

Even if you're a member of the kingdom Brewers' Guild, there is not requirement to work towards rank advancement. If however, you do elect to work towards rank advancement, or to have something judged at a Brewers' Guild meeting, or to enter a contest such as the one at Great Western War, you should have an idea on how to classify what you brew.

There are three core categories: Beer, Wine, and Varietals. Each has five divisions. For Varietals these are Soda, Fortified, Liqueurs, Vinegars, and Special/Other. A reminder: if you're not old enough to legally drink it, you aren't old enough to brew it. That said, the Varietals core offers opportunities for those who wish to work with non-alcoholic brews as well as alcoholic.

If you're entering something in Pentathlon, you'll want to use a period recipe. Otherwise, the Brewers' Guild doesn't particularly care if a recipe is period or not, so long as you document what you've done. It helps to indicate why something is (or isn't period) and whether or not the technique and individual ingredients are period.

### Websites

A Short Bibliography of Medieval/Renaissance Brewing -

[http://www.pbm.com/~lindahl/articles/brewing\\_bibliography.html](http://www.pbm.com/~lindahl/articles/brewing_bibliography.html)

Duke Cariadoc's Miscellany - <http://www.daviddfriedman.com/Medieval/Medieval.html>

Feeding America - <http://digital.lib.msu.edu/projects/cookbooks/html/glossary.html> – (American cookbooks published between 1793 and 1923)

Historical Culinary & Brewing Documents Online - <http://www.thousandeggs.com/cookbooks.html>

Medieval/Renaissance Brewing Homepage - <http://www.pbm.com/~lindahl/brewing.html>

Nicolas Culpeper's Complete Herbal, Directions for making "Syrups, Conserves, Oyls, Oyntments, &c. of Herbs, Roots, Flowers &c." - <http://www.med.yale.edu/library/historical/culpeper/direct.htm>

Right Noble Brewers' Guild of Caid - <http://brewers.sca-caid.org/Resources.htm>

The Project Gutenberg EBook of A Queens Delight: The Art of Preserving, Conserving and Candyng. As also, A right Knowledge of making Perfumes, and Distilling the most Excellent Waters by Anonymous (1671) - <http://www.gutenberg.org/etext/15019> -

The Project Gutenberg EBook of The Queen-like Closet or Rich Cabinet, by Hannah Wolley (1672)- <http://www.gutenberg.org/etext/14377>

### Modern References

Andrews, Glenn; *Making & Using Flavored Vinegars*. Storey Country Wisdom Bulletin, 1991.

Cresswell, Stephen. *Homemade Root Beer Soda & Pop*. Storey Books, 1998.

Oster, Maggie. *Herbal Vinegar*. Pownal, Vt: Storey Communications, 1994.

Proulx, Annie and Lew Nichols. *Cider: Making Using & Enjoying Sweet & Hard Cider*. Pownal, VT: Storey Books, 1997.

Vargas, Pattie and Rich Gulling. *Cordials from Your Kitchen*. North Adams, MA: Storey Books, 1997

### Moncure's Beer - Gold

Division: Varietal - Soda

**Reference:** Cresswell, Stephen. Homemade Root Beer Soda & Pop. Storey Books, North Adams, MA, 1998, p. 106

#### **Original Recipe:**

"Cheap and Quickly Made Beer" – Recipe of Mrs. M. B. Moncure, Virginia, 1870.

One table-spoonful of ground ginger, one of cream of tartar, one pint of yeast, one pint of molasses, and six quarts of cold water, let it stand until it begins to ferment, which it will in a few hours, then bottle and set in a cool place, in six hours it will be fit for use.

#### **Actual Recipe:**

1½ tsp ginger

1½ tsp cream of tartar

7.5 g Coopers Brewery Pure Brewers' Yeast

4 oz Grandma's Original (Gold Label) molasses

1½ qt water

4 oz water + 1 T molasses (for proofing yeast)

Mix the water, molasses, ginger, and cream of tartar. Proof the yeast in 4 oz of water/molasses mixture. Bottled after 4 hours – fermentation had started. Temperature in the house was between 72°F.

Despite the name, I believe that the alcohol content is low enough that this is actually a soda. I have found some recipes for similar small beers in the 2.5%-3.5% abv range, but they fermented longer than this. Next time I try this, I'll make sure to check the specific gravities. I expect a hazy drink no filtering is done and the soda fermented in the bottle.

#### **Historical Notes:**

Molasses was known – and used – in period. Treacle was originally a medicinal, honey-based drink. *London treacle* was molasses based, and treacle is the name commonly used in England for what we call molasses. [1] Filippone notes: "The English term *molasses* comes from the Portuguese *melaço* which in turn is derived from the Latin *mel*, meaning **honey**. *Melasmus* (sic) was first seen in print in 1582 in a Portuguese book heralding the conquest of the West Indies."

Mentions of using molasses in making alcohol apparently date from 1640; rum was the main alcohol produced. [2] The earliest recipe I have found for beer made with alcohol is from George Washington and is dated to 1757. [3] Mrs. Moncure's recipe differs from earlier recipes, such as the one from George Washington and from John Gaylord II (c. 1820) [3], in that it is unhopped and is bottled sooner. I believe that this will lead to a lower alcohol content.

#### **Bibliography**

1. Hess, Karen. Martha Washington's Booke of Cookery. Columbia University: New York. 1995.
2. Filippone, Peggy Trowbridge. *Molasses History*.  
<http://homecooking.about.com/od/foodhistory/a/molasseshistory.htm>, accessed 25 July 2007.
3. Beer and Brewing Site. Carolyn Smagalski. <http://www.bellaonline.com/articles/art43048.asp>, accessed 25 July 2007.
4. Brownlow, James. *Extemporaneous Small Beer (Part 1)*.  
<http://www.homebrew.com/articles/article06170001.shtml>, accessed 25 July 2007.

**Apple Sodas #3-#7**

Division: Varietal - Soda

**Purpose:** I am trying to get a lightly carbonated apple drink, somewhat similar to the Apple Beer available in Utah (which is based on a Bavarian recipe).

**History:** Many on-line sources date apple beer as a Bavarian tradition from the 19<sup>th</sup> c (e.g., [http://www.bevnet.com/reviews/apple\\_beer/](http://www.bevnet.com/reviews/apple_beer/)). Woolsey notes that St. Augustine (354-430 AD) mentions cider and also that Harold Godwinson, later King Harold, served cider at a banquet in 1064 (Woolsey, p. 127). Without providing the evidence Woolsey states (p. 128) "There is some evidence that the colonials began to drink the cider immediately, and the fermentation was simply a process that the colonial could not, and would not, prevent." The early part of a barrel of cider was probably somewhat similar to this apple beer. The earliest reference, c. 1669, that I found for a carbonate apple drink is Digby's recipe for "A Very Pleasant Drink of Apples" (Stevenson, p. 81). The recipe essentially combines apples and sugar, and concludes "Then put it up into bottles; and after a little time, it will be most pleasant, quick, cooling, smoothing drink." As the juice is not fermented before bottling, and no yeast is added, the wild yeast would have produced a slightly carbonate apple drink.

**References:**

Woolsey, David Alan. Libations of the Eighteenth Century: A Concise Manual for the Brewing of Authentic Beverages from the Colonial era of America, and of Times Past. Universal Publishers. 1997.

Stevenson, Jane and Davidson, Peter (ed). The Closest of Sir Kenelm Digby Opened. Prospect Books, Devon. 1997.

This was an experiment to see what effect the brand of apple juice and the type of yeast has on the soda.

**Ingredients:**

~1.5 L apple juice

~1/2 package yeast

	<b>Apple Soda #3</b>	<b>Apple Soda #4</b>	<b>Apple Soda #5</b>	<b>Apple Soda #6</b>	<b>Apple Soda #7</b>
<b>Apple Juice</b>	1.5 L Martinelli's	~1.4 L Top Tree	~1.4 L Top Tree	~1.4 L Top Tree	~1.4 L Top Tree
<b>Yeast:</b>	Safale S-04	Safale S-04	Premier Cuvée	Côte des Blancs	Montrachet
<b>Fermentor</b>	Glass	Glass	Glass	Plastic	Plastic

Proof the yeast in approximately 4 ounces of the apple juice. Ferment for 9½ hours then transfer to bottles. Cap and let sit about 13 hours. As a safety precaution, the bottles were placed in a case which was then placed in a plastic container. Temperature in the house was between 70°F and 75°F.

I expect a hazy drink no filtering is done and the soda fermented in the bottle.

