

Il Tempo

Newsletter of the Barony of Ponte Alto-Volume 18, Issue 10 October 2009

Barony of Ponte Alto, October 2009, Chronicler* Lord Brénainn MacShuibne



The Harvest of the World

Jacobello Alberegno (- 1397)

Tempera on panel, 1360-1390; Gallerie dell'Accademia, Venice

Image Courtesy of the Art Renewal Center

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From the Chronicler . . .

Greetings Pontoons,

Fall is here, and with that comes the fall harvest. When I think fall, all I can think about are delicious baked goods, so this month we have a wonderful article from our Baroness about bread in period. If you want to learn about baking, it is a good starting off point.

Even though it is fall, that doesn't mean that events are coming to an end for the year. War of the Wings is coming up, and at the beginning of November is Crown Tournament. If you want to go to any events but lack a way to get there, contact the mailing list. I am sure there will be someone that is more than willing to assist you in getting there.

Until November, enjoy the fall foliage and all that the harvest season has to offer.

*Lord Brénainn MacShuibne
Chronicler, Barony of Ponte Alto*

From the Exchequer

Below are the proposed changes to the Baornial financial policy.

The Barony of Ponte Alto Financial Policy

1. Ponte Alto Financial Policy

- a. Ponte Alto Financial Policy shall be accepted by a majority vote of the populace of the group and replace all previous financial policies and may be amended or replaced by a majority vote of the group.
- b. Ponte Alto Financial Policy shall be reviewed yearly.
- c. Ponte Alto Financial Policy is superseded in order by:
Kingdom Exchequer Policy, Kingdom Financial policy, Kingdom Law, Society Exchequer Policy, Corpora, Commonwealth (state) and Federal law

2. Financial Committee

- a. The Financial Committee
 - i. Defined as all paid members of the Society for Creative Anachronism, Inc who attends the Barony of Ponte Alto's business meeting.
 - ii. At business meetings all financial needs will be brought to the Financial Committee for voting purposes. A majority vote will allow the money to be spent. In the event of a tie, the vote shall be moved to the Emergency Financial Committee. The Financial Committee may allocate money only up to the amount that is currently in the General Fund and no greater.
 - iii. *Business meetings are held the 4th Sunday of every month with possible exclusion of December. Meetings are publicized on the baronial website .Monthly reminders may also be sent by the seneschal to the baronial e-mail list*
 - iv. A roster of paid members shall be kept by the Exchequer.
- b. The Emergency Financial Committee (ECF)
 - i. Emergencies are defined as money that needs to be spent before the next business meeting.
 - ii. This Committee shall consist of the Exchequer, the Seneschal, and a third officer whose position rotates on an annual basis each *February* The rotation shall be Knight Marshal, Minister of Arts and Sciences, Chatelaine, Herald, Minster of the Lists, Chronicler, & Web Minister. Each member of the Emergency Financial Committee must be a paid member of the Society for Creative Anachronism, Inc, be at least 18 years of age, and possess a valid warrant for their office.

- iii. Members of the Emergency Financial Committee shall have one vote. Should a member recuse himself/herself from a vote in which there is a conflict of interest or appearance of impropriety, a Deputy Exchequer shall cast the third vote.
- iv. Spending approval is permitted up to \$1000 unless the spending is for a site fee. Spending approval is permitted up to \$2000 for a site fee.
- v. Meeting of this Emergency Financial Committee may be in person, over the phone, or via email.
- vi. *Financial decisions made by EFC are reported at the next monthly business meeting and recorded in the II Tempo.*

3. The Chancellor of the Exchequer

- a. The Exchequer shall maintain a checking account with appropriate signature cards for the group, file all annual, quarterly and event reports as required by Kingdom and Society law and policy, enforce and maintain the group's financial policy, serve as chairperson of the group's Emergency Financial Committee and hold primary responsibility for coordinating with other members of the Emergency Financial Committee, and communicating the committee's actions with the populace.
- b. The Exchequer shall, upon request, provide access to the group's financial reports and books to any member of the group and shall publish to the group the annual doomsday report in the local newsletter, with a copy sent to the Kingdom Chancellor of the Exchequer.
- c. The Exchequer shall pursue any NSF (non-sufficient funds) checks received by the group according to the policy outlined in the Chancellor of the Exchequer Local Officer's Reference Handbook.

