

# THE CITADEL

News from the Barony of Cynnabar, Pentamere

IN THE REIGN OF CELLACH REX ET VUKASIN REGINA, REGNI MEDITERRANEI, ANNO SOCIETATIS LII ...

## *Words from Their Excellencies Baron Ermenrich and Baroness Kasha:*

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**SKOL!** The Fenris Wolf came and devoured the sun, but we were saved from Ragnarok. Our scholars tell us that this might very well be another miracle of St. Cynnabarius. In celebration of this divine act, We ask that all celebrate with Us at the forthcoming events held in the Barony.

The first of these celebrations will be at Cooks' Symposium where We look forward to having both our minds and stomachs filled. We encourage all to look at the class schedule and see what might interest you. Ermenrich plans to spend most of his day learning about fireside cooking. Perhaps future camping events will see him make use of new-found knowledge! That event day will end with a potluck-style feast, the likes of which you have never seen. It is Our intention to hold Court as well, so be checking with couriers for a possible summons.

In November, Cynnabar will hold a Grand Day of Tournaments. We do not believe that there is a finer display of Pentamere martial prowess than at this event. Their Majesties plan to attend, and at least one vigil will take place. This means a lot of fun to be had! Fighters, check your harness and weapons to ensure they are in good repair. Spectators, freshen up on your knowledge of statistics to ensure your day of gambling leads to winning a great prize! Speaking of prizes, remember that this event needs prizes to be donated, so please be thinking of what you would like to offer.

In December, We shall celebrate the end of another year with Wassail! (Drink Hael!) Work on this event is still ongoing, so please keep your ears open for more information in the months ahead.

None of these events can happen without the love and support of the Barony. We ask that everyone volunteer their time and talent to ensure that those who travel to Cynnabar leave in awe of our hospitality and hard work.

With Love and Service,

Ermenrich and Kasha,

Baron and Baroness

Deadline for Winter 2017 Quarter:

December 15 to publish

January 1, 2018

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*The Barony of Cynnabar presents*

## — COOKS' SYMPOSIUM —

*Come join cooks from the Kingdom (and beyond!) — share knowledge, love of period cooking, make new friends, and enjoy delicious food!*

**Friday, October 13<sup>th</sup>**

7:15–9 p.m.

LECTURE

*Janice Bluestein*

*Longone Culinary Archive*

HATCHER GRADUATE LIBRARY  
UNIVERSITY OF MICHIGAN

Seats limited, please  
R.S.V.P. to attend!

*See event page or Facebook*

**Saturday, October 14<sup>th</sup>**

9 a.m.–9 p.m.

SYMPOSIUM EVENT

*Classes All Day*

*Lunch Tavern*

*Royal Court*

*Potluck Dinner*

ST. PAUL UNITED CHURCH-CHRIST  
122 W. MICHIGAN AVE. • SALINE, MI

**Sunday, October 15<sup>th</sup>**

noon–3 p.m.

TOUR

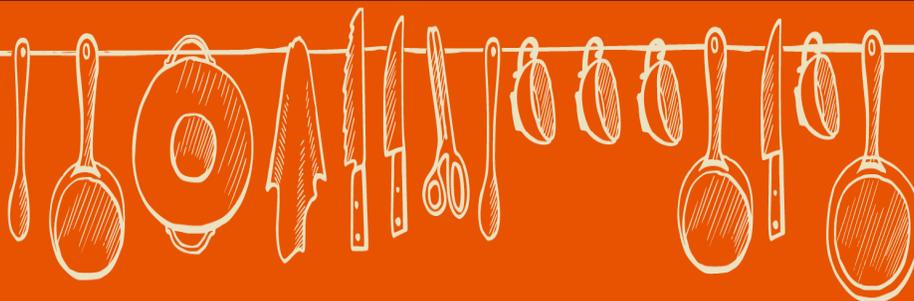
*Brewery Becker  
& Biergarten*

500 W MAIN ST. • BRIGHTON, MI

The weekend concludes  
with a tour, period brewing  
display, and drinking  
of some fine beverages!

Please visit our website for more information at: [cynnabar.org/cooks-symposium](http://cynnabar.org/cooks-symposium)

Or contact Baroness Hannah Schreiber for more information — [dawnLsinclair\(AT\)gmail\(DOT\)com](mailto:dawnLsinclair(AT)gmail(DOT)com)



***I Godhit write this: a few words from the Chronicler.***

In our Knowne World of the SCA, our conventional annual periodicity is “before Pennsic” and “after Pennsic.” In the Barony of Cynnabar we have our own “Wheel of the Year” and this issue of The CITADEL touches on some of these season-marking observances. For feasting Fall is, of course, the most auspicious moment of the modern pre-modern year as our local (that is, southeast lower Michigan) harvest is in full swing. Now called “primal eating” or being a “locavore” ... historically ... it was just being alive. Find a recipe and head to a farmers market! You can find many such markets for our area listed at <http://washtenawmarkets.org/market-directory/>. Need inspiration and some tutorial time? Our very own Cooks’ Symposium [ad on previous page] stages in the near future.