**Apple Soda #3** – this was the first of the juices to visibly start fermenting. Still visibly fermenting when the soda was bottled. Based on previous results, this is my baseline for the experimenting.

**Apple Soda #4** – this took just a little longer than #3 to start fermenting, but fermentation was still obvious when the soda was bottled.

**Apple Soda #5** – not as vigorous fermentation as the sodas with Safale but still noticeable at bottling time.

**Apple Soda #6** – this had been fermenting but there were no bubbles in the soda when it was bottled. Unable to determine if fermentation continued as there was no airlock for this bottle. There was yeast sediment in the bottom of the bottle when the soda was bottled.

**Apple Soda #7** – this was the last of the juices to visibly start fermenting. There were bubbles in the soda when bottled.

**Tupelo Honey-Drink**

Division: Varietal - Soda

**Reference:** The Closet of Sir Kenelm Digbie Opened, ed. Jane Stevenson and Peter Davidson, Prospect Books 1997 (edited from the first edition published 1669, The Closet of the Eminently Learned Sir Kenelme Digbie K<sup>t</sup> Opened), p. 87.

**Source Recipe:**

Take nine pints of warm fountain water, and dissolve in it one pint of pure White-honey, by laving it therein, till it be dissolved. The boil it gently, skimming it all the while, till all the scum be perfectly scummed off; and after that boil it a little longer, peradventure a quarter of an hour. In all it will require two or three hours of boiling, so that at last one third part may be consumed. About a quarter of an hour before you cease boiling, and take it from the fire, put to it a little spoonful of cleansed and sliced Ginger; and almost half as much of the thin yellow rinde of Orange, when you are even ready to take it from the fire, so as the Orange boil only one walm in it. Then pour it into a well-glased strong deep great Gally-pot, and let it stand so, till it be almost cold, that it be scarce Luke-warm. Then put to it a little silver-spoonful of pure Ale-yeast, and work it together with a Ladle to make it ferment: as soon as it beginneth to do so, cover it close with a fit cover, and put a thick dubbled woolen cloth about it. Cast all things so that this may be done when you are going to bed. Next morning when you rise, you will find the barm gathered all together in the middle; scum it clean off with a silver-spoon and a feather, a bottle up the Liquor, stopping it very close. It will be ready to drink in two or three days; but it will keep well a month or two. It will be from the very first quick and pleasant.

**Ingredients**

2 lbs tupelo honey

12 pints water

Safale S-04 Ale Yeast

½ c. tap water (for proofing the yeast)

½ tsp baker's (fine) sugar (for proofing the yeast))

**Notes**

Tupelo honey is described as "Light heavy bodied honey with a distinctive taste". I chose not to add the ginger and orange as I wanted just the honey flavor.

**20 December 2003**

8:30pm Added 12 pints tap water to large pot and started to heat. Added 2lbs (~1-1/3 pint) tupelo honey Simmer, skimming the scum off. There's a lot less scum than with the orange blossom honey used last time.

10:00pm Proof the yeast (Safale S-04 Ale Yeast) in sugar water.

10:30pm Turn off heat and transfer honey mixture to 1 gallon jug. Set in cold water to cool.

11:30pm Noticed a lot of sediment. Filter and transfer to a new 1 gallon jug.

**21 December 2003**

2:20am Pitched the yeast. Added fermentation lock and wrapped the jug in a towel.

7:00am It doesn't look like fermentation has started. It may be slow starting due to the cool temperature in the house.

7:00pm Fermenting. Leave it over night.

**22 December 2003**

8:00am Filter and bottle. Based on past experience this will continue to ferment so use soda bottles. Since I don't want it to ferment over the holidays, refrigerate the soda.

**1 January 2004**

There's some sediment in the bottles and the bottles are firm, indicating that fermentation did continue. Decided not to refilter so that the carbonation is not lost.

**Kvass**

Division: Varietal - Soda

Based on Donal's post to CaidBrewers' (message 198, posted 3/22/2004):

**Original Recipe:**

1 pound pumpernickel rye bread

5 quarts of boiling water

ale yeast slurry from a previous batch (White Labs #WLP007 Dry English Ale Yeast)

**Procedure:**

Lay out a pound of pumpernickel rye bread on cookie sheets and set in an unlit oven overnight. The bread should be fairly dry. Heat the oven to 200 degrees F and let the bread sit for one hour. Turn off the heat and remove the dry bread.

Bring 5 quarts of water to a boil. While the water is heating, break the dry bread into small pieces and place in a two gallon stainless steel bowl. Pour the boiling water over the pieces of bread. Be careful to avoid splashing the hot water on yourself. Stir the water and bread for a minute. Place the bowl on a towel. Cover the bowl with two more towels and set aside for 11 hours. [5 hours after pouring in the boiling water the bowl is still very warm to the touch.]

Pour the water and bread through a kitchen strainer. Filter as much liquid out as possible. I got 11 1/2 cups of pumpernickel wort.

Take a specific gravity reading. Pour the wort into a 3 quart brewing vessel. Add some yeast slurry saved from a previous batch of ale made with White Labs #WLP007 Dry English Ale Yeast. Swirl the wort for 1 minute to aerate. Attach an airlock and set aside.:

*(the above notes were included in the post)*

Kvass is a period drink (<http://www.practicallyedible.com/edible.nsf/pages/kvass>), " Kvass is mentioned in an early 400s AD record by an envoy from Byzantium, who was visiting Atilla the Hun. It became the day to day drink of ordinary Russian people in the Middle Ages".

**Fortified Cherry Wine**

Division: Varietal – Fortified

~15% abv (estimated)

**Historical Notes:**

The idea of adding fruit to wine to make a fruit wine (as opposed to simply fermenting the fruit) is period or nearly so. Digby (p. 78) has a recipe for Morello wine that calls for adding Morello cherries to white wine.; no other ingredients are specified.

I expect the such a mixture would go into secondary fermentation much more readily than such a mixture today, especially if a commercial wine is used for the base, due to the presence of yeast in the wine and the barrel in which the wine is stored.

I used frozen cherries rather than fresh cherries (which were not readily available) for this wine. This leads to several differences from Digby's recipe: I used sweet cherries rather than Morello cherries (which are sour) and I did not break the pits and add them to the wine (there were no pits in the frozen cherries).

Dubose (p. 200) indicates that Port and Madeira were created by merchants hoping to preserve their wine on long sea voyages: they added brandy to red wine. Sack, an early name for sherry, is a fortified wine used in late period recipes. According to the OED, the term dates from at least 1531 when its sale was regulated. Now, a fortified wine is made by adding brandy (or other wine spirits) or other strong alcohol during or after fermentation [Dubose, 200]. A fortified wine generally has greater than 14% alcohol.

In this case I used the Crème de Griotte (20% abv) in order to enhance the cherry flavor while raise the alcohol content of the cherry wine. The fortified wine was made by mixing wine and the Crème de Griotte in equal proportions.

**References:**

Dubose, Fred and Spingarn, Evan. The Ultimate Wine Lover's Guide 2006. Sterling Publishing: 2005.  
Stevenson, Jane and Davidson, Peter (ed). The Closest of Sir Kenelm Digby Opened. Prospect Books, Devon. 1997.

Oxford English Dictionary Online. s.v. sack, n<sup>3</sup>

Sometime lucky accidents happen. If you record what you do, you may be able to recreate it. If not, or if there's something that can't be recreated, enjoy the results anyway.

### **Cherry-Pineapple Lemonade**

Division: Varietals -Fortified

6 oz fermented lemon juice (from March guild meeting)  
12 oz pineapple juice, filtered  
7 oz maraschino cherry juice  
2 oz Crème de Griotte (crème of wild cherry, 20% abv)

30 September 2005

Donal had brought lemon juice to the March 2005 brewers' guild meeting. The juice was left on the counter (sealed) and fermented on its own. It fermented to dryness (~3.6% abv).

The pineapple juice and maraschino cherry juice were left over from brewing projects. I decided to combine the juices and see what happened. The crème de griotte was used in another project – I wanted to enhance the cherry flavor (and the alcohol content) so I added some of it.

7 October 2005

Filter through a coffee filter and bottled. Since I was working with juices from other projects, only a single bottle of the lemonade was made. ~14% abv

## Donal O'Brien's Brandied Lemonade

## Ingredients:

4 cups of sugar  
3 cups of lemon juice  
4 1/2 cups of water  
3 1/2 cups of white wine (9% to 12% abv)  
1 1/2 cups of brandy (80 proof).

## Procedure:

Combine all ingredients at once. Makes 1 gallon.