4. Disbursement of Funds

- a. Signatories on all Baronial accounts *must include* the exchequer, deputy exchequer, and seneschal. *Also regional deputy kingdom exchequer and Kingdome exchequer as per kingdom policy. Other signatories may be added as needed. i.e additional baronial officer or deputy and ,emergency deputies of the kingdom exchequer*
- b. Authorization for disbursement of funds.
 - i. For the routine expenses of meeting room rental, storage facility rental, and newsletter publication disbursement may be authorized by either the seneschal or the exchequer. The exchequer shall report all such expenses at the Barony meeting following their disbursement.
 - ii. For all other expenses, authorization shall require a majority approval by the Financial Committee. Prior to voting, proof of membership will be required for those baronial members wishing to vote at the meeting, this includes the baronial officers and the Baron and Baroness of Ponte Alto. The Exchequer shall verify membership before the vote.

5. Events

- a. The autocrat shall present a written, itemized budget for an event to the Financial Committee three months prior to the event date and before any expenditure for the event is made and before the event flyer has been published. The Barony may vote to waive this provision under exceptional circumstances. (Example: The Barony is asked to host a Kingdom event in less than three months.)
 - i. The budget may include provisions to waive gate and feast fees for sitting Monarchs, Their Heirs, and the event's Head Cook.
 - ii. The budget may include provisions to waive gate and feast fees for the event's Autocrat , Head Troll *and Baronage of Ponte Alto* .
- b. The Financial Committee must authorize any itemized expenditure in excess of the approved amount.
- c. Event reservations and check in (troll):
 - i. All checks shall be deposited in a timely manner according to kingdom policy
 - ii. No funds shall be removed from the cash box except as change for funds received.
- d. The Exchequer must receive event-related receipts and requests for reimbursement no later than five business days after the event.
- e. Event Refunds shall be provided as follows:
 - i. Feast refund may be provided if the feast spot was resold to another attendee. No refunds shall be provided if the event does not make a profit.
 - ii. The Exchequer must receive refund requests in writing no later than five business days after the event.
 - iii. All refunds shall be paid by check from the group's checking account.
 - iv. No refund shall be issued until the event books have been closed and all reservation checks have cleared.
- f. *The event report is completed by the exchequer within 2 weeks of the event* The event financial report shall be presented to the populace at the first regular business meeting of the group after the event books have been closed.
- g. Any photocopies of checks shall be shredded by the Exchequer after the books have been closed.

6. Special Funds

- a. Any funds raised for a specific purpose will be maintained as separately allocated fund for a period of one year *from the time of establishment*. After this time, if they have not been spent, they will be transferred to general funds or a vote may be taken to retain the fund. These funds will be maintained within the baronial checking account.
- b. *The financial committee may authorize a special fund to be maintained without time limit until the purpose of the fund is no longer needed. (ie maintaining funds for regalia/coronet until enough is raised for purchase)*

The Exchequer must receive special fund-related receipts and requests for reimbursement within sixty days of purchase

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Baronial Meeting Minutes

Business Meeting Minutes – June 28th Start Time 6:00

Seneschal

Quarterly report was given at the beginning of the month. Thanks to the webminister and Chatelaine for working together. The website is the lifeline of the barony and making it grow.

Thanks Marcellus for being a great deputy, and thanks for standing in at Chalice.

Exchequer

Current balance: \$12,198.16

I am still processing checks for Chalice. The site fee for Lily has been paid. Paying the rest of the year for church use. Paying back Chalice expenses. The proposed changes to the financial policy will be published a second time before a vote. If anyone wants to learn about troll or exchequer talk to me,.

Heavy Marshal

We moved indoors on Thursday. Lucas won at Chalice.

