

## Regular Baronial Goings On

Please contact the people in charge to confirm these activities.  
{Ed. note: See back page for monthly Canton practices}

**Commons** (Baronial business meeting): Second Wednesday of the month. 7:30PM, Monmouth County Library, 125 Symmes Drive, Manalapan, NJ (off Route 9). The Meeting is open to the public.

**Archery Practice** is every Sunday at Turkey Swamp Park. Additional practices on Wed., call Rupert, the Archery Marshal, for details at [archery@carillion.eastkingdom.org](mailto:archery@carillion.eastkingdom.org).

**The Carillion Brewers Guild** will meet the first Wednesday of each month at 7:00 PM at the home of Rupert the Unbalanced (see archery for contact info) in Hamilton Twp. To subscribe to the Carillion Brewers list go to:  
[CarillionBrewers-subscribe@yahoogroups.com](mailto:CarillionBrewers-subscribe@yahoogroups.com)

There is a weekly **Tuesday Night fight practice/A&S night** starting at 7:30PM at Mary's house. Contact her at (609)693-5176 or [Clochette@erols.com](mailto:Clochette@erols.com) for directions.

Jean & Philip (the Facetious) will hold archery practice at their home on Friday afternoons, beginning at 5pm 'til dark. Please contact them for directions. (Jeanne Berk, Ph.D.) [jrberk@blast.net](mailto:jrberk@blast.net) (This is in Settemore Swamp)



## Help Wanted Baronial Deputy Exchequer

Carillion needs a deputy exchequer. The ideal candidate will possess the following qualities

- paid member of the SCA (required)
- over the age of 18 (required)
- E-mail access
- experience with bookkeeping
- ability to use (or learn) Quicken software
- ability to read, fill-out and submit paperwork in a timely manner

If you are interested in the position, please contact the Baronial Exchequer, Lady Zoe at 732-389-5250 or [exchequer@carillion.eastkingdom.org](mailto:exchequer@carillion.eastkingdom.org)



Hello to our great populace of Carillion and the East.

There will be a hands on shoe class taught by Baron Nicetas on the 10th of Oct. at the Jackson club house from 11pm to 430 pm. There will also be a Meet & Greet from the Lakewood Renfair and a book swap that Lord Philip of the Furrod Fields is having. If any one would like to make some yummys they will be very welcome. If any one wants to finish an A&S project they are working on we will be happy to see you. Don't forget your leather and tools. If you want to come and watch you are welcome.

Thank you,.

Lady Lilly of the Valley - MoAS, Barony of Carillion

# *Ghosts, Ghouls and Goblins*

*Oct. 1-3*

*Barony of Carillion  
(Manalapan, NJ)*



The Barony of Carillion will once again host a challenging day of archery through the haunted woods of the Quail Hill Scout Reservation. This year, instead of a feast, there will be an extensive day-long day board for all to enjoy.

**Site Info** The site is Quail Hill Scout Reservation 56 LaValley Drive in Manalapan, NJ. Site opens at 400pm Friday, October 1 and will close at Noon Sunday, October 3. There is a cabin with limited space. Please be aware that while there are bunks in the cabin, there are no mattresses. Please bring bedding with you. This site is bone dry and no liquid fuels are allowed on site. No flames are allowed in tents. Community fire rings are available.

**Site Fee** is \$10.00 for the Saturday (includes day-board), \$15.00 if you are camping for the weekend (also includes day-board), and \$20.00 if you are staying in the Cabin (includes staying for the weekend and day-board). And as usual, the \$3 non-member surcharge will be in effect. Once again, there is VERY limited space for the cabin, pre-registration is highly

recommended. Make checks payable to "SCA Inc. - Barony of Carillion" and send them to the autocrat.

**Merchants** Merchants are more than welcomed, but please bring your own table. There is no fee to sell, but all merchants must pay the appropriate site fees. Also, please contact the autocrat first so we know how much space to reserve for you.

**Autocrat** The autocrat is Lord Rupert the Unbalanced, Mka David Rosen, 30 Cypress Rd.; Burlington, NJ 08016. If more information is needed Rupert can be reached at (609) 386-2868 or Rvpert@yahoo.com (Please note the "U" in Rvpert in a "V").

## **Directions**

Find your best route to NJ Route 33. (Exit 8 on the NJ Turnpike, Hightstown)

From the Hightstown area, proceed East on NJ Route 33 for six miles. Take the jug-handle from the right lane to go North on Route 527A (Iron Ore Road). Proceed 1/4 mile to LaValley Drive. Turn right on LaValley Drive and proceed 1/2 mile to troll.

From the Freehold area, proceed West on NJ Route 33 for six miles and go right on Route 527A North after the Mobil station (sign posted on traffic light at intersection says 527 / Iron Ore Road). Proceed 1/4 mile to LaValley Drive. Turn right on LaValley Drive and proceed 1/2 mile to troll.

Yellow SCA signs will be posted.

