronial Champions for Heavy Fighting, Rapier, and Arts & Sciences. Again, we hope that your schedules will provide you with time to join us for this exciting event.

Bjorn
Baron

Jennet
Baroness

Officer News



Seneschal

Greeting unto the Populace of the most ancient and glorious Barony of Loch Salann, here are the words of your Seneschal, Greetings.

The New Year has started, and the Barony is abuzz with activity and planning for the year to come.

The Barony will be starting our event calendar a bit early this year, with the Coronation of Sean and Nisa on March 3rd. Lady Amanda DeSpencer will be Autocratting Their Majesties first event at St. Stephen's Episcopal Church, in West Valley, and Dame Meraud will be providing a wonderful feast.

The following week (March 10th) will see their Excellencies holding contest to determine the first defenders of the Barony during their reign to drive the Demonic Decopod back to the Depths of the great body of water that our humble Barony draws its name. Details are still being worked out at this time, but the site should be announced in the coming weeks. Keep an eye to the normal Baronial information areas for more details as they become available.

In the following month, we are planning once again to have our Southern Collegium. Lord Tighearnan is Autocratting this, and calls for instructors and more information on tracks and locations will be available in next month's newsletter.

All of our offices currently have officers, however our Rapier Marshal is planning to step down at Defenders. We will be accepting letters of intent until February 20th and a new Rapier Marshal will be determined at that time. If you have ever considered serving the Barony in any capacity, but did not know where to start, being a deputy is a great way to learn. If you would like to see what officers are currently without a deputy, please check the baronial website, in the officers section. Contact myself, or the current officer, for more information on any of the deputy positions you are interested in.

Our weekly fighter practice continues at our winter location in the warehouse behind the Zions bank building on 1635 S Redwood Rd. Parking is slightly limited near the door, so car pool if possible. Please do not block the ATM machine or the night drop box. Archery Practice has moved to the winter site at Salt Lake Archery in Sugarhouse (1130 Wilmington Ave, just west of Sugarhouse Park). The times will not change.

Lord Dunkr Ormrhandleggr

Seneschal – Barony of Loch Salann



Chronicler

Greetings unto my fellow nobles of the Barony of Loch Salann. This February issue of the *Questing Quill* marks a pair of farewells. First, it is the final issue of the *Questing Quill* that will be printed. Beginning in March, the *Questing Quill* will be released and archived in an electronic format. Please stay tuned to electronic lists and word-of-mouth as Winifred Whitehorse will be letting you know how to access the new issues. I know that in some ways this marks an end of an era and some long-time Barony members will no doubt feel some sadness as we move away from printed newsletters. I also feel a bit nostalgic about the printed copies and a bit of sadness at recognizing this is a big change. However, whenever an era ends, a new one must begin, and I have great hope that the free and more easily obtainable electronic newsletter may increase the Quill's readership, which has fallen to a woefully small number, and thereby increase the number of people who wish to contribute articles to improve its content.

The second farewell is from me. This is also my last issue as Chronicler. I thank you all for the opportunity to serve as one of your officers. I leave you in good hands with m'Lady Winifred Whitehorse as your new Chronicler. Please lend her your support. I know she is enthusiastic and ready to serve. She will be an excellent Chronicler.

Lady Belladonna di Francia

Chronicler

Articles

Saint Valentine's Day

By Mistress Leah de Spencer



Have you been wondering what a proper medieval gentleman or lady might give their true love on Valentine's Day? Have you considered giving a bird?

During the Middle Ages, It was believed by some in both France and England that the mating season for birds began on the 14th of February. This notion probably strengthened the connection with that date and lovers. Various legends related to the festival

including the Feast of Lupercalia (February 15th, Roman fertility festival) and martyrdom of St. Valentine. The practice of giving notes and small gifts to a lover was not part of the St. Valentine's Day celebration until Geoffrey Chaucer first recorded its connection with romantic love in *Parlement of Foules* (1382) he wrote.