## Notes:

Lemonade is usually a non-alcoholic beverage made from lemon juice, water, and sugar. I discovered that brandy makes an excellent addition to lemonade. The flavors balance each other very well. I also discovered that adding a bit of white grape juice or white wine to the recipe adds a little body, taking the sharp edge that can be found in acidic and alcoholic beverages.

Lemons have been used in beverages in many areas across the centuries. A lemon syrup 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. Recipes for lemon syrups, lemon wine and a distilled "water" of lemon can be found in *Martha Washington's Booke of Cookery*, a volume that is created to the very, very late 16th century to the early 17th century. The earliest printed source for a lemonade recipe in England appears in the 1653 edition of La Varenne's *The French Cook*.

Ladie Borlase's *Receiptes Booke* (dated to 1655) has an interesting 'lymonade' recipe made from white wine, water, lemon juice, and sugar:

## To make Lymonade

take 6 pints of white wine & mix it with 5 pints of water & a pint & a half of sirrups of lemons, then bottle it upp, & perfume it yf you like it, the sirrups of lemon must bee made with ye Juice of lemons & as much loafe suger as will bring it to a bodie for sirrups & not to be boyled at all



## Butterscotch Brandy

Division: Varietal - Liqueur

### **Historical Notes:**

This is a totally non-period recipe. In class at Fall Collegium (2007), Master Donal mentioned candy liqueurs. After class we discussed the idea of using butterscotch in such a liqueur and debated whether vodka or brandy would be the best base. These two liqueurs – one with a vodka base and one with a brandy base – were made to compare the effect of the base spirit on the final liqueur.

While brandy is a period alcohol, vodka appears to be post-period. "Spirit of wine" or *aquae vitae* was used in making cordials in period, though these appear to be considered primarily medicinal in nature. There are examples of recipes that call for "white sugar candy" [e.g., Shapiro citing a recipe from "Delights for Ladies"<sup>1</sup>], but this would bear little resemblance to the hard candies used in these two liqueurs. In fact, it appears that butterscotch itself was not produced until 1817 when it was created by Samuel Parkinson in Doncaster, England..

Most cordials were made by distillation in period, a process that is illegal for home brewers in the United States. However, I have found one recipe where a simple infusion was one of the alternatives mentioned. [Shapiro, citing a recipe from "Delights for Ladies"<sup>2</sup>]. Therefore, the using infusion to make a cordial or liqueur (the only legal way to make one at home) is not completely non-period.

<sup>1</sup> *Delights for Ladies* was published in 1609 by Hugh Plat. I do not yet own a copy of this book.

<sup>2</sup> Recipe: "Macerate Rosemarie, Sage, sweet Fennel seeds, Marjerom, Lemmon or Orange pils, &c. in spirits of wine a daie or two, and then distill it over againe, unless you had rather have it in his proper colour: for so you shall have it upon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables."

### **References:**

Shapiro, Marc. Liqueurs and Cordials. [http://mysite.verizon.net/mshapiro\\_42/cliqueur.html](http://mysite.verizon.net/mshapiro_42/cliqueur.html)  
"Parkinson's Doncaster Butterscotch". <http://www.doncasterbitterscotch.com/Default2.htm>

110 Brachs Butterscotch discs.  
Korbel Brandy to fill a 1-qt jar

### **Log Notes:**

21 September 2007: Placed the butterscotch discs in a one quart jar and then filled the jar with brandy.

21 September – 5 October 2007: Shake the jar daily to aid in dissolving the candy. Mostly dissolved with a ring of candy at the bottom of the jar.

6 October 2007 – 24 November 2007: Shake the occasionally. By 24 November, all of the candy had dissolved. The liqueur is a clear, golden color that appears to be very viscous; however, the jar has a ring of something at the top, possibly excess sugar or impurities from the candies.

7 January 2008 – filter; it took over 24 hours to get 12 oz of liqueur filtered. Next time I'll use less candy so that the liqueur won't be so syrup like.

8 January 2008 – bottle.

Period basis for infused herbal liqueurs. Most period examples of what we would classify as liqueurs or cordials are found in the medicinal sections of recipe collections.

### **Historical Recipe**

*4 Spirit of wine, tasting of what vegetable you please.*

*Macerate Rosemary, Sage, Sweet Fennel seeds, Marroram, Lemmon, or Orenge pils, &c. in spirit of wine a day or to, and then distill it ouer again, unless yu had rather haue it in his proper colour: for so you shall haue it upon the first infusion without any further distillation: and some young Alchymists doe hold these for the true spirits of vegetables.*

The above recipe appears in several editions of Hugh Plat's *Delightes for Ladies*. This particular version was transcribed from the 1628 edition in a section titled "Secrets in Distillation". As distillation is illegal, I decided to try making this without the additional distillation. I chose to use white brandy ("spirit of wine") as the closest I could get to what would be the first distillation referred to in the recipe. This is actually too strong; the brandy should be diluted as the additional distillation concentrates the "spirit of wine".

### **References**

[1] Plat, Hugh. *Delightes for Ladies*. Transcribed September 2008 at the British Library.

## Mr. Davie's Milk Punch

Division: Varietal – Liqueur

### **Historical Notes and Recipe**

This recipe is post-period, dating from c. 1754. It was transcribed September 2008 at the British Library from Add MSS 29435, folio 27. [1] Adding milk and wine is late period or grey period. For example, another manuscript at the library had a 1621 recipe for hippocras made with milk. [2]

The ingredients used were found, and used, in period brewing. Brandy is distilled from fruit; this distillation is a period technique with *aquae vitae* being distilled wine. Most period manuscripts, which include recipes, include a recipe for making *aqua vitae* as a medicinal recipe. A late example is Hugh Plat's "How to Make True Spirit of Wine", from 1609. [3] Brandy itself dates from the early 16<sup>th</sup> century, when a Dutch trader removed water from the wine in order to ship more wine in limited space. This was called *bradwijn*, meaning *burned wine*. [4] Merriam-Webster gives the etymology of brandy as "short for *brandywine*, from Dutch *brandewijn*, from Middle Dutch *brantwijn*, from *brant* distilled + *wijn* wine" and dates the word itself to just past period, to 1657. [5] I used "white" brandy as it seemed closer to the period style of brandy.

### *Milk Punch Mr Davie*

Take 18 Lemons & pare them very thin, steep the rinds two days in a quart of French Brandy putt the Lemonds into a large earthen pan big enough to hold the whole quantity, add to it the Brandy ye Rinds were steep'd In & three quarts more, two pounds of lump sugar, six quarts of spring water & two nutmegs grated. Make three pints of milk scalding hott (it must not boil) put it to the rest & stir it, cover it close for an hour, then run it through a jelly bag twice, the second time will fine it, it may be drank immediately or will keep bottled a twelve month.

### **References**

[1] "Recipes for cookery and medicines circa 1754." Add MSS 29435.

[2] Add MSS 28327. "A BOOKE of Phisicke, Surgery, Preserves, and Cookery, with. Sondrie other Excellent Receites, Anno Dni. 1621.

[3] Renfrow, Cindy. *A Sip Through Time – A Collection of Old Brewing Recipes*. United States, 1994.

[4] <http://www.cocktailtimes.com/history/brandy/index.html>

[5] Merriam-Webster's Online Dictionary. <http://www.merriam-webster.com/dictionary/>. s.v. Brandy.

## Whitewine Cream

Division: Varietal – Liqueur

### Historical Information:

I have only found this one recipe for a wine cream. It is similar to a syllabub, but a drink rather than something you eat with a spoon; syllabubs are often left to sit so that there is a portion you drink and a portion you eat while this cream is simply a liquid (no solid "cream"). Renfrow notes "Syllabub is traditionally passed around and drunk out of a special spouted jug or cup." Examples of these jugs and glasses can be seen at the *Historic Food* website. The recipe for whitewine cream is possibly grey period; the manuscript is dated "late 17<sup>th</sup> c."

Chardonnay is a period wine, with the first written reference to chardonnay is in 1330 by Cistercian monks in France [Easy-Wine.net].

