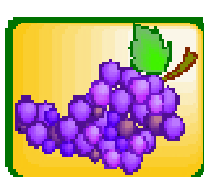


# In Vino Veritas



Spring AS XII

The Bear of Wine

*The Newsletter of the Right Noble Brewer's Guild of Caid*



## You Too Can Be A Brewing Judge!

Have you ever wanted to taste all of the fine beverages entered into a brewing contest? Or have you wondered how brewing judges come up with scores for each entry? The Kingdom Brewers Guild is offering classes to learn how to be a brewing judge. You do not even have to be a brewer to a brewing judge. More details about the classes can be found at: <http://www.sca-caid.org/users/brewers/Judging.htm>

Contrary to the beliefs of many, you do not need to be a brewer to be a *brewing judge*. You should, however, have a basic understanding of a variety of concepts easily acquired through a couple brewing courses. To that end, Right Noble Brewers Guild of Caid is once again offering classes for those of you that may be interested in becoming a brewing judge. Beginning and advanced courses will be offered so even you seasoned judges can opt for a refresher course or dig your teeth into some more complicated brewing concepts.

You may be asking yourself, "Why would I want to be a judge?" Well, in addition to the satisfaction gained from helping brewers perfect their skills, you get the distinct pleasure of sampling some of the finest mouth-watering creations from throughout the Kingdom. Moreover, our panels of judges were requested to assist with judging at the LA, Riverside, and Orange County Fairs three times over the past eight years.

Estrella War, King's Hunt, Potrero, Darkwell, Highland, and GWW, as well as several Guild Meetings, are just a few of the events always seeking judges for brewing competitions.

There are also Guild meeting that need judges.

Class: - Date/Time  
Concepts - March 18 10am-6pm  
Varietal Core - May 20 10am-6pm  
Wine Core - July 22 10am-6pm  
Beer Core - Sept 30 10am-6pm

The first class was held March 18 and covered the the Concepts of Judging. Since there is a limit of 10 seats in the class, please contact Master Tim at [housezacharia@earthlink.net](mailto:housezacharia@earthlink.net) to reserve a seat for you.

submitted by Master Donal O'Brien



## REGIONAL BRANCHES

The *Inland Empire* Branch includes the Shire of Heatherwyne and the Barony of Dreiburgen.

The *Angels* Branch includes the Barony of Angels.

The *Dun Or* Branch includes the Barony of Dun Or.

The *Over the Hill* Branch includes the Shire of Wintermist.

The *Lyondemere* Branch includes the Barony of Lyondemere.

The *Starkhain* Branch includes the Barony of Starkhain.

## Brewers' Guild Council

The Guildmistress is Mistress Therese of the White Griffin [whtgriffin@juno.com](mailto:whtgriffin@juno.com)

The Scribe/Chronicler is Alais de Saint Germain [asilnomrah@yahoo.com](mailto:asilnomrah@yahoo.com)

The Secretary/Exchequer is Master Donal O'Brien [lorddonal@yahoo.com](mailto:lorddonal@yahoo.com)

The Dun Or Branchmaster is Dona Linda Del Lago [cdl@trueblood.net](mailto:cdl@trueblood.net)

The Dun Or BranchScribe is Lord Sigmund Svertingsson [siggy@trueblood.net](mailto:siggy@trueblood.net)

The Inland Empire Branchmaster is Baroness Jeanne Marie Lacroix [jm\\_public@charter.net](mailto:jm_public@charter.net)

The Inland Empire BranchScribe is Lady Elspeth Charissa aus Reirwald [sca.elspeth@adelphia.net](mailto:sca.elspeth@adelphia.net)

The Over the Hill Branchmaster is currently vacant.

The Over the Hill BranchScribe is currently vacant.

