

Full Tilt



**10th
Anniversary!**

Arts & Sciences

Special Edition Issue

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Baronial Discussion E-list:

To subscribe to the barony discussion e-list, send an e-mail request to: webminister@delftwood.org.

Baronial Web Page:

www.delftwood.org

Letter from the Chronicler

Greetings Noble Populace!

It is my honor to introduce... our 10th Annual Arts & Science special edition! This is my second year as your Chronicler and I'm so proud to be a part of Delftwood's publishing legacy. Last year, the Barony came together to submit outstanding content and went on to win the Sylvan Quill Award for Best Special Edition. I believe the quality of submissions in this issue is just as good! I continue to be stunned by the shining talent Delftwood has to offer. Keep up the good work!

Without further ado, please enjoy our Arts & Science Full Tilt issue!

Yours in Service,
Rita Carpintero

Letter from the ArS Minister

Art is one of those acts that is necessary for a society to survive and thrive. It allows a society to hang on to its culture after hundreds - or even thousands - of years have gone by. It makes life worth living, because it allows us to experience fulfillment that cannot be found by other means. Art allows us to flaunt our very best selves, and offers us a goal towards which to strive. Art is subjective - you don't have to be good at Art to be an Artist. But you can be great at Art, and also be an Artist. You just have to make Art.

To be an Artist, you can put pen or brush to paper, or needle and thread to fabric; you can shape earth, and move air with your body or your voice. There are so many ways to be an Artist in the SCA that it is impossible to contain them all in one, or even two, small paragraphs.

Here in Delftwood, we are fortunate to have so much talent that we are practically bubbling over with Art. We are home to sculptors, painters, dancers, singers, writers, sketchers, builders, casters, molders and so very many more "-ers" that I cannot name them all. But every day that they practice their Art, they make our Barony proud.

What is contained in these pages is a small representation of who we are as a Barony. It is a small display of our culture and our talent. Over the next year, I encourage everyone to try something new, and show us what you've learned in next year's Arts & Sciences issue of the Full Tilt. Even if you are a seasoned Artist, pick up a new skill, and tell us about your experience. Take photos along the way, so that you can illustrate your journey, and show others that mistakes made during your first attempt at creation only made your Art that much better, because you learned from them. Art is a process. Show us your process. But most importantly, to quote Neil Gaiman, "Make Good Art." Delftwood will be richer for it.

Yours In Service,
Vrouw Lijsbet de Kuekere

Heraldic Monster Mix-up

By Lady Megge Gormshuileach

Below are descriptions of heraldic monsters and their mixed-up answers. Unscramble each group of letters to form a name, then place the names with the correct descriptions.

adgnor
envryn

absiksil
admalsenra

edfilne
icinopsu

acenrtu
ihnpsx

akrandme
ecnou

1. This beast has four legs, scaly skin, bat-like wings, and a tail that ends in a stinger.

2. This creature has the head, breast, and wings of an eagle; and the body, four legs, and tail of a lion.

3. This heraldic creature resembles a leopard.

4. This creature has the body of a lion and **either** a man's face with a Pharaoh's head-dress, or is winged with the face and bust of a woman.

5. This has the head of a man with a poisonous root attached to it.

6. This beast sits among flames, unharmed.

7. This monster has scaly skin, a tail that ends in a stinger, wings, and two legs.

8. This creature has the head of a cockerel, bat-like wings, a forked tongue, and is said to cause death with a single glance.

9. This heraldic beast has the body and legs of a horse joined with the torso of a man.

10. This creature has a fox's head; a wolf's body, tail and legs; and an eagle's front legs.

What's Cooking In Delftwood?

This past June, at Tournament of the Windmill, Delftwood's Cook's Guild held an auction fundraiser. Members were asked to donate themed baskets of food to feed 2-4 people. The baskets were then auctioned off and served to the guests. Here's a look at some of the day's foods!