### Original Recipe:

*This is a late 17<sup>th</sup> c. recipe, transcribed Sept. 2008 from Brockman Papers, Vol. CXXXII [Add 45199, British Library], folio 12*

To make Whitewine cream

Take A quart of cream & boyle itt y<sup>n</sup> stir itt till itt be blood warm  
y<sup>n</sup> have ready a pint of whitewine boyled with suger \_\_\_ itt  
be a sirrup & mingle itt together & serve itt in cold

### Ingredients:

	Original	As Made
Cream	1 qt	1 c (Heavy Cream)
White wine	1 pt	½ c (Red Wood Creek Chardonnay, 2005)
Sugar	?	¾ c

### Notes:

A sugar syrup was made from the wine and sugar. A standard sugar syrup is a 1:1 ratio of sugar and water. The last time I made this, the consensus was that it need to be sweeter, so I increased the amount of sugar. The recipe doesn't specify what type of white wine to use, so I opted for chardonnay as I had it on hand. The sugar syrup was set to cool while the cream was boiled then cooled.

The cream was boiled and then cooled to 93°F. It is likely that this step was an attempt to pasteurize the cream; however, as I am not certain if it may also have another effect, I elected to follow the recipe even though the cream used is commercially pasteurized. The sugar syrup was added to the cooled cream, the mixture stirred together, and then bottled.

### References:

Brockman Papers, Vol. CXXXII [Add 45199, British Library], folio 12

Day, Ivan. *Historic Food – Syllabubs and Posssets*.

<http://www.historicfood.com/Syllabub%20Recipes.htm>. Accessed 1 January 2009.

Easy-Wine.net, <http://www.easy-wine.net/history-of-chardonnay.htm>, accessed 13 January 2008.

Renfrow, Cindy. *Glossary Of Medieval & Renaissance Culinary Terms*

<http://www.thousandeggs.com/glossary.html>. s.v. Syllabub.

## Coffee Liqueur

From The Ultimate Chocolate Cake Book, by Pamella Asquith, Holt Rinehart Winston, 1983.

Makes 1 Quart

1-3/4 cups [14 ounces] water  
1-1/2 cups [12 ounces] sugar  
1 vanilla bean  
3/4 cup [8 ounces] freshly ground coffee  
2 cups [16 ounces] vodka

Bring the water, sugar and vanilla bean to a boil.

Lower the heat and simmer for 10 minutes.

Remove from the heat and add the coffee.

When cooled, add the vodka.

Allow the mixture to set, unrefrigerated but covered, for 24 hours.

Strain through a double layer of cheesecloth.

Bottle in sterilized brown glass containers [such as beer or stout bottles] and seal securely.

Age in a cool place away from all light for at least 2 weeks.

Selene

## Fruit Cake Brandy

Division: Varietal - Liqueur

### Historical Notes:

While brandy is a period alcohol, vodka appears to be post-period. "Spirit of wine" or *aquae vitae* was used in making cordials in period, though these appear to be considered primarily medicinal in nature.

Most cordials were made by distillation in period, a process that is illegal for home brewers in the United States. However, I have found one recipe where a simple infusion was one of the alternatives mentioned. [Shapiro, citing a recipe from "Delights for Ladies"<sup>2</sup>]. Therefore, the using infusion to make a cordial or liqueur (the only legal way to make one at home) is not completely non-period.

The use of orange and lemon peels is common in period drinks such as meads and liqueurs (including the recipe from Delights for Ladies"<sup>2</sup>). Cherries were well known in period and were used in cooking and in making wine (e.g., Digby, p. 78). Pineapple is also period. Pineapples were known in period. The earliest references to pineapples are as "pine cones", appearing in print in 1398.[homecooking] The modern term *pineapple* (or the Middle English *pinappel*) was apparently first used in print in 1664. [homecooking] Christopher Columbus and his crew saw pineapples on Guadeloupe in 1493 [homecooking, Morton] The high fructose corn syrup found in the mix is not period.

<sup>1</sup> *Delights for Ladies* was published in 1609 by Hugh Plat. I do not yet own a copy of this book.

<sup>2</sup> Recipe: "Macerate Rosemarie, Sage, sweet Fennel seeds, Marjerom, Lemmon or Orange pils, &c. in spirits of wine a daie or two, and then distill it over againe, unless you had rather have it in his proper colour: for so you shall have it upon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables."

### References:

<http://homecooking.about.com/library/weekly/aa081301a.htm>, accessed 3 Oct 2005

Morton, J. 1987. Pineapple. p. 18–28. In: Fruits of warm climates. Julia F. Morton, Miami, FL.,

<http://www.hort.purdue.edu/newcrop/morton/pineapple.html> accessed 3 Oct 2005

Shapiro, Marc. Liqueurs and Cordials. [http://mysite.verizon.net/mshapiro\\_42/cliqueur.html](http://mysite.verizon.net/mshapiro_42/cliqueur.html)

Stevenson, Jane and Davidson, Peter (ed). The Closest of Sir Kenelm Digby Opened. Prospect Books, Devon. 1997.

### Ingredients

1 lb. Fruit Cake Mix (orange and lemon peels, cherries, pineapple, citron, corn syrup, high fructose corn syrup, citric acid, FD&C Red #40, Blue #1, Yellow #5, natural and artificial flavor, less than 1/10 of 1% benzoate of soda, sorbic acid, sulfur dioxide.

Korbel Brandy to fill a 1-qt jar

### Log Notes

25 September 2007 – Fill quart jar with fruit cake mix. Add brandy.

8 January 2008 – Filter and bottle.

## RASPBERRY VINEGAR

Division – Varietal - Vinegar

### **Historical Notes**

The earliest mention I have found of raspberry vinegar is in the late 18<sup>th</sup> c. in Wheaton's discussion of :e Grand d'Aussy's *Histoire de la vie privée françois* (p. 229), where she writes;

He describes the great mustard and vinegar firm of Maille and evidently was acquainted with its head.

The firm manufactured some sixty-five vinegars, including that darling of our modern *nouvelle cuisine*, raspberry vinegar.

Despite this, it is entirely possible that raspberries and vinegar had been combined in cooking centuries before. Dr. Bordelon notes that the Greeks harvested wild raspberries for food and medicinal uses while the Romans cultivated raspberries in the 4<sup>th</sup> c. He also notes that raspberries were popular garden plants in 16<sup>th</sup> c. Europe.

The first recipe I found for raspberry vinegar dates to 1832 in Miss Leslie's cookbook. It was an addendum to the raspberry cordial recipe:

To each quart of raspberries allow a pound of loaf-sugar. Mash the raspberries and strew the sugar over them, having first pounded it slightly, or cracked it with the rolling-pin. Let the raspberries and sugar set till next day, keeping them well covered, then put them in a thin linen bag and squeeze out the juice with your hands. To every pint of juice allow a quart of double-rectified whiskey. Cork it well, and set it away for use. It will be ready in a few days.

Raspberry Vinegar (which, mixed with water, is a pleasant and cooling beverage in warm weather) is made exactly in the same manner as the cordial, only substituting the best white vinegar for the whiskey.

In 1860 Mrs. Randolph's recipe for raspberry vinegar appeared as:

Put a quart of ripe red raspberries in a bowl; pour on them a quart of strong well flavoured vinegar--let them stand twenty-four hours, strain them through a bag, put this liquid on another quart, of fresh raspberries, which strain in the same manner--and then on a third quart: when this last is prepared, make it very sweet with pounded loaf sugar; refine and bottle it. It is a delicious beverage mixed with iced water.

Mrs. Gillette's recipe for raspberry vinegar (1887) is very similar to Mrs. Randolph's:

Put a quart of raspberries into a suitable dish, pour over them a quart of good vinegar, let it stand twenty-four hours, then strain through a flannel bag and pour this liquor on another quart of berries; do this for three or four days successively and strain it; make it very sweet with loaf sugar; bottle and seal it.

### **References:**

1. Wheaton, Barbara Ketcham. *Savoring the Past – The French Kitchen and Table from 1300 to 1789*. Simon & Schuster: New York, 1996.
2. Miss Leslie. *Seventy-Five Receipts for Pastry, Cakes and Sweetmeats* (1832), accessed via Project Gutenberg at [http://www.gutenberg.org/catalog/world/readfile?fk\\_files=12999](http://www.gutenberg.org/catalog/world/readfile?fk_files=12999)).
3. Mrs. Mary Randolph. *The Virginia Housewife*(1860), accessed via Project Gutenberg at <http://www.gutenberg.org/ebooks/12519>.
4. Mrs. F. L. Gillette. *The Whitehouse Cookbook* (1887), accessed via Project Gutenberg at <http://www.gutenberg.org/etext/13923>.
5. Bordelon, Bruce. Lecture notes for HORT 414 at Purdue University. Accessed at <http://www.hort.purdue.edu/hort/courses/HORT414/Bramblelecture.html> on 10/5/2007.