The Angels Branchmaster is Lord Balthazar van der Brugghe

The Angels BranchScribe is currently vacant

The Lyondemere Branchmaster is Lord Tighearnan Cearrbhach O'Faolain [jdiddle\\_producer@yahoo.com](mailto:jdiddle_producer@yahoo.com)

The Lyondemere BranchScribe is Lady Christina O'Cleary [divinite@sbcglobal.net](mailto:divinite@sbcglobal.net)

The Starkhain Branchmaster is Lord Douglas rauðskegg [dhouston2@cox.net](mailto:dhouston2@cox.net)

The Starkhain BranchScribe is Lady Fatimah a'Zarqua al Rakassah

Masterbrewer Master Timotheus Zacharia [housezacharia@earthlink.net](mailto:housezacharia@earthlink.net)

Masterbrewer Master Tofi Kerthjalfadsson

Grandmasterbrewer Master Atar Bakker

The Crown of Caid

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Submissions are encouraged and will be used as space and topicality allow. Please send submissions to the chronicler Alais de Saint Germain at [asilnomrah@yahoo.com](mailto:asilnomrah@yahoo.com).

Subscriptions to *In Vino Veritas* is included with Guild membership and is published quarterly. Guild memberships are \$6.00 a year and renew in May of the year. Checks are made payable to "SCA, Inc; Kingdom of Caid-Brewers Guild and submitted to the Guild Secretary, Master Donal O'Brien.

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## Great Western War is Back!

The event will be located at the west end of Buena Vista Aquatic Recreation Area, southwest of Bakersfield and east of Taft off Hwy 119 Dates: October 2rd (for pre reg and merchant set up) October 3rd (for general admission) thru the 8th 2007 Watch the CP, your local newsletter and the GWW web site [www.caid-gww.org](http://www.caid-gww.org) for further event details. More information to come! from GWWPublicityEmail

## Mead Day in Riverside

*Beer Beer and More Beer* has agreed once again to host mead day on Saturday May 12 from 10am until??

Master Donal and myself will be teaching classes and there will be plenty of tasting to be had as well. This is a mundane event but we hope to get quite an SCA turn out. I hope to see you all there. B3 is located at 1506 Columbia Ave Suite 12, Riverside Ca.

Reinhardt Medebuer





## Donal's Mint Sekanjabin Syrup

By Master Donal O'Brien  
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Our modern word "syrup" after detouring through Middle English, French, and Latin, derives from the Arabic word "sharab" which means 'any beverage or drink'. Syrup is a thick, viscous liquid containing a large amount of dissolved sugars. Syrups were used to preserve foods, to provide flavor to beverages, and to act as medicines.

A series of syrup recipes can be found in *An Anonymous Andalusian Cookbook of the 13th Century*, translated by Charles Perry and published in *Cariadoc's Miscellany* by David Friedman. The manuscript now rests at the Bibliothèque Nationale in Paris. The recipes use the fruits, spices, and herbs available to the Moslem culture of Andalus in southern Spain.

Two interesting recipes are 'Syrup of Mint' and 'Syrup of Simple Sikanjabîn'. The Syrup of Mint is a sugar syrup flavored with mint, basil, citron, and cloves. It was used to help "cheer" the stomach and liver. The Syrup of Simple Sikanjabîn is made by heating sugar and vinegar until it becomes a syrup. It was diluted with hot water before drinking. It was said to "cut the thirst" and is useful against jaundice.

### Syrup of Mint: Way of Making It

Take mint and basil, citron and cloves, a handful of each, and cook all this in water to cover, until its substance comes out, and add the clear part of it to a ratl of sugar. The bag: an ūqiya of flower of cloves, and cook all this until a syrup is made. Its benefits: it frees bodies that suffer from phlegm, and cuts phlegmatic urine, fortifies the liver and the stomach and cheers it a great deal; in this it is admirable.

### Syrup of Simple Sikanjabîn (Oxymel)

Take a ratl of strong vinegar and mix it with two ratls of sugar, and cook all this until it takes the form of a syrup. Drink an ūqiya of this with three of hot water when fasting: it is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst, since sikanjabîn syrup is beneficial in phlegmatic fevers: make it with six ūqiyas of sour vinegar for a ratl of honey and it is admirable. ...[gap: top third of this page has been cut off]... and a ratl of sugar, cook all this until it takes the consistency of syrup. Its benefit is to relax the bowels and cut the thirst and vomiting, and it is beneficial in bilious fevers.