Ancient Roman Feast Recipes

By The Honorable Lady Desiderata Drake

Honey and Poppy Seed Door Mice

"The dishes for the first course included... some small iron frames shaped like bridges supporting dormice sprinkled with honey and poppy seed." - Petronius, Trimalchio's Feast

Ingredients

- *Chicken thighs and drumsticks
- *Olive Oil
- *Honey
- *Poppy Seeds

1. Preheat Oven to 350
2. Leave skin on chicken pieces. Rinse and pat dry.
3. Place chicken pieces on greased baking sheet or baking dish
4. Brush chicken pieces with Olive Oil
5. Bake chicken until skin is crispy and juices run clear (about 40 minutes)
6. Warm honey in small pan, until it is thin and runny (do not boil)

When chicken is done, brush each piece with honey and sprinkle with poppy seeds.

Posca

Posca is an Ancient Roman drink very similar to sekanjabin, frequently mentioned as something soldiers drank, and as an ingredient in cooking. Soldiers would carry Posca with them, and add it to water when they found it. The vinegar would act as a disinfectant, making the water safer to drink. In its most basic form, it consists of vinegar (most likely red wine vinegar), and water, though honey and herbs and spices were sometimes added.

Ingredients

- (makes enough for 4-5 gallons of water)
- *1.5 c Honey
 - *.5 c Vinegar (Red wine vinegar, White wine vinegar, or Apple Cider vinegar)
 - *1 T Ground Corriander
 - *Mint to taste

I experimented quite a bit with the ratios of vinegar and water, but my sweet tooth was not happy until I added the honey. Lots of honey. I added the mint and coriander to make the drink even more refreshing on a hot summer day.

1. Put all ingredients into sauce pan, and bring to a boil.
2. Remove from heat and let cool
3. Store mixture in glass bottle or other sealed container.
4. For one glass:

Add 1-2 T to 12-16oz of water and stir.

For 5-gallon water cooler

Fill water cooler with 4-5 gallons of water. Pour in entire Posca mixture (2 c.).

Make sure lid is sealed on cooler, and shake cooler to mix.

Seasonal Dutch Pork Pie Notes

By Vrouw Lijsbet de Kuekere

Over the last year, the Delftwood Cooks' Guild has dealt and met several challenges. My favorite of these challenges, however, had to be our "Regional and Seasonal" one, for which we were to research which foods were available in our personae's respective regions at that particular time of year during the middle ages. Here is the result of my research into what I made to meet this particular challenge. Please note that my research is very much a work in progress.

Pork-Stuffed Hand Pies (late 15th c. Dutch)

redacted and deduced from Wel ende edelike spijs (Good and Noble Food); UB Gent 1035;

translated from Middle Dutch by Christianne Muusers

<http://www.coquinaria.nl/kooktekst/Edelikespijse0.htm>

Middle Dutch	Modern Dutch	English
.iij. Die vaersel wille maken, die neme barghin vleesch mager ende vet wel ghezoden ende eyeren hart ghezoden Ghecapt te gadere doet in eenen mortier ende wriuet wel ende doeter toe goede dragye [fol.1v] peper soffraen cruuds ghenouch sout te passe ende het es ooc goet omme witte worsten te makene ende couken in de panne om eyeren gevaerst om roffi oelen omme bongnette om te vaerse ne zwijnen beene omme hoenderen omme poelgen te vaersene om eyeren creuetsen ende appelen te vaersene.	1.3. Wie vulling wil maken, die neemt varkensvlees, mager en vet, goed gekookt, en hardgekook- te eieren, samen fijngehakt. Doe het in een vijzel en wrijf het goed en doe er goede specerijen (?) bij, peper, saffraan, genoeg kruiden, zout naar smaak. En het is ook geschikt om witte worsten te maken en panne- koeken, om eieren te vullen, pasteitjes, beignets, om varkenspoten te vullen, om kippen en piepkuikens te vullen, om eieren, kreeften en appelen te vullen.	1.3. Who wants to make stuffing , takes pork, lean and fat, well cooked, and hard boiled eggs, chopped together. Put it in a mortar and crush well and add good spices (?), pepper, saffron, enough spices, salt to taste. And it is also good to make white sausages and pancakes, to stuff eggs, pastries, fritters, to stuff pig's trotters, to stuff hens and young chickens, to stuff eggs, crayfish and ap- ples.