Rapier Marshal

Rapier has moved inside. Dominic won Chalice.

Archery Marshal

Practice is out at the dog park for now. The Chalice shoot was fantastic. Myles won the shoot.

A&S

Scriptorium continues, and their Excellencies have been having open houses. There will be workshops for Tournament of the Lily. We had some really cool A&S at Chalice. One of our newest pontoons placed second at Chalice.

Chatelaine

The newcomer's meeting was on Friday. We had seven newcomers. There were fifteen to seventeen people total. The next newcomer's meeting will be October 23rd.

Herald – not present

MoL

There were two authorizations at Chalice, heavy rapier and cut and thrust.

Chronicler

Il Tempo has won The William Blackfox award for best overall newsletter. If you can write an article for the newsletter, please contact me.

Minister of Minors – not present

Webminister

I'm working at getting caught up. The Chalice champs page will be updated. If there is anything missing on the calendar let me know. I'd like to put Barony pictures on

the website. If anyone has anything they would like to be displayed let me know.

Heavy Champion – not present

Rapier Champion – not present

Baron and Baroness

At Coronation, Ponte Alto won the “spiffiness” contest. At Chalice, Helga won the youth tournament. Lucas won the heavy tournament. Myles won the Archery shoot. We have a new archery champion. During court, Henry received the A&S award. Helga received the service award. Catalina received a Golden Dolphin.

Baronial Warlord – not present

Baronial Artisan

EVENTS:

Chalice of the Sun God – We had good weather. Everybody chipped in. It was fabulous. There were 204 in attendance. We had a tentative profit of \$1000. We came in under budget on certain things. Mor cabins were used this year. We had a number of people show up on Friday asking for cabins. The feast was sold out.

Tournament of the Lily – We need as many people from the Barony to help out as possible. Times will be posted for the classes. A link needs posted for the website. We need to get musicians and performers. There will be three processions, childrens, defenders, and challengers.

Tournament of Love and Beauty – This is being rebranded into a Baronial Birthday. The original site wanted \$2440. They were talked down to \$1440. I am looking at the church where the Winter Revel was held at. I am also contacting a Boy Scout camp. I am trying to find a site that will allow for fighting.

Bloodbath – I am waiting to hear from the park authority. Do we want to try a demo again this year. It was decided that we don't. The tentative date is March 14th.

OLD BUSINESS

New Coronets – The information has been sent to Belpheobe and needs to be distributed to potential artisans.

Announcements

Emma would like to start looking at putting together loaner feast gear for newcomers attending their first feast. Donations will be accepted.

Henry will be doing a Brewing How To class November 22nd.

Our webminster received the Order of the Eagles Feather at Lochmere and won their Bardic

Brenainn will once again be hosting a Cookie exchange and bake off in December. The date will be December 12th. If you competed last year you cannot make the same cookie for the contest.

Meeting ended 6:56

Attendees 17

Monthly Calendar

October 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 6pm Heavy Weapons Practice 6pm Rapier Practice	2	3 Fall University Midrealm XL Year Celebration	4 12pm Indoor Heavy Weapons Practice Midrealm XL Year Celebration
5 4:30pm Ponte Alto/Stierbach Archery Practice	6	7	8 6pm Heavy Weapons Practice 6pm Rapier Practice Diamond Wars XXIV War of the Wings IV	9 Diamond Wars XXIV War of the Wings IV	10 Diamond Wars XXIV War of the Wings IV	11 12pm Indoor Heavy Weapons Practice Diamond Wars XXIV War of the Wings IV
12 4:30pm Ponte Alto/Stierbach Archery Practice	13	14	15 6pm Heavy Weapons Practice 6pm Rapier Practice	16	17 Battles of Britain Dun Carraig Baronial Birthday and Investiture Raiders of the Lost Cove Roxbury Mill Harvest Festival	18 12pm Indoor Heavy Weapons Practice
19 4:30pm Ponte Alto/Stierbach Archery Practice	20	21	22 6pm Heavy Weapons Practice 6pm Rapier Practice	23 7:30pm Newcomer's Meeting All Hallows XXIX Son of the Hawkwood Howl TTnT: Troubadors, Tyrants & Thieves	24 All Hallows XXIX Son of the Hawkwood Howl TTnT: Troubadors, Tyrants & Thieves	25 12pm Indoor Heavy Weapons Practice All Hallows XXIX Son of the Hawkwood Howl TTnT: Troubadors, Tyrants & Thieves
26 4:30pm Ponte Alto/Stierbach Archery Practice	27	28	29 6pm Heavy Weapons Practice 6pm Rapier Practice	30	31	