In the Andalusian cookbook, the 'ratl' is a measure by weight, equalling 468.75 grams, about a pound. One ratl is equal to 12 ūqiyas; one ūqiya is about 39 g. Given that sugar is roughly 2 cups to the pound, I used 2 cups of sugar to equal one ratl in weight.

Martha Washington's *Book of Cookery*, dated to the mid-16th century, contains a *Sirup of Vinegar* recipe. It is flavored with a variety of herbs, including maiden hair, hyssop, licorish, and sweetened with honey.

### TO MAKE SIRRUP OF VINEGAR

Take mayden hayre & Issope, of each A little handfull; one ounce of licorish sliced and scrape[d] thin. boyle these leasurly in water from A quart to a pinte, adding to them half A pinte of honey. stir & boyle it leasurly till A fourth part be consumed, & put in soe much white wine vinegar as will make it taste of it, & boyle it half a quarter of an houre. give of this halfe a spoonfu[ll] fasting to A childe, & to a grown body a spoonfull. If it make ye party vomit after it, it is ye better, but If not, it will soften & cut the flame & drive it down. this may be taken at 4 a cloke in ye afternoon & last at [night], & at other times, upone A licorish stick, but [only at interv]als (?).

In this context, flame is phlegm. It is interesting to note that the use of the vinegar syrup to combat phlegm is written in recipes written three centuries apart.

Nicolas Culpeper's *Complete Herbal* was first published in 1652, originally titled "The English Physitian". He devotes an entire chapter to showing how medicinal syrups were made. It includes two recipes for 'Syrup of Vinegar' and an interesting 'Syrup of Mint' flavored with quince juice, pomegranate juice, and roses.

### SYRUPUS DE ACETOSUS SIMPLEX OR SYRUP OF VINEGAR SIMPLE

College : Take of clear Water four pounds, white Sugar five pounds, boil them in a glazed vessel over a gentle fire, scumming it till half the

Culpeper : That is, only melt the Sugar with the Vinegar over the fire, scum it, but boil it not.

#### SYRUPUS ACETOSUS SIMPLICIOR OR SYRUP OF VINEGAR MORE SIMPLE

College : Take of white Sugar five pounds, white Wine Vinegar two pounds, by melting it in a bath, make it into a Syrup.

Culpeper : Of these two Syrups let every one use which he finds by experience to be best; the difference is but little. They both of them cut flegm, as also tough, hard viscous humours in the stomach; they cool the body, quench thirst, provoke urine, and prepare the stomach before the taking of a vomit. If you take it as a preparative for an emetic, take half an ounce of it when you go to bed the night before you intend it to operate, it will work the easier, but if for any of the foregoing occasions, take it with a liquorice stick.

#### SYRUPUS DE MENTHA OR SYRUP OF MINTS

College : Take of the juices of Quinces sweet and between sweet and sour, the juice of Pomegranates sweet, between sweet and sour, and sour, of each a pound and a half, dried Mints half a pound, red Roses two ounces, let them lie in steep one day, then boil it half away, and with four pounds of sugar boil it into a Syrup according to art, perfume it not unless the Physicians command.

Culpeper : The Syrup is in quality binding, yet it comforts the stomach much, helps digestion, stays vomiting, and is as excellent a remedy against sour or offensive belchings, as any is in the Dispensatory. Take a spoonful of it after meat.

John Gerard's *Historie of Plants* (also known as *Gerard's Herbal*) was first published in 1597. It was republished in 1633 in an edition in which Thomas Johnson revised and enlarged the original text. He says "[t]he savor or smell of the water Mint rejoiceth the heart of man." Gerard describes mint as "a marvelous wholesome for the stomacke...it stayeth the hicket...is good against watery eyes and a sure remedy for children's sore heads."

Duke Cariadoc of the Bow published a mint sekanjabin recipe in his *Miscellany* based on the one given in the modern work *A Book of Middle Eastern Food* by Claudia Roden. I quote his Grace here: "Sekanjabin is a period drink; it is mentioned in the *Fihrist* of al-Nadim, which was written in the tenth century."