My Redaction

1 lb. ground pork
1 lb. bacon
1/4 c. bacon fat
4 Tbsp AP flour
1 tsp. cinnamon

1 tsp. white pepper
1/2 tsp. kosher salt
1/2 tsp. ground ginger
1/2 tsp. ground mace
1/4 tsp. ground cloves
Pie Crust (I used store-bought for this project, but would normally go with a typical short crust)

Other Hardware:

4" round biscuit or cookie cutter OR 4" hand pie press

Cut raw bacon into 1/2" - 3/4" pieces (think bacon bits). Cook bacon and pork in separate pans. You want to cook the pork until there is no pink, and the bacon until it is thoroughly cooked, but not crispy. This will allow for a sufficient amount of fat to be released, but also the pliability needed to blend into the pork. Transfer cooked bacon to the pan with the pork and mix in, but reserve the fat (try to filter out any burned bits). Make a rye with the bacon fat by sifting the flour into it, and whisking it until it becomes thick (about the consistency of heavy cream). You may need to add more or less flour - look for the consistency rather than the exact amount of ingredient. Add this mixture to the bacon/pork mixture, and stir to incorporate. Add all of this to your food processor and blend until it has a smooth consistency. Empty into a bowl and add spices, then mix until well blended. Add 1-2 Tbsp of this mixture to each 4" half-moon pie crust, fold, crimp, and bake at 350 degrees for 10 minutes (or until the crust is golden brown), or fry in Canola oil until golden brown and delicious.

Research and Observational Notes:

Resources for Dutch recipes from the 15th c. that include seasonal vegetables is scarce in this cookbook. I suspect it is because they were so ubiquitous, no one bothered to keep recipes for them: They're vegetables - just cook them. This is a subject I am continuing to study, but unfortunately do not have a definitive answer just yet.

Relying on our own climate zone in Syracuse to determine which grains, fruits and vegetables would be in season in Belgium at this time of year (not taking into consideration the climate difference 500 years can make) would not be the best way to go about determining what is seasonally eaten. We do not share the same latitudinal or longitudinal lines, with Bruges being situated a fair distance further North than we are here. Had these been closer, I could justify using our own growing seasons as a basis for my assumptions of what was growing when; however, because Bruges is more North, and because the world was experiencing effects from the Little Ice Age, I would hypothesize that our modern growing seasons are far different from the ones experienced during the 15th c. in the Lowlands. This is a subject that requires further investigation.

Still, chicken and pork were perpetually in season for cooking in the Burgundian Dutch territories. Fish was far more common and plentiful, with the Dutch being skilled and avid sea-people, but I opted not to involve the stuff out of personal preference. After conducting a brief analysis of ingredients used, and the frequency with which they were used in the entirety of this specific text, the conclusion can be drawn that, after fish, the Dutch had access to (or a preference for) poultry, pork, and to a lesser extent, beef and game.

Using the same analysis, in which I recorded each ingredient mentioned in each recipe, then kept track of how many times the ingredient was used throughout the text, I determined that spices common (and popular) in the Dutch kitchen include cinnamon, cloves, mace, saffron, cumin, ginger, pepper, grains of paradise, galingale, and salt. Nearly every dish involves one or more of these spices. This knowledge comes in handy when the recipe in question asks the cook to "take good spices." I have another theory that "good spices," in this manner is a translation variation which may in fact be indicating a specific spice blend much like *poudre fine*, *poudre douce*, or *poudre forte*. In the annotations on this recipe in the text, Muusers notes that the word "drage," used in the Middle Dutch text, has been used to mean spices mixed with sugar, which would be consistent with these common Medieval spice blends. In the future, I would like to research this more in order to find out if there was any difference between these "good spices," and the French *poudre* blends. Considering how closely related Dutch cooking is to French during the 15th c., I suspect they may be one in the same, if not only slightly different due to regional preferences and/or spice availability.

A few more notes on how I chose to produce this dish:

-I chose to use both ground pork and bacon because of the note to use both lean and fat pork. Most of the ground pork that is sold in grocery stores is fairly lean, and time prohibited me from grinding my own out of

pork butt this time.* The bacon adds essential fat to the mix, as pies can often dry out in the baking process. -The recipe did not call to use the bacon fat ruc. This was a creative decision I made based on my desire to have the filling be moist and tender, and to use as much of the pig as I could.