* = Baronial Progress

Baronial Progress for October 2009

Date	Event
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Weekly Activities

SUNDAY	
Ponte Alto Baronial Business Meeting	Fourth Sunday of the month at 6 pm at St. Paul's Lutheran Church, Idylwood Road, Falls Church. Baronial Business Meeting (Fourth Sunday of each month, except December) The meeting is at St. Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church. Take your best route to I-66. Get off at the exit for Route 7 West (Tysons Corner). Turn left at the first light after the interchange onto Idylwood Rd. The church is up the hill on the right about 1/4 mile.
Sunday Social – - Heavy Weapons Practice - Arts/Sciences	Lemon Road Elementary: Indoor Winter Practices for Heavy Weapons, Rapier, and an area for A&S activities are all included. Come and join the gathering and bring whatever you're working on. This is a great time to meet & socialize with other people in the barony. Activities held at Lemon Road Elementary School on Idylwood Road, 1pm-4pm. Contact the Baronial Knight Marshal for more information. Indoor Heavy Directions. This is a school location activity. <u>From Southern Virginia, Maryland and Alexandria, VA</u> Take I-495 (the beltway) to the VA-Route 7 East exit at Tysons Corner labeled Leesburg Pike/Falls Church, Exit #47B. Continue on Leesburg Pike towards Falls Church for 1.2M. Turn left onto Idylwood Road for 0.3 miles. * Turn left into the Lemon Road Elementary School front parking lot.. <u>From Northwestern Virginia and Washington, DC</u> Take I-66 to the VA-Route 7 West exit for Leesburg Pike/Tysons Corner exit #66B. Continue on Leesburg Pike under 0.1M towards Tysons Corner. Turn right at the first light onto Idylwood Road for 0.3 miles. Follow from * above.
MONDAY	
Alle Psallite (Vocal Music)	Every Monday, 7:30-9 pm in Herndon. Contact Mistress Anne of Carthew (anne AT ravenstreet.org) For more information or directions. Music files can be found at http://www.ravenstreet.org/ Anne/alle_psallite/alle_psallite.htm and on the Yahoo Group AllePsallite.
TUESDAY	
Ponte Alto Scriptorium	Meets the first Tuesday of the month at 7 pm. Contact Lady Brigid O'Hara (mill3rs AT yahoo. com, (703) 620-4945 (H)) for information and directions.
THURSDAY	
Rapier Practice	Every Thursday at Shreveview Elementary school from 6 pm to 9 pm. Please use the rear entrance to the cafeteria. Please contact the Baronial Rapier Marshal for more information. Indoor Rapier Directions. This is a school location activity.
Heavy Weapons Practice	Lemon Road Elementary School on Idylwood Road, 6 pm - 9 pm. Practice is geared to developing beginning and intermediate fighters through intensive hands on training with experienced instructors, as well to providing ample opportunity for more advanced fighters to sparr with knight level combatants. All are welcome. Contact the Baronial Knight Marshal for more information. Indoor Heavy Directions. This is a school location activity.
FRIDAY	
Ponte Alto/Stierbach Archery Practice	Fridays from 4:30 pm until 8 pm, the indoor season archery practice site is Bull Run Regional Park's shooting center. Archery Practice Directions. Practices are jointly held with Stierbach. You may also contact the Baronial Archery Marshal for carpool or other information. Contact and practice time/location information for Stierbach practices can be found at the Stierbach Archery website: http://mysite.verizon.net/vze4ks38/archery/main.html .
Ponte Alto A&S Night	May meet on a Friday during the month. Contact Lady Perronelle la peintre (dwatsonirwin AT cox.net, (703) 455-0298 (H)) for information and directions.
Stierbach/Ponte Alto Bardic	Come and share your songs and stories! Meets the fourth Friday of the month at 7:30 pm. Contact Baroness Briana Maclukas (darbyjanieAT hotmail.com) for information.
MONTHLY	
SCA Newcomer Meetings	Newcomer Meetings occur once a month on a weeknight from 7-9 pm at the homes of various members of the Barony. July's meeting will be Friday June 17 th Contact our Chatelaine for information and directions.