Cariadoc's Sekanjabin

Dissolve 4 cups sugar in 2 1/2 cups of water; when it comes to a boil add 1 cup wine vinegar. Simmer 1/2 hour. Add a handful of mint, remove from fire, let cool. Dilute the resulting syrup to taste with ice water (5 to 10 parts water to 1 part syrup). The syrup stores without refrigeration.

My recipe is based on the Syrup of Mint and Syrup of Vinegar recipes from the *Andalusian Cookbook*, as well as being influenced by Cariadoc's Sekanjabin.

Donal Mint Sekanjabin Syrup June 30, 2006

Ingredients: 3 cups of sugar 1 1/2 cups of rice vinegar (Star brand, ingredients: rice vinegar, water, potassium metabisulfite as a preservative, diluted to water with 4.2% acidity) 3 teabags of Mint Medley Herb Tea (Bigelow brand, ingredients: peppermint leaves, spearmint leaves, rose hips, lemon peel, hibiscus flower, totaling a scant 1 1/2 tablespoons of crushed herbs) 1 clove

Procedure: Combine 3 cups of sugar and 1 1/2 cups of rice vinegar in a large saucepan. Light a high heat under the pan. Stir continually until all of the sugar is dissolved. Turn the heat down to medium. Bring the contents of a pan to a simmer (do not boil!). Let the sugar and vinegar simmer for 45 minutes to become a syrup. Turn off the heat. Add the contents of 3 Mint Medley teabags (totaling a scant 1 1/2 tablespoons of crushed leaves) and 1 clove into the saucepan. Stir well to mix. Make sure to scrape down the sides of the pan in any of the dried mint sticks. Let the herbs and spices steep for 25 minutes. Move the saucepan to a cold water bath. When the syrup is cool enough to touch, filter out the herbs and spices.

Notes: This recipe is based on the ingredients that I had on hand. Given a preference, I would have used a white wine vinegar over the rice vinegar. The rice vinegar, in my opinion, has a softer and sweeter taste than a white wine vinegar.



I combined two parts sugar to one part vinegar and made the syrup before adding the herbs. It is important to simmer and not boil the syrup. If you boil the syrup for 45 minutes you will lose too much volume. As is, I ended up with 2 cups of the syrup. I noticed that the color of the syrup changed from being clear to slightly yellow at the 45 minute mark.

The herbs from the mint tea bags and the clove soaked in the hot syrup for 25 minutes. I then placed the saucepan in a cold water bath to speed the cooling process. When the syrup was cool to the touch, I used a fine nylon-mesh coffee filter to remove the herbs and spice.

The syrup ended up having a marvelous reddish-orange color. The aroma is very mild, consisting of mint and a hint of acidity. The flavor is sweet and minty, without being overpowering. Vinegar dominates the aftertaste.

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Hess, Kaen. Martha Washington's Booke of Cookery. Columbia University Press, 1981, 1995; ISBN 0231049315

Culpeper, Nicholas. Culpeper's Complete Herbal. Wordsworth Editions Ltd, 1995; ISBN 1853263451

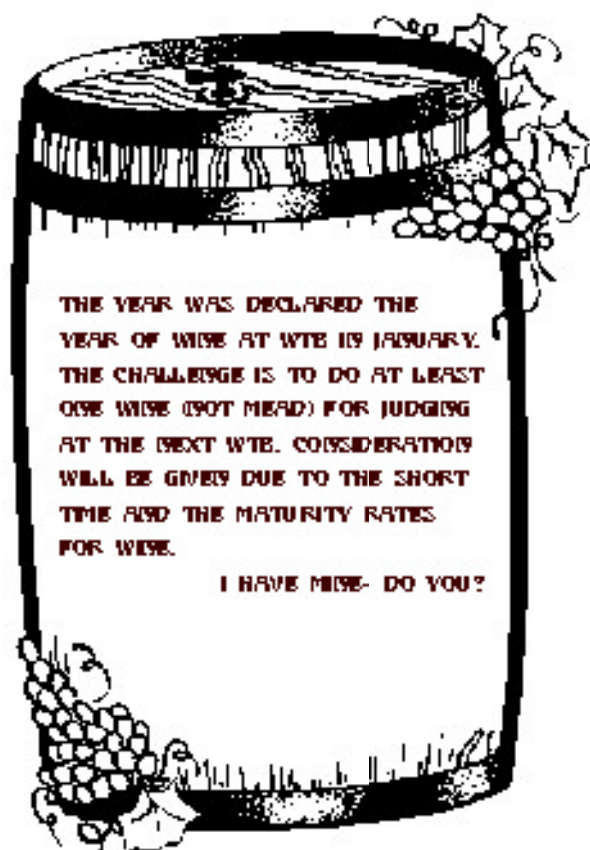
Woodward, Marcus, ed. Gerard's Herbal. Senate, 1998; ISBN 1859580513