**Recipe**

3 10 oz bags raspberries (frozen, organic)  
white wine vinegar  
½ lb sugar

Put one bag of raspberries in a quart jar. Fill the jar with white wine vinegar. Let set 24 hours. Add a bag of raspberries to another quart jar. Cover with the liquid from the first jar. Let set 24 hours. Add a bag of raspberries to another quart jar. Cover with the liquid from the second jar. Let set 24 hours. Strain. Add ½ pound of sugar to the liquid. Let stand 24 hours. Bottle.

**Log Notes:**

This recipe is based on the 1860 and 1887 recipes I found. The sugar was added to taste; using more sugar would still have been in line with the various recipes shown above.



## Garlic Vinegar

Division: Varietals - Vinegar

### References:

1. Andrews, Glenn; Making & Using Flavored Vinegars; Storey Country Wisdom Bulletin, 1991.
2. Scully, D. Eleanor and Terence Scully; Early French Cookery – Sources, History, Original Recipes and Modern Adaptations; University of Michigan Press, 2002.

### Source Recipe [Andrews, p. 14]:

1/3 cup chopped garlic, shallot, or onion  
2 cups vinegar (cider or distilled for garlic vinegar)

Simply combine the chopped garlic, shallot, or onion with the vinegar in a screw-top jar. Store for 2 or 3 weeks, then strain and bottle, inserting the appropriate thing in each bottle – a peeled clove of garlic or shallot or either a piece of onion or a tiny white onion peeled.

### Actual Ingredients:

2/3 cup chopped garlic (Christopher Ranch)  
4 cups white wine vinegar (Four Monks)

Started 1/1/07. Added garlic to a quart jar then filled with vinegar. Shake daily when home. Filter and bottle on 1/28/07. This is a cooking vinegar, not a drinking vinegar.

### Historical Notes:

I haven't yet found a recipe for flavored vinegars but garlic and vinegar were both known (and widely used) in medieval French cooking. Scully (p. 112) note

In the later Middle Ages the making of sauces and the use of them in dishes was clearly a matter based upon scientific principles. Just as the manner of cooking a meat changed its inherent characteristics, its warmth or coldness, its dryness or moisture, so the use of a sauce allowed a further modification of these characteristics. By carefully mixing another foodstuff with a liquid (vinegar, for instance, or almond milk), or with a spice or an herb – each of which ingredients had its own peculiar qualities – a cook could design exactly the sauce that was necessary for his meat.

Aldobrandino of Siena writes in *Le regime du corps*, p. 162 (a 13<sup>th</sup> c. health handbook, written in French):  
Garlic is warm and dry at the beginning of the fourth degree. There are two varieties of it: wild and domestic.

Wild garlic is warmer and drier, but the domestic sort that we eat eliminates flatulence, slakes thirst and makes a man lustful. It is harmful when eaten by those who are of a warm nature because its own nature engenders warm humors and gives headaches. But when garlic is cooked and held in the mouth it assuages toothache, but it diminishes the sight and attracts bad humors to the eyes; it clears the voice, and eliminates a chronic cough brought on by cold, gross humors.

Moreover, by its nature garlic stirs the appetite to eat, is useful against the bite of a poisonous animal, and counters the harmfulness of any foods bearing poisonous humors; for these reasons it is called "the peasant's theriac." [Scully, p. 114]

Regarding garlic, *Tacuinum sanitatis* notes that "It generates thick, strong humors and is suited to those with cold temperaments, the elderly, and the very old, and those dwelling in mountainous regions or in the north." [Scully, p.119].

Vinegar on the other hand was believed to be mostly cold, as noted in the same manuscript:

Vinegar is by nature cold and therefore constricts and chills the body, but the very perceptive Galen maintains that it has opposing qualities – making it a so-called "mixed" substance- that incorporate both warm and cold, both to a temperate degree but with the cold predominating. The best vinegar should be made from strong wine and kept in barrels. It is useful in curbing excessive bile, it soothes the gums and stimulates the appetite. [Scully, p. 128]

A cook might combine vinegar with garlic in order to stimulate the appetite of someone not feeling well, perhaps an older guest. As vinegar is both warm and cold, and garlic is warm, the combined sauce would probably be considered temperature or warm (depending on the amount of garlic). Period recipes such as Cameline Garlic Sauce, White Garlic Sauce, and Green Garlic sauce combine garlic and vinegar in unboiled sauces. A garlic vinegar serve as a sauce – or the basis of a sauce – or perhaps a sop during a period meal.

## Strawberry Balsamic Vinegar

Division: Varietal - Vinegars

### References:

1. Andrews, Glenn; Making & Using Flavored Vinegars; Storey Country Wisdom Bulletin, 1991.
2. Maguire, Molly. The Strawberry. Southern Illinois University Carbondale, 1999.  
<http://www.siu.edu/~ebl/leaflets/fragaria.htm> (accessed 10/5/2007).

### Ingredients

2½ c strawberries (frozen, unsweetened)  
2 tablespoons light Karo syrup  
Trader Giotto's White Balsamic Vinegar (Trader Joe's)

**15 December 2003.** Added the strawberries, Karo syrup, and vinegar to a quart jar. Placed the jar in nearly simmering water for 10 minutes. Removed and sealed. Stored in cabinet.

**16 December 2003 to 22 December 2003.** Shake daily.

**2 January 2004.** Filter and bottle.

**5 October 2007.** I found this is the back of the cabinet. It seems much improved. Filtered and re-bottled it.

### Historical Notes

I haven't yet found a recipe for flavored vinegars but vinegar was both known (and widely used) in medieval French cooking. Scully (p. 112) note

In the later Middle Ages the making of sauces and the use of them in dishes was clearly a matter based upon scientific principles. Just as the manner of cooking a meat changed its inherent characteristics, its warmth or coldness, its dryness or moisture, so the use of a sauce allowed a further modification of these characteristics. By carefully mixing another foodstuff with a liquid (vinegar, for instance, or almond milk), or with a spice or an herb – each of which ingredients had its own peculiar qualities – a cook could design exactly the sauce that was necessary for his meat.

Molly Maguire states

In the thirteenth century, the first record of the strawberry was its use as a medicinal herb. It was thought to be good for digestive upset or the curing of gout. A short time later, it was pronounced that the strawberry was unfit to eat due to the fact that they grew close to the ground and therefore the fruit was contaminated. This caused many to avoid the fruit and decreased its popularity (see [www](http://www) "A Lesson in Strawberry History" ). Back during this time and the few centuries following, not only the strawberry but also many other plants were used in means of helping with the health and welfare of people. By the fifteen hundreds the cultivation of the strawberry was back underway and it had regained some of its popularity. Scientists and physicians had discovered the supposed medical uses and they then began to name many different species ( Darrow 17). By the end of the century three species had been cited, *F. vesca*, the common garden strawberry, *F. moschata*, the musk strawberry and *F. viridis*, the green strawberry (Darrow 19).

*Tacuinum sanitatis* describes the properties of vinegar:

Vinegar is by nature cold and therefore constricts and chills the body, but the very perceptive Galen maintains that it has opposing qualities – making it a so-called "mixed" substance- that incorporate both warm and cold, both to a temperate degree but with the cold predominating. The best vinegar is should be made from strong wine and kept in barrels. It is useful in curbing excessive bile, it soothes the gums and stimulates the appetite. [Scully, p. 128]

I have not yet been able to find a description pf the medicinal properties of strawberries (due to lack of references I have access to, I'm sure that such descriptions exist); however, strawberries could have been combined with vinegar by a cook in order to meet the needs of an invalid he was cooking for.

### **Fermented Pineapple**

Division – Varietal - Special

*Recipe*

5 – 8 oz. cans of pineapple wedges in pineapple juice

1 c. sugar

~1/2 package Montrachet yeast

Drain the pineapples. Add to 1 quart jar. Add 1 cup sugar and yeast. Stir and cover lightly. Bubbling merrily. Stir – continue to stir daily until bubbling stops. Drain and bottle.

*Historical Notes:*

Pineapples were known in period. The earliest references to pineapples are as "pine cones", appearing in print in 1398.[1] The modern term *pineapple* (or the Middle English *pinappel*) was apparently first used in print in 1664. [1] Christopher Columbus and his crew saw pineapples on Guadeloupe in 1493 [1,2]

According to Morton [2] "Spaniards introduced the pineapple into the Philippines and may have taken it to Hawaii and Guam early in the 16th Century. The first sizeable plantation 5 acres (2 ha)—was established in Oahu in 1885. Portuguese traders are said to have taken seeds to India from the Moluccas in 1548, and they also introduced the pineapple to the east and west coasts of Africa. The plant was growing in China in 1594 and in South Africa about 1655. It reached Europe in 1650...".