Cooks Guild Meetings	Meets once a month at the homes of various members of the Barony. Please contact Lady Sophia van der Werken (opc_it AT yahoo.com , (703) 901-1866(H) To keep up on the latest with the Cooks Guild, join the Yahoo Group PonteAltoCooking
Dance Practice	Dance practice is held in conjunction with Sunday Heavy Weapons practice, once or twice a month. Dance steps for practice can be found on the dance instructor's web site . Please contact Margaret (mlysett AT yahoo.com , (443) 880-8036 (H))
Baronial Open House	Their Excellencies James and Katharine plan to host a Baronial Open House for the populace once a month at their home in Ashburn. Normally, the format will be open with any number of activities going on, such as: sewing, leather working, cooking, research, woodworking, project ideas, project advice, or just sitting and talking. Contact Their Excellencies of Ponte Alto for more info.

*** Note on school locations for activities:** There will be no activities at schools during school holidays or on other days when Fairfax County schools are closed or all nighttime school recreational activities are cancelled. Notification of cancellation or alternate site location will be posted on the web as soon as possible. You can visit the Fairfax County Public Schools Emergency Announcement page for school closure status: <http://fcps.edu/news/emerg.htm>

Special Thursday Night parking instructions at: We have received some complaints about lack of parking spaces from residents of the Peachtree of McClean apartment complex which adjoins our practice site. After some informal negotiations we have arrived at an agreement with the building management. We beseech those attending Thursday night practices to adhere to the following procedures from now on:

You may unload your gear from parking spaces adjoining our practice area. But then please move your car to another space either at least a block further away from Route 7 in the complex parking lot or in the library parking lot closer to Route 7. At the conclusion of practice you may once again move your car to a space adjoining the practice area in order to reload your gear before exiting the site. In this way we hope to be able to continue to use the parking facilities of the complex without inconveniencing the residents.

Announcements

Tournament of the Lily

November 13-15, 2009
Barony of Ponte Alto

Kevin of Thornbury, bearer of arms by Letters Patent, Companion of the Most Puissant Order of the Kraken, and Companion Emeritus of the Loyal Company of Sergeants of Saint Aiden, sends forth this challenge. I will welcome all those who love the culture of deeds to meet me in arms as I uphold the honor, virtue and beauty of the fairest of all ladies in all lands, the ruler of my heart and the nurturer of my heir, Maestra Giuliana Salviati, my wife. Upon the fields of the Barony of Ponte Alto, between us shall we accomplish deeds of arms before this gentle lily and her ladies of the gallery. Come join us for a day of pageantry and combat in our effort to create a 15th-century style pas de armes. Whether you come to challenge in the lists or watch from the gallery, we plan to create a remarkable day.

Website: <http://www.sword.net/lily/>

Martial Activities: Heavy weapons combatants are expected to fight for a consort, and attend a procession prior to the tourney, bearing a banner and accompanied by a herald. (In the great tradition of Ponte Alto, "rental heralds" will be available.) Combatants will be awarded prizes not only for prowess upon the field, but for performing feats that inspire and impress the ladies of the gallery. Complete list rules are available on the event website.