#### Online Resources

An Anonymous Andalusian Cookbook of the 13th Century, Translated by Charles Perry

[http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian\\_contents.htm](http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_contents.htm)

Stefart's Florilegium - Measures <http://www.florilegium.org/files/COMMERCE/measures-msg.html>

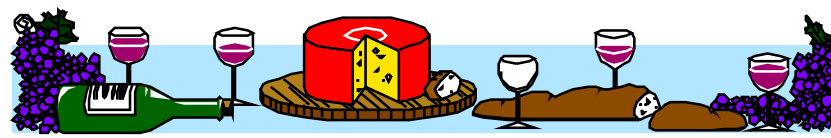


**GREAT WESTERN WAR IS COMING IN OCTOBER!  
STAY TUNED FOR DETAILS FROM REINHARDT  
MEDEBREUER REGARDING THE BREWING CONTEST!**

**DUES ARE COMING DUE MAY 1ST. PLEASE FORWARD  
\$6.00 TO THE SECRETARY MASTER DONAL O'BRIEN.  
CHECKS NEED TO BE MADE PAYABLE TO SCA, INC;  
KINGDOM OF CAID-BREWER'S GUILD.  
ALSO INCLUDE THE FOLLOWING INFORMATION:  
MUNDANE NAME AND ADDRESS AND SOCIETY NAME**

**YOUR DUES HELP TO SUPPORT THE ACTIVITIES OF THE  
GUILD.**

**BRANCH NEWS NEEDED- PLEASE, PLEASE, PLEASE SEND  
BRANCH NEWS TO THE SCRIBE FOR INCLUSION IN THE  
NEWSLETTER. SHARE WITH US ALL WHAT YOU DID AND  
WHAT YOU ARE PLANNING ON DOING.**







a passage from 2 Henry IV in which Falstaff praises the benefits of sack to one's constitution:

A good sherris sack hath a two-fold operation in it. It ascends me into the brain; dries me there all the foolish and dull and curdy vapours which environ it; makes it apprehensive, quick, forgetive, full of nimble fiery and delectable shapes, which, delivered o'er to the voice, the tongue, which is the birth, becomes excellent wit. The second property of your excellent sherris is, the warming of the blood; which, before cold and settled, left the liver white and pale, which is the badge of pusillanimity and cowardice; but the sherris warms it and makes it course from the inwards to the parts extreme: it illumineth the face, which as a beacon gives warning to all the rest of this little kingdom, man, to arm; and then the vital commoners and inland petty spirits muster me all to their captain, the heart, who, great and puffed up with this retinue, doth any deed of courage; and this valour comes of sherris. So that skill in the weapon is nothing without sack, for that sets it a-work; and learning a mere hoard of gold kept by a devil, till sack commences it and sets it in act and use.

#### A DRINKING SONG

W.B. Yeats

Wine comes in at the mouth  
And love comes in at the eye;  
That's all we shall know for truth  
Before we grow old and die.  
I lift the glass to my mouth,  
I look at you, and I sigh.

#### Right Noble Brewer's Guild of Caid

##### Membership – Subscription Form

Name (Mundane) \_\_\_\_\_

Name (SCA) \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Do you currently have a Harp Argent? \_\_\_\_\_

Branch, if any \_\_\_\_\_

Current Rank \_\_\_\_\_

Please contact the Guild's Secretary/Exchequer  
TH Lord Donal O'Brien at (lorddonal@yahoo.com)  
for mailing instructions and dues information.