For this was seynt volantynys day
When euery bryd comyth there to chese
his make." ("For this was Saint Valentine's Day, when every bird cometh here to choose his mate.")

These words were written to honor the first anniversary of the engagement of King Richard II to Anne of Bohemia. Thus was ushered in a tradition of "Courtly Love" that dominated the High Middle Ages. I won't bring up the fact that it is unlikely that Chaucer was referring to mid-February and that the reference was probably referring to St. Valentine of Genoa which is celebrated on the 2nd of May, which actually matched the day of their betrothal. Oh well, there were in fact fourteen different martyred saints by the name of Valentine or Valentinus (Latin*, meaning

worthy, strong and powerful), but don't let this inhibit you from enjoying the day even if it is probably more pagan than Christian. What better way than to express your love by giving that special someone the bird.

**By the hand of Sister Scholastica s.c.a
Aka Mst. Leah de Spencer**

References for this article come from Wikipedia and Elizabeth Hellam , Saints, Simon and Schuster 1994, page 11, Illustration from cyberbretheren blog, Google image search.

* there is a Latin class being taught at Highland High School Tuesday's from 3-5:00 if you are interested contact their Community Education Dept.

Guild News

Cook's Guild

Chicken, ham and leek pie

½ teaspoon salt

2 cups all-purpose flour

1 cup cold unsalted butter

½ cup Ice water

1 chicken, about 3 pounds

1 cup diced cooked ham

4 leeks (white and pale green parts only), washed and chopped

Pinch of ground nutmeg

Salt and pepper to taste

3 tablespoons butter

1 onion, finely chopped

¼ cup all purpose flour

1 teaspoon Dijon mustard

1 ½ cup chicken stock

½ cup half and half

To make the dough:

In a medium bowl, stir the salt and flour together. With a pastry cutter, 2 knives or your fingers cut or work the butter into the flour to the consistency of crumbs. Add the water slowly and stir into the flour mixture with a fork. Gather the dough and press it together until it forms a ball. Cover with plastic wrap and refrigerate for 20–30 minutes.

Meanwhile, put the chicken into a large pot with cold water to cover. Bring to a boil, reduce the heat to medium, cover, and simmer until tender, about 45 minutes. Drain and let cool to the touch. Cut the meat into thick slices or chunks. In a 6 cup deep dish pie plate, alternate layer of chicken, ham and leeks. Season the layers with nutmeg salt and pepper.

While the chicken is cooking, in a large sauce pan melt the butter over medium heat. Add the onion and saute' until soft, about 3 minutes. Stir in the flour and mustard. Add the broth or stock and half and half slowly and with a wooden spoon, stir until thickened. Pour the sauce over the meat and leeks.

Preheat the oven to 350°F. On a lightly floured board, roll the dough out 1 inch larger than the diameter of the pie dish you're using. Dampen the edges of the dish and place the pastry over the top. Press the edges of the pastry down well and crimp with a fork. Make cuts in the pastry to let the steam escape. Bake until lightly browned, 25–30 minutes. Cover the pastry with aluminum foil if the top browns too quickly.

Salmon with Bacon and Cabbage

2 cups cored and shredded savoy cabbage

2 tablespoons dry red wine

1 teaspoon green peppercorns

1 cup chicken broth

4 tablespoons unsalted butter, plus 2 tablespoons (optional)

4 salmon fillets, boned

8 slices bacon, chopped

Blanch the cabbage in boiling salted water for 2 minutes. Drain and plunge into cold water. Drain again and transfer to a plate.

In a small saucepan, combine the wine and peppercorns and cook over medium heat until the wine is reduced to 1 tablespoon, 5 to 8 minutes. Add the broth and cook to reduce to about $\frac{3}{4}$ cup. Remove from heat and keep warm.

Preheat the oven to 350°F. In a large skillet, heat 2 tablespoons of the butter over medium heat and cook the salmon, skin-side down, for 3 minutes. Transfer to a baking sheet and bake, skin side up, until opaque on the outside but translucent in the center, 8 to 10 minutes. Set aside and keep warm.