**OYEZ! OYEZ! HERALD NIGHT RETURNS!**

**To the Populace of Cynnabar does Eadraed Alforde send greetings!** Now that summer's sun is fading, our gallant fighters have returned from the wars in distant lands, and the fields of fall are ripe for harvest, do the Heralds of Cynnabar once again desire your company at our Baronial Heralds Nights. These meetings will resume on the first Monday of each month, beginning on October 2nd.

So if you would like to work on the design of your personal device, need answers to questions in your name research, want to get your name and/or device officially registered, have an interest in becoming more involved in heraldic activities, or just want to share the good company of your fellow Cynnabarians, please join me and our gracious hosts, Dame Ursula Georges and Master Derian le Breton at their home around 7 pm on October 2nd. (For those with allergies, please be aware that this is a cat-friendly home.)

Rounding out the year, additional Heralds Nights are being planned for November 6th and December 4th. Please watch for announcements and reminders as these times draw near. – We look forward to seeing you soon!

Eadraed Alforde  
Cynnabar Pursuivant

**Court Reports: Pennsic War XLVI**

**Court of their Excellencies Ermenrich and Kasha, Baron and Baroness Cynnabar,**

Wednesday August 9, 2017:

***Award of the Elephant's Heart***

Master Alan Fairfax

Caryn of Cynnabar

Lord Eliezer ben David

Ilex av Ulfvidh

Kimberlie

Lady Miriam bat Pessah

Patrick Bentwood called Possum

Lord Yaacov Ben haRav Eliezer

*Award of the Elephant's Tusk*  
Meisterinne Genoveva von Lübeck

**Court of their Majesties**  
**William and Isolde,**  
**August 10, 2017, Kingdom of Aethelmearc:**

Mistress Kasha Alekseeva: Award of the Purple Fret

Lady Sally Wrenne: Order of the Willow

Lord Alexander of Mistg Waetru: Order of the Willow

Lord Harkin of the Moorlands: Award of the Dragon's Tooth

Duchess AnneMarie de Garmeaulx, Duke Dag Thorgrimsson,  
Baron Max von Augsburg, Baroness Nezkha Kiriena Petrova:  
Award of the Purple Fretty

**Final Court of Their Majesties**  
**William and Isolde,**  
**September 23, 2017, Barony of White Waters:**

THL Finn Finnegan O'Flynn: Court Barony

Master Derian le Breton and the Midrealm Moneyer's Guild: Purple Fretty

**Cynnabar: the Event Year**  
by THL Godhit of Cynnabar, Chronicler

A newcomer to the SCA and the Barony of Cynnabar might feel a bit overwhelmed by our Middle Kingdom Calendar when deciding what events to attend: there are a LOT of them throughout the year! Happily, the Barony of Cynnabar conducts a few annual "Kingdom" events right here, some of which draw attendance from all over the Midrealm and distant kingdoms and principalities. We also have some gatherings that have a more residential focus and are intended to be Barony-specific celebrations. All of these events, including those larger events the Barony stages, are wonderful opportunities to "do" the SCA, meet the populace, and get involved!

[Please note: The month/months listed for each event is not to suggest that the event is ONLY held in that month: in many instances some negotiation with sites and with the organizers of other Middle Kingdom events is required which may affect from year to year when a generally-annual event is held.]

Events listed that are Kingdom calendar events are highlighted in **BOLD** while local Baronial events are in *Italics*. (The Pennsic War is an SCA-wide event but expertly administered at our local Baronial level at the site in Aethelmearc.)

March/April: **Terpsichore at the Tower** – Founded in the 1980s by Sir Midair and Mistress Alina, "Terp" is a day of dancing classes and ... dancing! The event \*begins\* with classes; but once the class-day ends, Their Excellencies Baron and Baroness Cynnabar hold Court, after which and a dinner break a Grand Ball stages, accompanied by a "pot luck" dessert revel. "Terp" is a high-energy, beginner-friendly opportunity to shake off the winter doldrums and indulge one's sweet tooth

*(continued ...)*

*April: Spring Revel* – This “event” is like a family reunion, an informal afternoon of friendship, fencing, and (armored) fighting. Dancing and music and games may break out and typically, the site selected is “damp,” that is: alcoholic beverages are permitted. The Baronial group photo is usually taken at this time and there’s a pot luck “group grill” feast to conclude. Absolutely everyone is welcome and we do get travelers from distant Shires and Cantons stopping by for the afternoon.

April/May: **St. Cecilia at the Tower** – For those interested in the more technical aspects of performing medieval and early music, the Barony sponsors St. Cecilia at the Tower. Founded and guided by professional musicians affiliated with the University of Michigan School of Music, St. Cecilia at the Tower comprises classes and ensemble practice and performance opportunities, culminating in an evening concert.

