



In Vino Veritas



The Quarterly Newsletter of the Right Noble Brewers Guild of Caid
Fall, 2010

Walking the Boards

From THLady Ingilborg Sigmundardottir
Secretary, Right Noble Brewers Guild of Caid:

Walking the Boards, the large annual get together of the Right Noble Brewers Guild of Caid, will be held on Sunday, January the 2nd, 2011, at the home of Baroness Jean Marie Lacroix in Heatherwyne (Rancho Cucamonga).

Her Excellency will announce at a later time what time the house will open and what the main dish will be. Also traditionally a "Best Use Of Alcohol In a Dessert" contest is held, with nifty prizes.

Crash space is always available at Walking the Boards to anyone whom needs it, and Her Excellency requests that you bring a chair, preferably one that will not damage wooden floors.

Also remember that Walking the Boards is a garbed event so please plan accordingly. And at the conclusion of the official meeting, all members of the Guild who have advanced in rank "Walk the Boards" in a really cool ceremony.

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.

Brewers' Guild Council

The **Guildmaster** is the Honorable Lord Reinhardt Medebruer

The **Scribe/Chronicler** is the Honorable Lord Derian le Breton

The **Secretary** is the Honorable Lady Ingilborg Sigmundardottir

The **Exchequer** is Dame Lynnette de Sandoval del Valle de los Unicornios

The **Dun Or Branchmaster** is currently vacant

The **Dun Or BranchScribe** is currently vacant

The **Inland Empire Branchmaster** is Baroness Jeanne Marie Lacroix

The **Inland Empire BranchScribe** is Master Donal O`Brien

The **Over the Hill Branchmaster** is currently vacant.

The **Over the Hill BranchScribe** is currently vacant.

The **Angels Branchmaster** is currently vacant

The **Angels BranchScribe** is currently vacant

The **Lyondemere Branchmaster** is Lord Maximillian d'Erembourg

The **Lyondemere BranchScribe** is currently vacant

Masterbrewer Master Timotheus Zacharia

Grandmasterbrewer Master Atar Bahkter

The Crown of Caid

Some Historical Recipes for Stepponi

HL Derian le Breton

The OED states that Stepponi, also spelled stipone, stiponie, stipony, steponey, stepany, stepney, is "a kind of raisin-wine, made from raisins with lemon-juice and sugar added." It is possibly named after the east London parish of Stepney. The earliest known reference of the term comes from Thomas Blound's Glossographia, 1656: "' Stipone, a kind of sweet compound liquor, drunk in some places of London in the summer time.'" To me, stepponi tastes like a raisiny lemonade.

Many are aware of the Stepponi recipe found in The Closet of Sir Kenelm Digby Knight Opened, published in 1669:

TO MAKE STEPPONI

Take a Gallon of Conduit-water, one pound of blew Raisins of the Sun stoned, and half a pound of Sugar. Squeeze the juyce of two Limons upon the Raisins and Sugar, and slice the rindes upon them. Boil the water, and pour it so hot upon the ingredients in an earthen pot, and stir them well together. So let it stand twenty four hours. Then put it into bottles (having first let it run through a strainer) and set them in a Cellar or other cool place.

A very similar recipe is also found in Martha Washington's Booke of Cookery, the recipes therein being from around 1650.

TO MAKE STEPONY

Put 5 quarts of spring water, boyled, into [an] earthen pot, & put therein 2 pound of rayson[s] of ye sun, stonned, 2 leamons, ye one with [ye] pill & ye other squeezed out but not ye pill (& [yt] which remains after ye leamon be strayned, cast into ye pipkin allsoe), & one penny worth of the best sugar, & cover yr pot very well. Let it stand 4 or 5 dayes, stirring it once or twice A day, then let it run thorough a thin cloth, [yn] bottle it up & put into every bottle a lump of hard sugar as bigg as a wallnut. Stop it up clo[se] & set it in a chamber window where ye sun comes 5 or 6 dayes. & after that in a close roome for A fortnight. And then you may drink [it]. In stead of one penny worth of sugar prementioned, you must put in halfe a pound.

The same text has a similar recipe for "Nectour":

TO MAKE NECTOUR

Take 2 pound of raysons of ye sun and shread them, a pound of powder sugar, & 2 leamons sliced, one leamon pill. Put these into an earthen pot. Take 2 gallons of water & let it boyle half an hour, then take it of ye _re, & put it into ye pot, stiring it very well. let it stand 3 or 4 dayes, & stir it twice a day. Soe strayne it and bottle it. in a fortnight time, it will be ready to drink.

A similar spiced stepponi recipe occurs in the 1672 The Queen-Like Closet or Rich Cabinet:

Take four Gallons of Spring-water, four pounds of Raisins of the Sun stoned, the juice of four good Limons, and the Rind of two cut thin, boil the Raisins, and Pill in the Water for half an hour or more, then put in the juice of Limon, and a little Spice, Sugar and Rosewater, and let it stand but a little more over the fire; then put it into an earthen pot, and beat it together till it be cold, then bottle it up, it will keep but a few days.

Memorandum, Two pounds of Sugar to one pound of Cowslips is enough for Conserve.

In general, these recipes obey the following proportions:

- 1 gallon water
- 1 pound raisins
- ½ pound sugar
- Juice of two lemons
- Peel or one or two lemons

It should be noted that the recipe from The Queen-Like Closet only specifies "a little sugar".

Like any other beverage, Stepponi should be made according to your tastes. If you prefer your lemonade on the sweeter side, use more sugar. Various types of lemons, raisins, and sugars can be used to bring forth different flavors and aromas. Why not try meyer lemons, or perhaps using an unprocessed sugar like piloncillo?

Long live experimentation!

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Submissions are encouraged and will be used as space and topicality allow. Please send submissions to the Chronicler or the Guildmaster.

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 are submitted to the Guild Secretary.

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