While I was unable to find any records of pineapple being deliberately, it is entirely possible that they were accidentally fermented. If pineapple was fermented, it would most likely have been in the area where wild pineapple variety grow (Brazil and Paraguay [2]) or the area where they had long been cultivated prior to their introduction to Europe (throughout South and Central America, Mexico, the West Indies [2]).

[1] <http://homecooking.about.com/library/weekly/aa081301a.htm>, accessed 3 Oct 2005

[2] Morton, J. 1987. Pineapple. p. 18–28. In: Fruits of warm climates. Julia F. Morton, Miami, FL., <http://www.hort.purdue.edu/newcrop/morton/pineapple.html> accessed 3 Oct 2005

From a collection Donal and I are working on *Caudles, Possets, and Syllabubs*:

### General Information

Caudles, possets and syllibubs are related by using ale or wine as an ingredient.

"Syllabubs were made from cream and wine and were served cold. Possets were frothy spiced custards made with cream, wine and eggs and were always served hot." - From [HistoricFood.com](http://www.historicfood.com)  
(<http://www.historicfood.com/Syllabub%20Recipes.htm>)

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Glossary Of Medieval & Renaissance Culinary Terms by Cindy Renfrow, author of *Take a Thousand Eggs or More* and *A Sip Through Time* <http://www.thousandeggs.com/glossary.html>

Ale bre, Aleberry, alebrey, alebery, alebrue, alemeat = ale broth, a type of warm caudle made with groats, ale and spices.  
(Liber Cure Cocorum) #132 For seke menne. Ale bre [th]us make [th]ou schalle...

Caudle, cawdel(l), cawdelle, cawdille, cadle, cawdale, caudelle, chaudeau (Fr.), caldellum, caldum (Lat.) =  
1- "a warm drink for invalids, esp. a spiced and sugared gruel with wine or ale added" (Webster's Dictionary). A caudle was also a treat shared by friends and lovers enjoying a resoper, or illicit late night meal (B.A. Henisch, p. 17); it might accompany the leftover roast or pasty from supper, or a plate of comfits. From "caudle" come our words "coddle" and "mollycoddle." (TTEM)

Note: a "caudle of hemp-seed" or a "hempen caudle" is a slang expression meaning hanging; it is not a reference to a recipe.

2-(verb) to give a caudle to someone

3-(verb) to mix

chaudeau (French) = Caudle. (Viandier)

Posset, poshet, possot = a warm drink of spiced sweetened milk, curdled with wine or ale. (Sip)

Possnet, posnet = presumably a small saucepan used for making possets. (Sip)

(A Closet for Ladies and Gentlewomen, 1636) - To make Quodiniack of Plums... put them into a Posnet with a pound and a halfe of Brasill Sugar...then put it again into the Posnet...

(A Closet for Ladies and Gentlewomen, 1636) - To make printed Quodiniacks of Quinces, a ruby colour... put them into a Posnet with three... and put it into a faire Posnet, and let it boyle..

Syllabub = a drink made of milk or cream that is sweetened and curdled with wine, verjuice, cider, etc. A curd (or froth) forms on the top while the clear liquid settles to the bottom. Syllabub is traditionally passed around and drunk out of a special spouted jug or cup. (Sip)

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Historical information on syllabubs and syllabub glasses can be found at

<http://www.historicfood.com/Syllabub%20Recipes.htm>

This includes a link to the article "Further Musings on Syllabub, or Why Not 'Jumble it a Pritie While'?" by Ivan Day, which includes a number of historic recipes for syllabubs.

## **le Viandier de Taillevent**

Trans. By James Prescott. Oregon: Alfarhaugr Publishing, 1989. ISBN 0-9623719-12

89. Flemish caudle.

Put a bit of water to boil. Take egg yolks beaten without the white, temper with white wine, thread into your water, and stir very well so that it does not curdle. Add some salt [and move it to] the back of the fire. Some add just a bit of verjuice.

## **Drinks from Ladie Borlase's Receiptes Booke (1655)**

Schoonover, David E, ed. Ladie Borlase's Receiptes Booke. University of Iowa Press, 1998; ISBN10 0877456364, ISBN13 9780877456360

p. 60 To make a sack possett

Take a pint of sack sweeten it with suger to your taste then put it in a pritty big Bason & set it on the fire & let it Boile then take 2 quarts of Sweete Creame & powre it in gently then take half a score of Eggs well beaten & stir it into the Bason you must keep it stirringe a little while till the things be well mingled the Lett it stand uppon a gentle fire that it may not boyle when it is harden take it of & strew sugar on it;

p. 110 To make Sack Cream

take a little wine glass of sack to a Quart of thick Cream put to it a little Lemon with the peell and sweeten it let it be put into a glass bottle that will hold 3 pints shake it till it be very thick then pour it very high into your dish as it were Milking ye Cow which is best to be made over night

## **Drinks from The Closet of Sir Kenelm Digby Knight Opened by Kenelm Digby (1669)**

A PLAIN ORDINARY POSSET

Put a pint of good Milk to boil; as soon as it doth so, take it from the fire, to let the great heat of it cool a little; for doing so, the curd will be the tenderer, and the whole of a more uniform consistence. When it is prettily cooled, pour it into your pot, wherein is about two spoonfuls of Sack, and about four of Ale, with sufficient Sugar dissolved in them. So let it stand a while near the fire, till you eat it.

## **Drinks from The Accomplisht Cook (1685)**

*Sugar, or Honey Sops.*

Boil beer or ale, scum it, and put to it slices of fine manchet, large mace, sugar, or honey; sometimes currans, and boil all well together.

## Syllabub Cream

Division: Varietal - Special

### **Historical Notes:**

A syllabub is a late period dessert; the OED states "A drink or dish made of milk (freq. as drawn from the cow) or cream, curdled by the admixture of wine, cider, or other acid, and often sweetened and flavoured. In common use from the 16th cent. to about the middle of the 19th cent., and revived in the 20th." [1]

The recipe used is found in *Ladie Borlase's Receiptes Booke*, which dates from 1655 at the latest. Given the OED citation, earlier recipes should exist, but I have not yet found them.[2] Day states that the earliest recipe he had found was in Digby (see *The Closest of Sir Kenelm Digby Opened*); however, the recipe presented below pre-dates Digby's recipe. [3,4]

Syllabubs are generally made with sack or white wine. They include cream, sugar, and egg whites; they may include lemon juice or other flavor additives. Syllabubs may be thick, like a cream, or light and frothy ("whipped"). Many syllabubs separate into a cream-like layer and a liquid layer. Some 18<sup>th</sup> C. syllabub glasses include a spout or a "straw" that allows one to sip the liquor that collects under the "cream". Examples of syllabub pots and glasses can be seen at the *Historic Food* site.[5]

The base recipe (froth syllabub) called for white wine. I chose to use chardonnay as I had it on hand. Chardonnay is a period wine, with the first written reference to chardonnay is in 1330 by Cistercian monks in France. [6]

This recipe (froth syllabub) produces a much thicker consistency than other whipped syllabub recipes I have made, and very easily becomes a syllabub cream rather than a whipped syllabub. This may be due the use of lemon juice. Based on other recipes for syllabubs, I decided to use this as a basis for a syllabub cream. An example of a cream syllabub, slightly later than the base recipe, can be found in the recipe book of Mary, Lady Dacres. (see below). [7] The result of this cream appears to be similar to the sack cream from the Lady Borlase's book (see below), which is the same book the base recipe came from.[2]

### **Recipe – Froth Syllabub (base recipe)**

p. 68 To make the froth sulibub

take a pint of very sweet creame a quarter of a pint of white wine the Juice of one lemon as much fine suger finely beaten as will sweeten it the white of one Egg mix all theis together in a Bason wthen with a spoone beat this & as the broth rises take it of wth the spoone & lay it into the sullibub pot doe soe till the pot be full of froth let it stand 4 or 5 houres before it be eaten;

### **Recipe – Sack Cream**

p. 110 To make Sack Cream

take a little wine glass of sack to a Quart of thick Cream put to it a little Lemon with the peell and sweeten it let it be put into a glass bottle that will hold 3 pints shake it till it be very thick then pour it very high into your dish as it were Milking ye Cow which is best to be made over night

**Recipe - Sillibub**

15v To make a good sillibub  
take a quart of Creame and set it on the fire and  
when it is ready to boyle take it of and put it into your  
glasses then take a pint of white wine and fower  
or five spoonefulls of sacke you may put to it then  
sweeten it pretty well then stand upon a high thing and  
power it in rownd into the glasses it is best to make  
it the Morning and eat it in the afternoon

**References:**

- [1] *Oxford English Dictionary Online*, s.v. sillabub, syllabub.
- [2] Schoonover, David E, ed. *Ladie Borlase's Receiptes Booke*. University of Iowa Press, 1998
- [3] Day, Ivan. "Further Musings on Syllabub, or Why Not 'Jumble it a Pritie While'?" *Petits Propos Culinaires*, 1996, 53: 33-44.
- [4] Stevenson, Jane and Davidson, Peter (ed). *The Closest of Sir Kenelm Digby Opened*. Prospect Books, Devon. 1997.
- [5] Day, Ivan. *Historic Food – Syllabubs and Possets*.  
<http://www.historicfood.com/Syllabub%20Recipes.htm>. Accessed 1 January 2009.
- [6] Easy-Wine.net, <http://www.easy-wine.net/history-of-chardonnay.htm>, accessed 13 January 2008.
- [7] Add 56248. Recipe collection of Mary, Lady Dacres, for cookery and domestic medicine; 1666-1696. Transcribed at the British Museum, September 2008.