July/August: **The Pennsic War. \*SCA event\*** While the Pennsic War is not a “Baronial” event in that the Barony does not \*sponsor\* or stage it ... nevertheless, since our Baron and Baroness hold the Barony “in fief” from the Crown of the Middle Kingdom, when war levies are raised, the Barony must respond! The “War” stages at Cooper’s Lake Campground outside of Butler, Pennsylvania and is a two-week camp-out of SCA members from all over the world based on the tradition of a medieval territorial conflict (the loser gets Pittsburgh) conducted between the Middle and East Kingdoms. The first week is generally referred to as “Peace Week” and features classes and get-togethers rather than combat and competitions. Between “Peace Week” and “War Week” is “Middle Saturday,” when the royalty of the attending Kingdoms parlay in a bid to recruit allies, depending on the “sides” of the War. [Historically it was the Middle Kingdom versus the East Kingdom.] Many SCA members attend the War from Middle Saturday to the last official activity, Midrealm Court held on the Thursday of War Week. The war ends and all must vacate the campground on the next Saturday.

Because the Pennsic War is so vast, the Barony of Cynnabar’s encampment has its own schedule of activities during War Week, including a gambling night on Tuesday, “Cynnabar Thanksgiving” followed by a particularly festive and light-hearted Baronial court on Wednesday, and then “Eat it, Drink it, Burn it” night on Friday (to clean out coolers and campsites before the trek home).

November: **Grand Day of Tournaments (at the Barony of Cynnabar)** – What Terpsichore is for dancers and St. Cecilia is for musicians, the Grand Day of Tournaments is for armored fighters and fencers. “GDoT” includes thrown weapons tournaments as well. The event opens with a procession of the members of the Cynnabar populace bearing the prizes (all donations and many medieval-style handicrafts) to be given away to the tournament winners at the closing gala Court.

*December: Wassail!* – All too soon our cheerful medieval year of events and combats and travels ends when the season cools and snow swirls. Once again the Barony comes together, as at the bright beginning of the “eventing” year in the Spring, to have another “family reunion” get-together with a Winter Holiday/Solstice vibe.

Some events hosted by the Barony are special “one-time” occasions such as a royal Coronation, or Crown Tournament, or for this year, a “Cook’s Symposium.” It is no wonder that the Barony has the reputation of being well-practiced in event stewarding! And its Baron and Baroness and Populace, known for hospitality and professionalism.

## What I Love About Grand Day of Tournaments

By Geneveva von Lübeck

A banner stand with the words “Draco Invictus.” A Gothic-style wooden chair, also with the words “Draco Invictus” engraved on it. A break-down table in Midrealm colors. A Viking chest with handmade hinges. A hand-sewn linen shirt.

What do these items have in common? These are all things I or my family have been inspired to create for Grand Day of Tournaments, Cynnabar’s annual tournament-focused event. You might think we made these for our day camp, or were simply inspired to up our game that extra 10%. But, no — we made all of these items to just give away at Grand Day of Tournaments. And we are not alone.

*(continued ...)*

Every year, members of the Barony of Cynnabar create and donate beautiful, unique, and amazing items to the event. I've seen lovely paintings, fabrics, banners, coins, trim, and so much more. These items were made by the talented hands of our populace, or purchased with their hard-earned monies. And all of these treasures were given freely and whole-heartedly with no expectation of recompense or exchange.

And it gets better, for the items do not simply stay with the Barony or event staff. Each and every item is awarded to a tournament or contest winner during court at Grand Day of Tournaments. I have witnessed attendees go to great lengths to win a tournament simply in the hopes of securing a prize. I have seen the faces of those who have received prizes covered in expressions of incredulous joy. And I have seen my fellow populace beaming in pride and happiness at the generosity of our great Barony.

What I love about Grand Day of Tournaments transcends the pomp and circumstance, the acts of prowess, and the warm hospitality.

What I love about Grand Day of Tournaments is the inspiration to create, to give, and to bring joy to others. It stands out from any other event I've attended in its generosity and spirit of giving. It is a truly special event.

If you would like to donate a prize, contact the Baron and Baroness of Cynnabar.

If you would like to win a prize, attend Grand Day of Tournaments on November 4, 2017 and participate to its fullest extent. You may be pleasantly surprised!



(Photos by Genoveva von Lubeck)





More prizes contributed by the Populace of Cynnabar at recent Grand Day of Tournament events.

(Photos by Genoveva von Lubeck.)



## ANNOUNCEMENT

**HAVE YOU BEEN AN EVENT STEWARD OR “TAVERN-KEEPER” IN CYNNABAR?**

**THE EXCHEQUER IS LOOKING FOR YOU!**

**\*\* Mistress Jadwiga is asking all former and current Event Stewards and Lunch Tavern-keepers, “feast-o-crats” & c., to forward to her event proposals and tavern/feast budgets from ANY PREVIOUS events. Thank you! \*\***

### *From last year’s Grand Day of Tournaments:*

Provoked by the clamorous taunts of onlookers, a terrifying Lion of savage countenance (Sir Jasen Irenfist) advances on the single surviving combatant of a gruesome gladiatorial display!