-When making this next time, I would leave out the kosher salt if I am going to keep the bacon. There is enough salt from the curing process that it doesn't need it.

-The egg mentioned in this recipe has been left out due to allergies. Had I left it in, I would have chopped it up in the food processor with the rest of the pork meat.

-I opted to blend the filling in the food processor because of the instruction to grind all of the ingredients with a mortar and pestle. In the past, I have interpreted the phrase, "cut very small," and its variants to mean a ground-up consistency, like hamburger or shredded meat. Because the meat is being ground in a mortar, I theorize that it would be closer to a pate-like texture. This is also supported by its suggested uses: stuffing for eggs, apples, crayfish, pig trotters (feet), and sausages. Most meat that is being used as filling offers very little room for air pockets inside the thing it is stuffed into in order to maintain moisture. A coarsely-ground filling would leave too much area "unstuffed."

-This time, I used store-bought pie dough, unrolled it, and cut 4" circles out of each round, then used about 1 Tbsp. of filling in each mini pie. I used "Immaculate Baking Co." pie dough, and I would not recommend doing so again for this project - there seems to be a bit of a yeasty flavor to it that does not blend well with the meat's flavors. If time were on my side, I would have made my go-to short crust (2 1/2 c. AP flour, 2 1/2 sticks butter, 1 tsp sugar, 1 tsp salt) instead.

*The Dutch fry everything, so I fried these pies; but not before I baked them for about 8 minutes in a 350 degree oven. I wanted the dough to harden a bit before putting it in hot oil. Fried pork and bacon on its own is tasty, but not what I'm going for.

The end result was a tender, moist hand pie with a lot of flavor. I would definitely make this again, making the changes already noted. It would be easy to adapt this recipe for poultry, or even game, which has significantly less fat than most domesticated animal meat and requires the rendered bacon fat to keep from overcooking too quickly.

* It is important to note that most grocery stores will not grind a cut of pork for you, even if you purchase it from them directly. Cross-contamination laws prohibit them from doing so, as most of their in-house grinding is done with beef. Some specialty butcher shops also fall under this law, but it is a good idea to ask. The best suggestion I can offer is to invest in a good meat grinder so you are not restricted by what your butcher can and cannot do. Plus, ground bacon is a beautiful thing.



Illumination by Lady Margarita Carpintero

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Keep the Full Tilt *Interesting!*
Got something to share with the Barony? Send it in!

E-mail: chronicler@delftwood.org

Dirty Dozen Derby Entries

At this past Tournament of the Windmill, Lady Catalina Carpintero de Diaz hosted a largesse competition. Competitors made one dozen items to be donated to the Kingdom of Æthelmarc for the royalty to present as gifts. Here's a snippet of the outstanding entries and prizes!



How to Tool a Leather Bracelet

By Corey Christopher

Learning how to tool leather is both simple and complicated. The basics of leatherworking can be done with minimal tools, but there are a few tricks to getting your design to really POP off the leather. This short demonstration will show you the basics, and a few tips that may not be apparent when you start out. Here is our finished product, a Koi Fish swimming on a lily pad pond. I'm going to show you how to cut and stamp the leather strip, with a little "figure carving finesse." Cutting the leather strip from the hide, and setting the snaps to hold the bracelet won't be covered in this tutorial, but Tandy Leather has great videos on how to do those two steps.



Materials and Tools (from Top to Bottom):

- *Multi-hole punch
- *Wooden hammer
- *Wet sponge
- *Edge burnisher/ "slicker"
- *Modeling spoon, (you can use a regular spoon too)
- *Tracing tool, or use a ballpoint pen
- *Swivel knife
- *Beveling stamp, "mule foot" stamp, and a scale stamp.
- *1.5 inch wide strip of leather, about 9 inches long, depending on your wrist size.