**Ingredients**

1 pint whipping cream  
½ c. chardonnay  
¼ cup sugar  
juice of 1 lemon  
1 egg (white only)

**Log Notes:**

3 January 2009 – Added the egg white, whipping cream, wine, lemon juice and sugar to a bowl.  
Whipped using a whisk, skimming off the froth as it rose. [*Note: the recipe used is the first one, above.*]



## Whipped Syllabub (Lady Borlase)

Division: Varietal - Other

### Historical Notes:

A syllabub is a late period dessert; the OED states "A drink or dish made of milk (freq. as drawn from the cow) or cream, curdled by the admixture of wine, cider, or other acid, and often sweetened and flavoured. In common use from the 16th cent. to about the middle of the 19th cent., and revived in the 20th."

The recipe used is found in Ladie Borlase's Receiptes Booke, which dates from 1655 at the latest. Given the OED citation, earlier recipes should exist, but I have not yet found them. Day states that the earliest recipe he had found was in Digby (see *The Closest of Sir Kenelm Digby Opened*); however, the recipe presented below pre-dates Digby's recipe.

Syllabubs are generally made with sack or white wine. They include cream, sugar, and egg whites; they may include lemon juice or other flavor additives. Syllabubs may be thick, like a cream, or light and frothy ("whipped"). Many syllabubs separate into a cream-like layer and a liquid layer. Some 18<sup>th</sup> C. syllabub glasses include a spout or a "straw" that allows one to sip the liquor that collects under the "cream". Examples of syllabub pots and glasses can be seen at this *Historic Food* site.

The recipe called for white wine. I chose to use chardonnay as I had it on hand. Chardonnay is a period wine, with the first written reference to chardonnay is in 1330 by Cistercian monks in France [Easy-Wine.net].

### Recipe:

p. 68 To make the froth sulibub

take a pint of very sweet creame a quarter of a pint of white wine the Juice of one lemon as much fine suger finely beaten as will sweeten it the white of one Egg mix all theis together in a Bason wthen with a spoone beat this & as the broth rises take it of wth the spoone & lay it into the sullibub pot doe soe till the pot be full of froth let it stand 4 or 5 houres before it be eaten;

### References:

Day, Ivan. "Further Musings on Syllabub, or Why Not 'Jumble it a Pritie While'?" *Petits Propos Culinaires*, 1996, 53: 33-44.

----. *Historic Food – Syllabubs and Possets*. <http://www.historicfood.com/Syllabub%20Recipes.htm>. Accessed 1 January 2009.

Easy-Wine.net, <http://www.easy-wine.net/history-of-chardonnay.htm>, accessed 13 January 2008.

*Oxford English Dictionary Online*. s.v. sillabub, syllabub.

Schoonover, David E, ed. *Ladie Borlase's Receiptes Booke*. Iowa City, IA: University of Iowa Press, 1998.

Stevenson, Jane and Davidson, Peter (ed). *The Closest of Sir Kenelm Digby Opened*. Devon: Prospect Books, 1997.

### Ingredients

1 pint heavy whipping cream

½ cup chardonnay

¼ cup sugar

juice of 1 lemon

1 egg (white only)

### Log Notes:

3 January 2009 – added the egg white, whipping cream, wine, lemon juice and sugar to a bowl. Whipped using a whisk, skimming off the froth as it rose. I don't have a syllabub pot, so I used small dishes. 1 pint of cream will make enough syllabub to feed 20 or more people.

### Green Ginger Upon Sirup

Division: Varietal - Special

#### ***Historical Recipe:***

#### **48. To make green ginger upon sirup.**

Take Ginger one pound: pare it clean: steep it in red wine and vinegar equally mixed: let it stand for XII daies in a close vessell, and every day once or twice stir it up and down: then take of wine one gallon, and of vinegar a pottle: seethe all together to the consumption of a moiety or half: then take a pottle of clean clarified honey, or more, and put thereunto, and let them boyle well together: then take halfe an ounce of saffron finely beaten, and put it thereto, with some sugar if you please.

#### ***Redacted Recipe:***

Pare one pound of fresh ginger. Steep the ginger in equal portions of red wine and vinegar. Let it stand for 12 days in a closed container. Shake (or stir) once or twice daily. Take one gallon of wine and two quarts of vinegar, simmer it all together until half is gone. Add two quarts (or more) of honey. Boil. Add half an ounce of saffron, and sugar to taste.

#### ***Notes:***

The cited recipe is from *Delightes for Ladies*, published in 1609 [1]. Given the use of "green ginger", I assume that this is calling for fresh ginger (not dried). According to Nancy Cox and Karin Dannehl [2] "green ginger" refers to the "rhizome of GINGER, harvested before it was fully ripe." Citing Richard Bradley [3] they state that ginger could be grown in heated green houses (as of the early 1700s, if not before). Not having access to growing ginger, I purchased the freshest I could find in the market. I am unsure of the form this was suppose to take; however, using the whole ginger root seems unlikely – and I didn't have a covered container large enough to steep the entire root.. For the first batch, I decided to treat this as a version of candied ginger and cut the ginger into bite size pieces. The recipe simply calls for "vinegar". I chose to use red wine vinegar to compliment the red wine called for in the recipe. A "pottle" is two quarts. [4]

I used wildflower honey because that's what I had in the house. The sugar seems optional; I elected not to use it. Because of cost I used Mexican (imitation) saffron.

The direction "seethe all together" suggests that the ginger/wine/vinegar mixture should be added to the wine/vinegar mixture as the syrup is created.

#### ***References:***

1. *Delightes for Ladies To adorne their Persons, Tables, Closets and Distillatories: with Beauties, Banquets, Perfumes and Waters.* Hugh Plat. Humfrey Lownes: London, 1609. Transcribe by Kiriilly Robert (SCA: Lady Katherine Rowberd). URL: <http://katrowberd.elizabethangeek.com/texts/delights.mhtml>. Date accessed 15 September 2007.
2. 'Green ginger - Green pomatum', *Dictionary of Traded Goods and Commodities, 1550-1820* (2007). URL: <http://www.british-history.ac.uk/report.asp?compid=58779>. Date accessed: 25 September 2007.
3. Bradley, Richard (1980), *The Country Housewife and Lady's Director*, edited by Caroline Davidson, facsimile of first combined edition (1736), Prospect Books, London  
Part I was first published in 1727 and Part II in 1732. The facsimile reproduction is of the 1736 edition, which combined both parts.
4. *Period Metrology.* Grant Humbarger (Master Greant Graeme de Menteith, OL). CA #82. Society for Creative Anachronism: Milpitas, CA. 1995.

***Ingredients Used and Log Notes***

½ lb ginger, pared and cut into bite size pieces

1 c. red wine (for steeping)

1 c. red wine vinegar (for steeping) – Freschello Rosso Vino Vivo

For the syrup:

½ gallon (1900 mL) red wine – Freschello Rosso Vino Vivo

1 quart red wine vinegar

1 quart (32 oz) wildflower honey

¼ ounce saffron

9/24/07 – The store had a limited amount of fresh ginger so I decided to make a half recipe. I probably could have used ½ to ¾ c. each of the wine and vinegar – 2 c. more than covers the ginger.

9/25/07-10/5/07 – Shake twice daily.

10/5/07 – Made the syrup and bottle.