Arts & Sciences Activities: A Performer's Hour for the entertainment of the galleries will be held on the list field. Performers of all disciplines are encouraged to sign up for a slot on the schedule. A special Autocrat's Prize will be awarded for the best example of a 15th-century Italian item in use in or around the list field. A special token will be available at troll to mark the item to ensure it is reviewed for the Prize. ANY item is eligible for entry, including armor or garb or furniture or banners.

Cost:

Adult, Member: \$12.00 Day-Trip, \$8.00 Feast, \$0.00 Camping

Adult, Non-member: \$15.00 Day-Trip, \$8.00 Feast, \$0.00 Camping

Youth (13-17): \$10.00 Day-Trip, \$8.00 Feast, \$0.00 Camping

Child (0-12): \$0.00 Day-Trip, \$0.00 Feast, \$0.00 Camping

Make Checks Payable To: SCA, Inc., Barony of Ponte Alto

Cost Notes: Although there is no additional charge for camping on site, please reserve in advance if you wish cabin space, as it will be allocated on a first-come, first serve basis. Please also indicate the names of any other individuals you would like to have camping with or near you if they are not included in your reservation. As always, the only good reservation is a paid reservation. Children under 13 are the guests of the Barony.

Site: Prince William Forest Park, Cabin Camp 5 (Camp Happyland), Mawavi Road, Triangle, VA.

Site Restrictions: No pointed weapons, no pets, no open flame, no cars in cabin areas. Site is WET. Please conceal original containers. NO TENT CAMPING IS PERMITTED ON SITE. All campers will utilize a cabin. The camp is equipped with bath houses. Cabins are heated; please bring bedding. CAMPERS MUST VACATE SITE BY 10:30 AM SUNDAY MORNING. This is to allow us to meet the deadline set by the Park Service. Please assist us by vacating promptly.

Feast Information: A sumptuous feast will be prepared by Meister Gruffudd ap Cadfael. Space is limited so reserve in advance.

Merchanting Information: As field space will be limited and this is a small event, merchants should contact the Autocrat to request space before sending a reservation.

Other Information: Space around the list field is limited. Please contact the Autocrat to reserve space if you are bringing a dayshade.

Autocrat: Luce Antony Venus (Elizabeth Georges Emrich), 10106 Copper Court, Oakton, VA 22124, Phone: (703) 395-9487, E-mail: scalucia@cox.net

Reservations: Celia of Rosedale (Tamara Brown), 3714 Sudley Ford Court, Fairfax, VA 22033, Phone: (703) 378-2441, E-mail: celia@ravenstreet.org

Directions:

Take your best route to I-95 in Virginia south of the DC Beltway. Exit at Exit 150B—Joplin Road (Rt. 619) going west. Follow Joplin Road for approximately four miles. Take a right onto Mawavi Road, and follow the left fork into Camp 5 (Camp Happyland). There is no road leading to the list field, so there will be a loading and unloading area a short walk away. Please be courteous by unloading your vehicles and promptly moving them to the parking area.

the Real Middle-Ages

Bread: Throughout the social classes of the 15th century in England

by Baroness Katharine Devereaux
mka. Kimberly Barker

"Anyone, therefore, who does baking should use flour which is well-ground from wheat... from this, he should separate the bran and the inferior flour with a very fine flour sieve, then put the flour, with warm water and some salt, on a baker's table closed in at the sides, as the people at Ferrara in Italy are accustomed to do. If you live in damp places and a bit of leaven is used, [the baker], with help from his associates, kneads to that consistency at which bread can be made fairly easily. Let the baker be careful not to put in too much or too little leaven, for, from the former, bread can acquire a sour taste, and, from the latter, it can become too heavy to digest and too unhealthy, since it binds the bowels. Bread should be well-baked in an oven and not used the same day, nor is it especially nourishing when made from very fresh wheat and if it is digested slowly."

The late 15th century recipe book¹ contains a narrative on how bread is made. Note that there are no specific amounts of ingredients, just someone's experience written down for others to follow. From the description above, this Italian recipe provides a good overview on how good quality bread would be made during the era.