Allrighty then, got your tools? Here is my first, and the most important tip for doing any kind of figure carving. Sharpen your knife. I really mean it. A good sharp knife should cut through the leather without much resistance. With a dull swivel knife, your cuts will not look as clean or crisp, and your figure carving will suffer for it. I give my swivel knife a quick polish before starting on any project. Use a leather strop and some jewelers rouge for polishing. For more tips on how to sharpen/polish, head over to Tandy. For now, I will assume you've got a nice sharp swivel knife.

Step 1: Draw Something

Sketch a quick doodle of what you would like to carve into the leather. Here I have drawn a koi fish with some lily pads. If you look closely, there aren't many of the little details like the scales, or veins on the pads in this sketch. We

are going to put those in later using our tools. For now, just the basic outlines to make sure it will fit on your strip of leather. You can also print out a design to trace from as well.

Step 2: Sponge Bath!

Wet the leather with your sponge. This is called “casing” the leather. Casing is more of an art than a science, as it is difficult to know how wet is TOO WET until you’ve done it a few times. If your leather is over wet, as it dries out all your definition of beveling will push back up and return to its original, non-depressed state.



Practice some casing on a scrap piece of leather until you get the hang of it. I usually swipe the top of the leather 3 times with a damp sponge, (not sopping wet). You can watch the leather absorb the water. If the top surface is still somewhat dry, that is a good sign. It will feel cool to the touch. Give 1 swipe to the rough side on the bottom as well.

Step 3: Trace Your Sketch

Place your sketch on top of the cased leather and using your tracing tool, or ballpoint pen, trace over the outline of your drawing. When you are finished you will see that your sketch has been transferred to the leather, looking something like this:



Step 4: Get out that swivel knife!

Use your knife to cut along the outlines of your drawing. For this tutorial that will be the fish, its fins, and the lily pads. Don’t be afraid to press down, but don’t cut all the way through the leather.

Depending on how fast you are with the knife, your leather might be drying out by now. Give it a light swipe with the sponge if it is. If not, continue carving away!

Here is the finished knife work:



Step 5: Bring on the Weapons!

Get your stamps ready and grab your trusty hammer. If Mjolnir is unavailable, or you can't lift it (I know I can't!) use your wooden mallet. Let's start with the lily flower. (I got fancy with another stamp in the center, you don't need to do this, just make a dot for your center.) Hold your stamp slightly at an angle, so only the pointy tip of the mule foot is touching the leather. Then give it a WHACK with your hammer. Start in the center of the flower and stamp out a circle for the innermost petals. Then stamp around in the alternating gaps until you feel you have a big enough flower.



(Left to right : The Scale stamp, the Beveler, and the Mule foot.)

Beveling:

Use the beveler and hammer around the edges of the fish, and lily pads. You will see your design really start to POP. Another invaluable tip is to bevel the foreground objects first, and work your way to things in the background. When those objects overlap, you will get that 3D effect. For the koi fish, the foreground most object is its top fin along his spine.



Step 6: Kitchen Utensil Clean up!

Using your modeling spoon, or regular spoon, smooth out any errors you may have made while stamping. You can round corners, push up fine details, etc. with a spoon. Use the spoon to widen some knife cuts, or in the koi fish's case the eyes, whiskers and its mouth area.

You are now finished with the stamping! Huzzah!

Step 7: Rounding out the Edges

Use the skive and take off the edges of the leather all the way around the bracelet. (Both top side, then flip it over onto the back and repeat)

Nip the corners at a 45 degree angle with some scissors, then go over the round corner with the skiver.



Step 8: Burnishing, or Edge Slicking

Rub the slicker back and forth over the edge of the leather to “polish” the sides and make them smooth. Don’t be shy, faster is better here.

Note: There is something called Gum Tragacanth that can be applied and then burnished to give the edge that high glossy look, but I recommend applying that AFTER you paint the edge, so we won’t be adding that here.)

TA DA!! The finished tooled design! Well done!

Other steps to finish the bracelet (not included in this carving/stamping tutorial)

- *Dye/paint your design however you like (you can use Antique Gel, leather dyes, acrylic paint, etc)
- *Let the paint dry overnight then seal the paintjob with a leather finish (satin sheen, or super sheens work great)
- *Add the holes for the snaps using the punch, then add the snaps (check Tandy for a handy snap setting video)