## Syrups, Oxymels and Sekanjabins

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Our modern word *syrup* comes, after detouring through Middle English, French, and Latin, 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 and flavors, as well as to act as medicines.

Around 400 BC Hippocrates, in *ON REGIMEN IN ACUTE DISEASES*, describes oxymel (a drink made from honey and vinegar) as useful in clearing phlegm from the lungs as well as quenching thirst. He recommended giving a person suffering from both fever and hiccups a beverage of oxymel flavored with carrot and asafoetida.

Oxymel is also mentioned among Anglo-Saxon *leechbooks* (collections of medical recipes). *Bald's Leechbook*, compiled in the ninth or tenth centuries, "draws heavily on the literature of post-classical Roman and Byzantine medicine."<sup>1</sup>

A variation of oxymel uses sugar in place of honey. This vinegar/sugar syrup is mentioned in Muslim medical and cooking treatises under the name *sekanjabin* or *sikanjabin*.

His Grace Duke Cariadoc of the Bow popularized a mint-flavored sekanjabin in his *\_Miscellany\_*. It is probably the most-widely used sekanjabin recipe throughout the SCA.

*The recipes below are taken from Master Donal's class handout*

***An Anonymous Andalusian Cookbook of the 13th Century*, translated by Charles Perry and published in Cariadoc's Miscellany by David Friedman**

### A SYRUP OF HONEY

Take a quarter ûqiya each of cinnamon, flower of cloves and ginger, mastic, nutmeg, Chinese cinnamon, Sindi laurel, Indian lavender, Roman spikenard, elder twigs, elder seeds, oil of nutmeg, bitter and sweet nuts, large and small cardamom, wild spikenard, galingale, aloe stems, saffron, and sedge. Pound all this coarsely, tie it in a cloth, and put it in the kettle with fifteen ratls of water and five of honey, cleaned of its foam. Cook all this until it is at the point of drinking. Drink an ûqiya and a half, and up to two, with hot water. Its benefit is for weak livers; it fortifies the stomach and benefits dropsy among other ailments; it dissolves phlegm from all parts of the body and heats it a great deal, gives gaiety, lightens the body, and it was used by the ancients like wine for weariness.

### **Martha Washington's *Booke of Cookery* (1550-1650)**

236 To make Sirrorp of Leamons

Take leamons & cut them in halves & wring out all ye Juice betwixt your fingers, that it may be as clear as you can. then take to a pound of Juice, which is a pinte, A pound & quarter of hard sugar, which is very white, & boyle it to a sirrorp.

### **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.

Note: This is the only recipe in the Miscellany that is based on a modern source: A Book of Middle Eastern Food, by Claudia Roden. Sekanjabin is a period drink; it is mentioned in the Fihrist of al-Nadim, which was written in the tenth century. The only period recipe I have found for it (in the Andalusian cookbook) is called "Sekanjabin Simple" and omits the mint. It is one of a large variety of similar drinks described in that cookbook-flavored syrups intended to be diluted in either hot or cold water before drinking.

### **Donal's Syrup of Lemon**

*Take a lemon, after peeling its outer skin, press it and take a ratl of juice, and add as much of sugar. Cook it until it takes the form of a syrup.*

In the Andalusian cookbook, *ratl* is a measure by weight, equaling 468.75 grams, about a pound. One *ratl* is equal to 12 *ûqiyas*; one *ûqiya* is about 39 g. Given that sugar and lemon juice are both roughly 2 cups equal a pound, which means equal volumes or equal weights.

Duke Cariadoc of the Bow declares that such syrups will keep indefinitely without refrigeration, and that they may be mixed one part syrup to 6 parts water (he recommends hot, but either hot or cold will do) to make a fine drink.

Donal's Version:

4 cups of fresh lemon juice, strained and filtered to remove the pulp

4 cups of white sugar

Squeeze enough lemons to obtain 4 1/4 cups of lemon juice. Pour the juice through a fine strainer to remove the large bits of pulp. Pour the juice twice through a coffee filter to remove as many solids as possible. This should result in 4 cups of clear lemon juice.

Pour the juice into a 3 quart saucepan. Add 4 cups of white sugar to the juice. Light a high heat under the pan. Stir continually until all of the sugar is dissolved. Turn the heat down to medium and bring the juice to a simmer. Simmer for 90 minutes to reduce the water content, thus forming the syrup. Cool to room temperature and bottle.

### **Donal's Wassail Syrup**

Ingredients:

1 1/4 ounces cinnamon sticks, cracked

24 allspice berries, cracked

24 cloves, whole

2 star anise, cracked

30 black peppercorns, cracked

1/2 teaspoon freshly grated nutmeg

2 ounces fresh ginger, chopped fine  
8 cups of water  
3 cups of sugar

**Procedure:**

Combine 8 cups of water and 3 cups of sugar in a large saucepan. Light a high heat under the pan. Stir continually until the sugar is dissolved. Add 1 1/4 ounces cinnamon sticks, (cracked), 24 allspice berries, (cracked), 24 cloves, (whole), 2 star anise, (cracked), 30 black peppercorns, (cracked), 1/2 teaspoon freshly grated nutmeg, and 2 ounces fresh ginger, (chopped fine) to the saucepan. Stir well to mix.

Bring the contents to a boil. Turn the heat down to medium heat. Let the mixture simmer for 3 hours or until the liquid reduces to 3 cups (whichever comes first). Turn off the heat.

Place the saucepan in a cold water bath. Cool to room temperature. Strain out the spices. Bottle and store.

Dembinska, Maria. *Food and Drink in Medieval Poland: Rediscovering a Cuisine of the Past*. Translated by Magdalena Thomas. Revised and adapted by Willaim Woys Weaver. Philadelphia: University of Pennsylvania Press, 1999, pp. 164-165. (books.google.com)

### Fermented Barley Flour Soup (Kisiel)

*This ancestor of the Polish soup now known as żur was first documented in Polish texts in A.D. 997. It is by far the oldest Polish dish in this book, and surprisingly, one of the easiest to make. In its medieval context, however, this was a food eaten on fast days. According to the reference to kisiel from 997, the king of Poland consumed this dish during Lent. And because it is so intertwined with the formation of Polish culture, kisiel is one of those dishes that is also closely connected with Polish identity and culinary roots.*

*Slavic food historians have suggested that this dish is a substitute for koumiss, fermented mare's milk, a food forbidden by the early Christian church due to its association with pagan religion. While this line of argument may be difficult to prove or disprove, it offers an insight into the controversial dynamics of food as cultural identity. Just as interesting is the Russian cognate kisel'i (plural), referred to as kissels in English. These are thick puddings similar to blancmange and normally served with fruit or berries. Polish kisiel was likewise eaten with such additions as blackberries, blueberries, or wild currants.*

*The ferment was usually strained and allowed to jell. This "white" version of the dish was traditionally served at Christmas in Poland, and even today, instant mixtures can be bought and cooked like blancmange. The modern descendant of the medieval preparation is more like its Russian counterpart and may have acquired this character during Russian occupation of the country. The recipe that follows is much more archaic, following the general outline of kisiel as mentioned in Cracow codexes from 1394. Water would be substituted for the milk if the dish were served during Lent, and flavor would be added with a little rocombole garlic or leek.*

Serves 4 to 6

1 cup (250 ml) beer barm or 1  
tablespoon dry active yeast in  
1 cup (250 ml) lukewarm  
water  
12 tablespoons (90 g) barley  
flour  
2 cups water  
1 cup (250 ml) thick beer  
(page 183)  
3 cups (750 ml) milk, or 2  
cups (500 ml) milk plus 1 cup  
(250 ml) buttermilk, or 3 cups  
(750 ml) sheep's milk whey  
1 teaspoon salt  
honey to taste

Proof the beer barm or dry yeast. Put the barley flour in a deep work bowl and pour 2 cups (500 ml) of boiling water over it. Stir well with a whisk to remove lumps. When lukewarm, add the proofed yeast and the thick beer. Cover and let stand overnight in a warm place to ferment or until desired sourness is achieved (2 to 5 days for a very sour soup). The flavor of this soup should be pleasantly tart, similar to

yogurt. Fermentation time will vary greatly: during cool, dry weather more time is required.

Once the ferment settles, strain off the water and pour the mixture into a large saucepan and bring to a gentle boil over medium heat. Add the milk and salt. When the mixture is scalded, it is ready to serve. Honey may be added to the soup before serving or individuals may sweeten it to taste at the table. This dish was eaten with a wooden spoon or with sops in medieval times.