(Photo by Godhit of Cynnabar)



## On Peaches

by **THL Johnnae llyn Lewis, CE**

“Many homly trees ther were / That peches, coynes, and apples beere.”

Chaucer, *Romaunt of the Rose* 1374

In terms of botany, the peach (*Prunus persica*) is a member of the rose family. Other members of the subgenus include almonds and plums. Of temperate nature the fruit requires a period of cold dormancy and are thus suited to the middle latitudes where they are cold hardy. Peaches originated in the mountains of Tibet and western China. According to Professor Jules Janick, they were domesticated perhaps as early as 3300-2500 BCE and cultivated as early as 2000 BCE. Celebrated in China and the Far East, where the phrase the *Golden Peaches of Samarkand* still calls to mind the exotic age of the seventh century BCE Tang dynasty, it was during this time that formal gifts of peaches, the color of gold, were sent from Samarkand to the Tang Court at Ch'ang-an. These very exotic trees were later planted and tended in various imperial gardens. Early on, legend holds, the slips were best grafted onto persimmon roots. (Schafer, 117) In Chinese art and literature, the peach was a symbol of immortality. The smoother skinned or fuzzless nectarine (*Prunus persica nectarine*), a mutant cousin of the peach, originated and flourished in eastern Turkestan, but was a rarity in ancient China. Peach and nectarine trees “are virtually indistinguishable;” both of the fruits may be either freestone with the fruit falling away easily from the center stone or clingstone where the fruit clings firmly to the stone or pit. (*Enc. Brit.*)

That peaches came to the west through Persia is reflected in the name, the Romans gave the fruit. The *malum persicum* (Persian apple) was well known to the Romans and even the poet Virgil praised “downy peaches and glossy plum.” Pliny wrote peaches were grown in Greece as early as 332 BCE, but complained they were more juice than flavor. It’s not known if the Romans ever grew peaches in Britain, but they were established in France and eaten at the courts of Queen Radegonde in the sixth century. Charlemagne’s *Capitularies* also mentioned the fruit, and they are listed as a tree in the monk’s orchard in the idealized Plan of St. Gall. By the time of Francois I, some forty varieties were being grown in France. By this time the art or craft of espaliers had been rediscovered. According to C. Anne Wilson, peach slips were planted at in the royal gardens at Westminster during the thirteenth century. (Wilson, 331) Professor Joan Thirsk notes that by the 16<sup>th</sup> century peaches and apricots were being grown and ripened against walls in various country estates of the English gentry. (Thirsk, 41)

The Spanish introduced peaches to the Americas where they became naturalized first in Mexico and later in the southeastern United States. Colonial America grew peaches not only for eating but also for making brandy. Livestock might be fed on the perishable and locally grown fruit; the trees provided wood for timber and firewood. (Palter, 231) Improved peach cultivation in America took off with the introduction of the “Chinese Cling” variety in 1850. Originally from southern China and discovered by English plant hunters, the Chinese Cling was an introduction to the US via England. Most modern peach varieties in the U.S. trace their lineage to this variety. (Scorza)

### English Herbals and Dietaries; On The Attributes

Master Henry Buttes wrote in his 1599 *Dyets dry dinner* peaches were “Degree. Cold in the first, moist in the second. Being soft, moist, and flatulent, they engender humours very subject to corruption: euil for old, flegmaticke and weake stomackes” but this might be corrected by eating “them alwaies fasting, and drinke a cup of the best wine, most fragrant, and well aromatized.”

The Italian exile and scholar Giacomo Castelvetro wrote extensively about the fruits and vegetables being cultivated in Britain, as opposed to Italy, in the late sixteenth and early seventeenth centuries. Peaches, he observed, appeared in the middle of August and lasted through September and even into October. “This delicate fruit is usually eaten raw.... Some steep them in good wine.” Castelvetro also mentioned, “peaches cooked, wrapped in damp paper and roasted in hot ashes.” Others are preserved in sugar or preserved as a stiff paste called *persicata*. Often they are dried and eaten during Lent. He wrote peach stones dissolved kidney stones and prevent worms in children. (Castelvetro, 86-87)

The Doctor Thomas Moffett or Muffet wrote his manuscript on health and foods in the mid 1590s. He died in June 1604. The manuscript was finally published in 1655 as *Health’s Improvement*. There we learn: “All Peaches are to be quartered, and laid in strong wine before they are eaten. Ripe Peaches according to *Galens* rule must be eaten in the beginning of meals, because they are a moist and slippery fruit; but hard and unripe Peaches are best at the end of meat (if ever they are good at all) yea though they be candied or preserved; yet Peaches must be sparingly eaten, for many are dangerous, and killed *Theognostus* that fine Scholer, so much lamented in the Greek Epigrams. Four good morsels, Peaches, Figs, Melons, and Champignois. (209-210)

As to their cultivation, Leonard Mascall in his 1572 work titled *A booke of the arte and maner, howe to plant and graffe all sortes of trees howe to set stones, and sowe pepines to make wylde trees to graffe on....* gave instructions on the grafting of peach trees, coloring of peach stones, planting of peach stones, and what to do should the peach trees be troubled by worms.