# Chicken Dumplings

from *Libellus de Arte Coquinaria*

By Lady Richild

When a friend gave me a copy of the *Libellus de Arte Coquinaria* I decided to try my hand at producing edible food from a text only recipe with no measurements. After all, the worst that could happen was that I produced something inedible, and I've done that before. Luckily, the back yard is nearby and I have a shovel. I have cooked for feasts before, but usually from other people's redactions (Cariadoc's Miscellany et al), or modern recipes (19th century is modern, isn't it?).

I selected a relatively easy recipe that turned out well, if only to judge by the lack of leftovers in the trial run.

Source:

*Libellus de Arte Coquinaria*, An Early Northern Cookery Book, edited by Rudolf Grewe and Constance B. Hiatt

*(excerpt from the book)*

25. *Chicken Dumplings* (K20, Q21, D18)

*Boil an old hen whole. Take another raw hen and chop finely, and mix it with bacon diced as small as peas and ground cumin; make this [mixture] into small pieces. Place them into the broth of the boiled hen, and add cumin, saffron, wine, lard, salt, and egg yolks, to thicken it evenly. This is called "Chicken Dumplings."*

- 1 whole] whole, then dismember it Q  
2 bacon] pork meat Q  
2-4 make this ... cumin] om KD  
4 lard] pork fat  
thicken] thicken. And one should boil that hen in all of this again D  
4-5 This... dumplings] om Q

*The textual note to this section of the recipe is of special significance. It would seem that the K copyist's eye slipped from one "cumin" to the next a common enough copyist's error and thus obscured the nature of the dish. And since K represents the basis of MS D, D contains the same omission. If we did not have the Q reading, it would be difficult to see why the dish is called by a term which means "dumplings" or "meatballs." This is another dish for which we have not found close parallels elsewhere.*

*The name of the recipe does not in Q. "Kloten" is spelled "kloken" in MS D, but kloten (a Low German word, as noted in the Introduction) appears to be correct, and related to English "clot," German "Klotz," meaning lump, ball or dumpling.*

My redaction -  
**ingredients -**

- 1 (3-1/2 lb) chicken (approx. 2-1/2 lb meat)  
1/4 lb bacon, cut fine  
1 tsp. Cumin  
3-14 oz low sodium, low fat chicken broth  
1/2 tsp cumin  
6 threads saffron (approx.)  
5 egg yolks (beaten)  
1 tbs. white wine (approx.)

### **procedure -**

Debone & chop the chicken, either discarding the bones or adding them (temporarily) to the broth. Cut up the bacon & add most of it and the first cumin to the chicken meat. Â Mix well & make into walnut sized balls. Clear the broth of any bones (use two cans of broth to start), and bring to a boil. Â Cook the dumplings a few at a time, putting the cooked dumplings in a clean dish. When the dumplings are all cooked, put them back in the broth, add the third can put in the balance of the chopped bacon, saffron, wine, the second cumin, and the egg yolks, (add some hot broth to the yolks before putting them into the dumpling and broth mix, this ensures smoothness). Stir as best you can. Cook on low heat for a long time. Salt to taste at table.

### **Notes -**

Use a meat grinder or food mill on the chicken or buy chicken pre-ground

Low-sodium/low-fat chicken broth was used to make the dish marginally healthier, salt can be added, getting it out is hard.

trial 2 - Ground chicken is expensive as steak. Meat grinder, food mill, or pulled chicken.

Increasing the cumin to ½ tsp. per 1 lb chicken meat.

I could not taste the wine in the first attempt, increasing the wine to ½ cup per 3 lbs chicken meat helped.

**Since Winter is the time of the year for colds & cold sores, I got this off of an e-list I am on.**

The basic recipe for sekanjabin (a middle eastern drink syrup) is - 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 (5 to 10 parts water to 1 part syrup). The syrup stores without refrigeration

To make the cold sore relief, simply substitute lemon balm for the mint in the recipe. You take the resulting syrup and dab it onto the cold sore with a fingertip or q-tip a couple of times a day (or more if you tend to lick it off like I do cause it tastes good darn it) and the cold sore is usually gone by the next day.

Of course, if you have fresh lemon balm available just pluck a leaf and rub it on the cold sore. It won't taste as good but it works even faster than the syrup does.

Both flavors of the sekanjabin are also excellent as drink syrups and, since they don't require refrigeration, make excellent camping drinks. They are also even better at rehydrating than Gatorade, esp the lemon balm one as it actually contains more vitamins and minerals and other good stuff than the Gatorade we have been using around here. (I had a chemist friend do a comparison) Lot less expensive to produce too.

**Lady Constance de la Rose  
Barony of Loch Salann  
Kingdom of Artemisia**

# ON THE AUCTION BLOCK

by Kyrnn Wyndsong

For those of you who have had the pleasure and/or experience of Pennsic War, you may be aware of the many nightlife events that occur. From the quieter events such as social gatherings and bardic circles to the Mardi Gras and Men Without Pants parties, there is a large selection of entertainment to be found. Yet, most of us attend these events large and small alike as spectators, merely content with a full mug of ale or whatever your beverage of choice may be. It was this author's decision at War this year to take a step over that line, and to actually be a participant in one of these large parties.