Bread has the advantage of being the food staple for most of history and can be found in almost all societies in one form or another, today and in our past. As described above, the bread consists of flour, water, some salt and a leavening (as is the desired result is a raised loaf). The variety of breads is provided through the quantity, quality and types of each ingredient. ²

Flour:

This then provided that the in that the most expensive ingredients (whiter, more finely ground and sifted flour) went to those that could afford them and thus a lighter color of bread was the premium and the least expensive ingredients (whole grains that were not milled at all) for the poorest of townfolk.

From these two extremes, we are able to see the picture of bread as displayed here today. The whiter, finer flour provided the most expensive bread and the darker; more course flour was the less expensive yet still allowed the middle class their heavy bread. Those that could not afford to have their grain milled ate the grains whole after boiling in water and created porridge or added vegetables for a pottage.³

¹ *De honesta voluptate*, book I.14, Platina, Venice L. De Aquila, 1475

² *The Tudor Housewife*, Alison Sim, p. 62

³ *Daily Life in Medieval Time*, Frances & Joseph Gies, p. 165

By the 15th century, the milling process was able to produce wheat into flour then sifted the stone ground flour through linen⁴ and only the finest flour particles went into the finest bread – served to the highest status Lords and Ladies as part of the meal. The remaining wheat germ was not as highly prized and was added to flour for people other than that of the Lords and Ladies.

Leavening:

A sourdough was used to provide fermentation from the flour and water mixture. This pulled the wild yeast out of the air which created carbon dioxide and allowed air to form within the loaf. This was done through a starter.

The Breads:

Three classes of breads are shown: upper class, middle class, poorest peasant.

Leavening:

Modern yeast cultures were separated out and packaged beginning in the late 1800s. The leavening for each of the breads was a sourdough base. I started this a few years ago using only water and stone ground, whole wheat flour. It is fed only stone ground flour and water a week before it is needed. Sourdough needs longer to raise than a modern yeast. Once the flour, water, leavening and other ingredients were mixed, each bread sat overnight to raise the first time, then was formed into shapes and again left overnight to raise.

Upper Class:

The finest and whitest of the flours were used to create the eating bread for this class of people. There are two types of bread: manchettes and trenchers.

Manchettes:

These raised white rolls were a highly prized presentation of wealth. To get the white flour, I sifted the stone ground whole wheat with a very fine sieve to separate the bran from the fine flour. Also, honey was added to add a sweetener to the bread. At the time honey was less expensive than sugar as it was not imported.

Trenchers:

Made of heavy whole wheat sourdough, this 4 day-old bread was used to provide a personal cutting boards⁵ for each person.

Eating Loaf:

This heavy loaf contains a combination of dark rye, wheat germ and some flour. The wheat germ was derived from the sifting of stone ground whole wheat flour to leave the white for the upper class manchettes. Since this was designed for the middle class family, I added salt since the average middle class family could afford salt.⁶

⁴ The Tudor Housewife, Alison Sim, p. 62

⁵ The Boke of Keruyng, Wynkyn de Worde – introduction, p. 7

⁶ Private Life in the 15th Century

Pottage:

As discussed earlier, those that could not afford to have their grain milled, ate the grain whole with vegetables as their daily food staple.

This serving of pottage consists of equal portions of soft whole wheat grain and barley, cooked on the stove with white and purple carrots added to complete the pottage. In making this pottage:

- 1) Purple carrots turned the whole pot a slight purple color
- 2) This was the quickest use of the grain – after cooking on the stove top for about 3 hours on low, it was soft enough to eat. I don't know at what texture it was eaten, but I compare this to how I eat my breakfast porridge – soft.
- 3) No salt was added to this dish. My thoughts were that if the people were too poor to have their flour ground at all; then salt would not be a staple in their diet.

Bibliography:

The Boke of Keruyng (Book of Carving) by Wynkyn de Worde and introduction by Peter Brears. 2003.

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The Great Household in Late Medieval England, by CM Woolgar, 1999.

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Town Life in the Fifteenth Century by Mrs. JR Green, 1907.

The Tudor Housewife by Alison Sim, 1998.