John Gerard’s *Herball* was first published in 1597 and then enlarged and reprinted by Thomas Johnson in 1633. Peaches are described in that edition as: “There are diuers sorts of Peaches besides the foure here set forth by our Author, but the trees do

(continued ...)

not much differ in shape, but the difference chiefly consists in the fruit, whereof I will giue you the names of the choice ones, and such as are to be had from my friend M<sup>r</sup>. *Millen* in Old-street, which are these; two sorts of Nutmeg Peaches; The Queenes Peach; The Newington Peach; The grand Carnation Peach; The Carnation Peach; The Blacke Peach; the Melocotone; the White; The Romane; The Alberza; The Island Peach; Peach du Troy. These are all good ones. 4 *Persica lutea*, or the yellow Peach tree, .... The fruit hereof is of greatest pleasure, and best taste of all the other of his kinde....”

By 1629, John Parkinson in the *Paradisi in sole paradisis terrestriis* was using “peach” often in descriptive phrases, as in tulips being “A deep Peach colour,” or an iris being “The great peach coloured bulbous Flowerdeluce.” In his section on “The Ordering of the Orchard,” Parkinson revealed detailed instructions on the cultivation of peach trees from both grafts and kernels. (Joan Thirsk believes many of the twelve varieties named by Parkinson and the other twenty or so just described by him were perhaps newly arrived from Spain and Italy. (Thirsk, 75)) “Peach stones will be soone raised vp to graft other sorts of Peaches or Nectorins vpon, but the nature of the Peach roote being spongie, is not to abide long. (539) In Chapter XVI, he expounded on “Nectorins...” On “The Vse of Nectorins,” he wrote, “The fruit is more firme then the Peach, and more delectable in taste; and is therefore of more esteeme, and that worthily.” Nectarines were first known or recognized as a different species in England in the sixteenth century, but by 1650 some dozen varieties were known. By this same time over fifty varieties of peaches were known. (Palter, 226) John Evelyn in the 1666 *Kalendarium hortense, or, The gard'ners almanac* notes that one planted peaches and nectarines in March and that they flowered in April. The trees were “inoculated” in June and reprinted in July. Varieties, which fruited in July, were “Peaches. Nutmeg, Isabella, Persian, Newington, Violet-muscat, Rambouillet,” but most varieties were listed as being ripe in August. Lastly, the famed French doctor Jean de Renou (1568-c1620) wrote *Dispensatorium medicum, continens institutionum pharmaceuticarum*, which was first published in 1623. With the help of Richard Tomlinson, it was published in English in 1657 as *A medicinal dispensatory*. “Chap. XII Of Peaches” in the English version begins: “The *Peach-Tree* is notorious and frequent in most places of *France*, for they beset their Vineyards therewith; it assurges to a moderate procerity, emitting long and fragile boughs, vested with rare leafes like Willowes, serrated about, amare to the gust and aromatically redolent; its flowers are like them of Almonds, but more dilutely purpureous.” Later he writes: “*Peaches* are cold and moist in the second degree, their succe is very corruptible, and they no good last dish; they are better before other meats then after. Their Kernells are dry, they open, incide, exterge, and cure the infarcures of the Liver or Milt.” (p 378)

## Art

Peaches lastly show up in the emerging still life paintings of the sixteenth and seventeenth centuries. Much earlier, the Roman palaces preserved at Herculaneum had had wall murals depicting many fruits including peaches. The artists Vincenzo Campi (*The Fruit Seller*, c 1580) and Caravaggio (*Boy with a Basket of Fruit*, c 1593 and *Sick Bacchus*, c 1593) notably depicted peaches. The Italian artist Fede Galizia often used peaches, commonly placing them in bowls. Her *Peaches in a White Ceramic Bowl* dates to circa 1600-1605; her still-life of peaches in a black bowl is circa 1610. Ambrogio Giovanni Figino depicts peaches in *Metal Plate with Peaches and Vine Leaves*, c 1591-1594. Other works may be found by searching the *Web Gallery of Art*.

## English Recipes

Peaches appear in few English recipes; no early recipes were located or indexed under “peaches” when we compiled the *Concordance of English Recipes. Thirteenth Through Fifteenth Centuries* in 2006. When the recipes finally start appearing in the sixteenth century, they appear primarily as “tart stuff” or as fruit fillings. Here are some original recipes for the fruit, arranged by type and then chronologically.

**Confite of Peaches.** This first recipe was later and copied and appears also in Thomas Dawson’s *The second part of the good hus-wiues iewell*. 1597.