Some of you Pennsic goers are familiar with Vlad's slave auction, and a few of you may have even purchased slaves in the past, which in its own right can be considered participating in the event. Yet, how many of you have been on the other end of this event, being one of the slaves to be auctioned off? If your answer is "no" or "never", then you especially should read on. Perhaps it was curiosity, perhaps it was just a desire to take in another aspect of Pennsic, as it was only this author's third Pennsic War. Yet, whatever the reason, I decided to put myself up on the auction block at Vlad's Pleasure Palace.

The first thing that had to take place was to arrive earlier in the day of the auction, which has traditionally been the Saturday after landgrab, or the second Saturday of Pennsic. I was first directed to the person handling the preparations for the auction. An interview then took place, where the person had a small questionnaire waiting for people who wanted to join up as slaves. There were questions that made

things more defined for the volunteer, such as if they were willing to be purchased by the Bluefeather Clan (if you don't know who the Bluefeathers are, most anyone who's been to Pennsic can fill you in), and they ask what kind of services you can offer. (i.e. setting up tents, drumming, bellydancing, barding, more frivolous deeds, etc). Once the volunteer is accepted as a slave, they are sent on their merry way until about dark o' clock - that's Pennsic terms for what usually is between 9 and 10 PM, on a clear night anyway.

Once the event is about to get underway and the slaves have gathered, they are sent to one of the tents to check in. They are then given admission into a door, through several other tents, all of which look like some elaborate carnival, the path through lit by candlelight. The destination ultimately is the kitchen area, where all the slaves mingle and talk about whatever they might. Around a half hour before the auction itself starts up, the slaves are sent into the crowd to advertise themselves and stir up interest from the bidders, and draw in new bidders as well. Even if these new bidders purchase nothing, it still cost them a small bit of money just to register as a bidder, so the camp still acquires money.

Once the auction is about to get underway, the slaves all gather again in the kitchen area, where they are lined up. This is where this author personally begins to have an issue with the format/layout of the event. The slaves go up briefly, one by one, strut their stuff on the stage, come down off the stage and go back into the kitchen. Shortly thereafter, each slave is brought out on stage with a card to give to the auctioneer. The auctioneer reads the slave's name and what services they offer, while the slave does their best to flex and strut their stuff once more. The

bidding commences until a high bid is met and uncontested. Once that slave is sold, they acquire the bidding plate number of their new master and the information on where to find them to discuss the terms of the deal. The information then is given to either Vlad himself or whoever is dealing with the money at the time. The slave is told where and when to meet with their master to discuss the day and time of their servitude. For those curious, a slave is required to do at least 2 hours of service, and only moreso if they themselves are willing.

By now, you might be asking where in this does this author have an issue with the event? Well, this is something I've said, ever since being a mere observer in the past two years at this event. Lest my history is absolutely wrong, people generally didn't want to be slaves, and it was considered a bad thing. These people are flexing, showing off, and so on at this event. Not really the kind of behavior one would associate with a slave or a person playing the role of a slave. Sure, if you want to be elaborate with it, they should be in chains too, to keep them from running away, or a whip should be cracked nearby, yet that might be somewhat excessive for some. The jury is still out if these people understand that concept, that being a slave downright sucked, or if they are just a concentration of the worst actors to exist. Yet, I digress. Let me get back to the remainder of my experience.

So, at this point in the night, yours truly was now the property of some lady for the price of \$50, and I had no idea what she had in mind for me. I was to meet her the next day at her encampment for those details. That next day rolls around and I'm headed back from opening ceremony/procession in search of the camp my new owner resides in. In due time I find her camp and talk more with

her. Perhaps it was luck, perhaps it is more standard of an occurrence than one would believe, but I got off light. My assignment was to come back on the last Saturday of Pennsic to her campsite and help her group break down their camp and ready their departure back to mundania. I do so accordingly, and the job flew by quickly. If I was there for two hours, it didn't feel like it. In fact, yours truly impressed their little group so much that they gave me \$15 in tips, which was much needed, as I had run out of funds at the end of Pennsic.

So, all in all, my experience on the auction block was a good one. Would I do it again? Perhaps. My advice, should any of you attempt it, is this: Only put yourself up if you can follow through with it, state what services you are willing to perform. An owner can't make you do something you are not listed to do. The last bit of advice is the most important: You are allowed to set up a stooge or safety in the crowd. This person will outbid the high bidder if the high bidder is someone you are not willing to be purchased by. Set up a hand signal with your safety to let them know when you want them to outbid a person. After the auction, you can explain to the staff that the person is your safety, and the bid gets voided. With that, I conclude this trip through life as a Pennsic slave.



Don't forget,

We have a vote for the MoL at this month's commons. We are also having the vote for the Knight's Marshal in November. If you are interested in who fills those positions, please come out to vote.

Mary