In another large skillet over medium heat, cook the bacon until browned, 5 minutes. With a slotted spoon, transfer the bacon to paper towels to drain. In the same skillet, melt the remaining 2 tablespoons butter over medium heat, add the cabbage and cook until heated through. Add the optional 2 tablespoons butter to the sauce to thicken it, if you like.

To serve, place a bed of cabbage on each plate. Place a salmon fillet on top, spoon some sauce over, and garnish with some bacon bits.

Celery and Apple soup

3 tablespoons unsalted butter

1 large onion, chopped

2 garlic cloves, minced

1 bunch celery, chopped

5 granny smith apples, peeled, cored and sliced

6 cups chicken broth

Salt and pepper to taste

$\frac{1}{2}$ cup light cream or half and half

3 tablespoons minced fresh parsley or 1 tablespoon dried

In a large sauce pan, melt the butter over medium heat. Add the onions and garlic and cook until soft, 4–5 minutes. Add the celery and apples and cook for 5 minutes. Add the broth and bring to a boil. Cover, reduce heat to a simmer and cook, stirring occasionally until the vegetables are tender, 25–30 minutes.

Transfer the solids to a blender or processor in batches and process until smooth. Return to the same saucepan and season with salt and pepper. Whisk in the cream or half and half. Heat through over low heat. To serve, ladle the soup into bowls and sprinkle with parsley.

Parsnip Cakes

1 lbs parsnips, peeled and sliced
 2 tablespoons flour
 2 tablespoons butter, melted
 Pinch of ground mace
 ¼ teaspoon salt
 ¼ teaspoon freshly ground pepper
 Flour for dredging
 1 egg mixed with 2 tablespoons water
 ½ cup dried bread crumbs
 2 tablespoons vegetable oil

Cook the parsnips in boiling salted water until tender, 12 to 15 minutes. Remove from heat and let sit for 5 minutes. Drain and mash.

Add the flour, melted butter, mace, salt and pepper to the parsnips and blend well. Shape the mixture into 4 evenly sized cakes. Lightly dredge in the flour. Coat evenly in the egg mixture, then the breadcrumbs. In a large skillet over medium-high, heat the oil and cook the cakes until golden brown, 3 to 5 minutes per side. Serve immediately, or transfer to a baking sheet and keep warm in a 200°F oven.

Baked Parsnips

2 ½ lbs parsnips, peeled and sliced
3 tablespoons chicken broth
Salt and pepper to taste
Pinch of ground nutmeg
4 tablespoons butter

Cook the parsnips in gently boiling water until just tender, about 15 minutes. Drain.

In an overproof casserole dish, combine the parsnips and broth. Sprinkle with salt and pepper and nutmeg. Dot with butter and bake until browned and tender, 30–35 minutes.

Oatmeal – Apple crumble with Whiskey cream sauce

6 Granny Smith apples, peeled and cored
1 cup granulated sugar
1 cup flour
1 cup butter, cut into pieces
3 tablespoons quick-cooking oatmeal, preferably McCann's brand
½ teaspoon ground ginger
½ teaspoon ground cinnamon

Irish Whiskey Cream Sauce

1 cup heavy (whipping) cream
2 tablespoons honey
2 tablespoons Irish whiskey

Preheat the oven to 375°F. Butter an 8 inch square baking dish.

Slice each apple into 6 wedges and arrange the wedges on the bottom of the prepared dish.

In a large bowl, stir the sugar and the flour together. With a pastry cutter, 2 knives, or your fingers, cut or work in the butter to the texture of coarse crumbs. Stir in the oatmeal, ginger, and cinnamon. Spread evenly over the apples and bake until the apples are tender and the topping is browned, about 40 minutes.

To make the sauce:

In a deep bowl, beat the cream until stiff peaks form. Dissolve the honey in the whiskey. Fold the honey mixture into the whipped cream. To serve, spoon the apple crumble among 4 plates and spoon some cream sauce over the top.

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Kingdom of Artemisia	http://www.artemisia.sca.org
Official SCA homepage	http://www.sca.org

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