### To confite Peches after the Spanyshe facion.

TAke greate and fayre Peches, whiche you shall pill and make cleane, and cutte them in pieces, and so laye them abrode vpon a table faire and cleane in the Sunne by the space of two dayes, tournung them euer at nighte, and in the morninge, and put them hote into a Iuleppe of Sugre, well sodden and prepared as is aforesaied. And after you haue taken them out, sette them agayne in the Sunne, tournung them often vntill they bee well dried. This dooen put them agayne into the Iulep, and then in the Sunne, vntill they haue gotten a faire barke or cruste, as you wyll haue them, and this shall you dooe three or foure times: then being thus prepared, you maye keepe them in boxes for winter, for it is a soueraygne thinge.

(continued ...)

*The Secretes of the Reverende Maister Alexis of Piemount. Containyng excellent remedies against diuers diseases, woundes, and other accidents, with the manner to make distillations, parfumes, confitures, diynges, colours, fusions and meltynges. ...* Translated out of Frenche into Englishe, by Wyllyam Warde. London: 1558.

### **Fruit Fillings**

#### **To make all maner of fruit Tartes.**

YOU must boile your fruite, whether it be apple, cherie, peach, damson, peare, Mulberie, or codling, in faire water, and when they be boyled inough, put them into a bowle, and bruse them with a ladle, and when they be cold, straine them, and put in red wine or claret wine, and so season it with suger, sinamom and ginger. (Dawson, Thomas. *The good huswifes ievvell*. 1587.)

#### **To bake Peaches.**

TAke Peaches, pare them, and cut them in two péeces, & take out the stoness as cleane as you can for breaching of the Peach: then make your pie thrée square to bake fowre in a pie, let your paste be verie fine, then make your dredge with fine Sugar, Synamon and Ginger: and first lay a little dredge in the bottome of your pies: Then put in Peaches, and fill vp your coffins with your Dredge, and put into euery coffin thrée spoonfuls of Rosewater. Let not your Ouen be too hot. &c.

(*A booke of cookerie, otherwise called the good huswiues handmaid*. [London]: [E. Allde, 1597])

A later recipe for comparison:

#### **To make all manner of Fruit Tarts.**

You must boyle your Fruit, whether it be Apple, Cherry, Peach, Damson, Peare, Mulberry, or Codling, in faire water, and when they be boyled enough, put them into a bowle, and bruise them with a ladle, and when they be cold straine them, and put in red wine, or Clarret wine, and so season it with sugar, cinamon, and ginger. (40-41) (*A Book of fruits & flovvers*. London: 1653.)

#### **To make Cream Tarts.** (mentioning peaches and nectarines)

THicken cream with muskefied bisket bread, and serve it in a dish, stick wafers round about it, and slices of preserved citteron, and in the middle a preserved orange with biskets, the garnish of the dish being of puff-paste.

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Or you may boil quinces, wardens pears, and pippins in slices or quarters, and strain them into cream, as also these fruits, melacattons, necturnes, apricocks, peaches, plums, or cherries, and make your tarts of these forms.

#### **Green Tart Stuff.**

TAke spinage, boild green pease, green apricocks, green plumbs quodled, peaches quodled, quodled green necturnes, gooseberries quodled, green sorrel, and the juyce of green wheat. (May, Robert, b. 1588. *The accomplisht cook*, 1660.)

#### **Preserved Peaches.**

Master cook Robert May in his 1660 comprehensive volume *The Accomplisht Cook* includes a section on “The time to preserve green Fruits.” He notes the time for preserving “the Peach and Pippin [is] about Bartholomew tide or a little before.” This would have been roughly in and around August 24<sup>th</sup>. May continues, “Note that to all your green fruits in general that you will preserve in sirrup, you must take to every pound of fruit, a pound and two ounces of sugar, and a grain of musk; your plumb, pippin and peach will have three quarters of an hour boiling, or rather more, and that very softly, keep the fruit as whole as you can;...” May also includes recipes and suggestions for nectarines. He included the advice that “For the several colours of Tarts. IF to have them yellow, preserved quinces, apricocks, necturnes, and melacattons, boil them up in white wine, with sugar, and strain them.”

(continued ...)

**[5] To preserue Mirabolans or Malacadonians.**

TAke your Malacadonians and stone them, and per boyle them in water, then pill of the outward skin of them, they will boyle as long as a peece of beefe, & therefore you need not feare the breaking of them, and when they be boyled tender make Syrope for them, and preserue them as you doe any other thing, and so you may keepe them all the yeare. (*A Closet for Ladies and Gentlewomen*. 1608.)

[Food historian Karen Hess identifies the ‘melocotion’ as ‘melum cotoneum’. Cindy Renfrow’s online Glossary defines it as ‘Melocoton (*Melum cotoneum*) and says they are a Cydonian apple... a peach grafted onto a quince tree.’ Hess suggests using peaches, perhaps even hard peaches for this antique grafted fruit. See my edition of the 1608 *A Closet for Ladies and Gentlewomen* for more details.]

**[11] To preserue Peaches.**

TAke a pound of your fayrest and best coloured Peaches, and with a wet linnen cloth wipe of the white hoare of them, then perboyle them in halfe a pint of white wine, and a pint and a halfe of running water, and being perboyled, pill off the white skin of them, and then weigh them; take to your pound of Peaches, three quarters of a pound of refined sugar, and dissolue it in a quarter of a pint of white wine, and boyle it almost to the height of a Syrope, and then put in your Peaches, and let them boyle in the Syrope a quarter of an houre or more if neede should require, and then put them vp, and keepe them all the yeare. (*A Closet for Ladies and Gentlewomen*. 1608)

**To preserue greene Peaches before they be stoned.**

23 SCald your Peaches, being so young that you may thrust a pinne through them, rub off the furre with a piece of course linnen cloath, then pricke them with a sharpe knife, and boile them tender in as much clarified Sugar as will couer them, then take them vp and boile the sirupe by it selfe, vntill it be somewhat thick, and being blood-warme with cooling, put in your fruit and pot it. (Murrell, John, 17th cent. **A daily exercise for ladies and gentlewomen**. London, 1617.)

**8 To preserve Peaches.**

Heat water scalding hot first, then scald your Peaches till you may pull off the skin, which done, boil your Rosewater and Sugar till it be somewhat thicke: then put in your Peaches one by one, stowing the Sugar on them; and as the fire melteth, cast on more four or five times, letting them boyl with a soft fire till hey be tender, keeping them covered as long as they see the, then take them out, and put them up for use. (M. B., Forth and Brentford, Patrick Ruthven, Earl of, 1573?-1651. *The ladies cabinet enlarged and opened*. 1654.)

**To preserve Peaches after the Venetian way.**

TAke twenty young peaches, part them in two, and take out the stones, then take as much sugar as they weigh, and some rose-water, put in the peaches, and make a sirrup that it may stand and stick to your fingers, let them boil softly a while, then lay them in a dish, and let them stand in the same two or three dayes, then set your sirrup on the fire, let it boil up, and then put in the peaches, and so preserve them. (May, Robert, b. 1588. *The accomplisht cook*, 1660.)

**71. To preserve Peaches.**

Take a pound of your fairest and best coloured Peaches, and with a wet linnen cloth wipe off the white coar of them, then parboyl them in half a pint of White-wine, and a pint and a half of running Water, and being parboyl, peel of the white skin of them and then weigh them; take to your pound of Peaches 3 quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of white-wine, and boyl it almost to the heighth of a Syrup, then put in your Peaches and let them boyl in the Syrup a quarter of an hour or more, then put them up and keepe them all the Year. (*The accomplisht ladys delight in preserving, physick and cookery*. 1675.)

**Pastes**

**[35] To make Past of Genua the true way.**

TAke two pound of the Pulpe of Quinces, and as much of peaches, and straine it, and drie it in a pewter platter vpon a Chafindish of coles, then weigh it, and take as much suger as it weigheth, and boyle it to the height of Manus Christi, and then put them together, and so fashion it vpon a Pie- plate, and dry it in an Ouen with a Chafindish of coales, vntill it be thorough drie, and then if it please you, you may spot them with Gold. (*A Closet for Ladies and Gentlewomen*. 1608.)

(continued ...)

**To make Paste of *Genua*, as they doe beyond the Seas.**

2 BOile faire yellow Peare-Quinces tender in their skinned, and so let them stand vntill the next day, till they be colde, then pare them, and scrape all the pulp from the coare, then take as much pulp of yellow Peaches as the pulp of Quinces doth weigh, and dry it vpon a little chafingdish of coales, alwaies stirring it, then boile the weight of both these pulps in double refined Sugar, and so let it boile, alway stirring it vntill it come to a candie height, with as much Rose-water as will melt that Sugar, and put in your pulps, alway stirring it in the boiling, vntill it come from the the bottome of the Posnet, then fashion it vpon a pie plate, or a sheete of glasse, some like leaues, some like halfe fruits, and some you may print with moulds, set them into a warme Ouen after the breadis drawne, or into a Stoue, the next day you may turne them, and when the stuffe is through dry, you may box it, and keepe it for all the yeere, but be sure it be through dried before you lay it vp in store. (Murrell, John, 17th cent. **A daily exercise for ladies and gentlewomen.** London, 1617.)

**Suckets or Candied Peaches.**

**Peaches, or any other.** [And yes it is correct that the heading reads “Peaches” but recipe 66 then begins with “Green Plums” and does not mention peaches!]

66 GREene Plums may be sucket-Candied after the very same manner, remembering that they be first preserued.

That basic recipe would be: **To Sucket-Candie greene Lemonds.**

63 VVAsh this fruit with seething water, dry it, & put it in a warme Ouen, the next day throw them in hot double refined Sugar, boiled to a Candie height, boile them a walme or two, take them vp and dry them in an Ouen, the next day boxe them. (Murrell, John, 17th cent. **A daily exercise for ladies and gentlewomen.** London, 1617.)

**Miscellaneous**

A recipe for quinces that might also be used for peaches:

**To make a condonack.**

TAke Quinces and pare thē, take out the cores, and séeth them in fair water vntil they break, thē strain them through a fine strainer, and for eight pound of the said strained quinces, you must put in 3. pound of Suger, and mingle it together in a vessel, and boile them en the fire alwaies stirring it vntil it be sodden which you may perceiue, for that it will no longer cleaue to the vessel, but you may stāp muske in powder, you may also ad spice to it, as Ginger, Sinamon, Cloues, and Nutmegges, as much as you think méet, boyling the muske with a litle Uineger, then with a broad slice of wood spread of this confection vpon a table, which must be first strewed with Suger, and there make what proportion you wil, and set it in the sunne vntil it be drye, and when it hath stood a while turn it vpsidown, making alwaies a bed of Suger, both vnder and aboue, and turne them still, and drye them in the sunne vntill they haue gotten a crust. In like maner you may dresse Peares, Peaches, Damsins, and other fruites. (Dawson, Thomas. *The second part of the good hus-wiues iewell.* 1597. )

**To make drie Marmelet of Peches.**

TAke your Peaches and pare thē, and cut them from the stones, and mince them very sinely, and stēepe them in rosewater, then straine them with rosewater through a course cloth or Strainer into your Pan that you will séethe it in, you must haue to euery pound of peches halfe a pound of suger finely beaten, and put it into your pan y<sup>t</sup> you do boile it in; you must reserue out a good quāity to mould your cakes or prints withall, of that Suger, then set your pan on the fire, and stir it fil it be thick or striffe that your stick wil stand vpright in it of it self, thē take it vp and lay it in a platter or charger in prety lumps as big as you wil haue y<sup>e</sup> mould or printes, and when it is colde print it on a faire boord with suger, and print thē on a mould or what knot or fashion you will, & bake in an earthen pot or pan vpon y<sup>e</sup> embers or in a feate couer, and kēep thē continually by the fire to kēep them dry. (Dawson, Thomas. *The second part of the good hus-wiues iewell.* 1597.)

**To dry Peaches.**

Take Peaches and coddle them, take off the skins, stone them; take to four pound of Peaches a pound of Sugar, then take a gally pot and lay a laier of Peaches, and a laier of Sugar, till all be laid out, then put in half a pint of water, so cover them close, and set them

(continued ...)

in embers to keep warm, so let them stand a night and a day, then put them in a skillet, and set them on the fire to be scalding hot, then put them into your pot again, and let them stand four and twentie houres then scald them again, then take them out of your Sirupe, and lay them one silver dishes to dry, you may dry them in an Oven, when the bread is taken out, but to dry them in the Sun is better, you must turn them every day into clear Dishes. (Pages 73-74)

[This recipe appears in two volumes credited to the Countess of Kent or Elizabeth Grey, Countess of, 1581-1651., W. J. (W. Jar) *A choice manual of rare and select secrets in physick and chirurgery*, 1653 and also in *A true gentlewomans delight*, 1653.]

### Last Thoughts

When confronted with an abundance of fresh peaches on a summer's day or for one's summer feast, one might be tempted to just serve fresh fragrant peaches in a beautiful ceramic bowl or on a metal plate as depicted in the artworks mentioned above. One might even practice the suggested Elizabethan advice to temper the humours and serve the peaches with wine as Master Buttes suggested or steeped in good wine as Giacomo Castelvetro suggested.

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NOTE: Recipe & some historical sources are as named in the text.

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Artworks featuring peaches may be found online through use of the Web Gallery of Art.

Good sources of modern peach recipes appear in the archives of *Southern Living* <http://www.southernliving.com/food/holidays-occasions/summer-peach-recipes> or through the Georgia Peach Council website <http://gapeaches.org/our-recipes/> or check out Alton Brown and his episode "Peachy Keen." <http://www.foodnetwork.com/shows/good-eats/10-series/peachy-keen.html>

For additional historical recipes, try a search at: <http://medievalcookery.com/search/search.html>

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THL Ermenrich von Duisburg

***Baroness of Cynnabar***

Mistress Kasha Alekseeva

***Seneschal***

Master Derian le Breton

***Exchequer***

Mistress Jadwiga Krzyanowska

***Chatelaine***

Lady Edonea Appleby

***Knight Marshal***

Master Zygmunt Nadratowski

***Fencing Marshal***

Lord William of Cynnabar

***Minister of Arts and Sciences***

THL Aeffe Torsdottir

***Herald***

Lord Eadraed Alforde

***Chronicler***

THL Godhit of Cynnabar

***Webminister***

Master Aaron Drummond

***Barony of Cynnabar Current Weekly  
Event Schedule:***

**Mondays** (except first of month):  
Baronial Business Meeting preceded by  
Workshop (location varies by quarter)

**“First” Mondays:**

Herald Night

**Alternating Wednesday evenings:**

Dance Practice  
University of Michigan League

**Sunday afternoons:**

Armored and Rapier Practice  
University of Michigan Union  
(October-April)

**As Schedule Permits:**

Garb Workdays  
Eastern Michigan University

*This schedule is subject to change. For the most  
current schedule please view the  
Baronial Google calendar at  
<https://www.cynnabar.org/>*