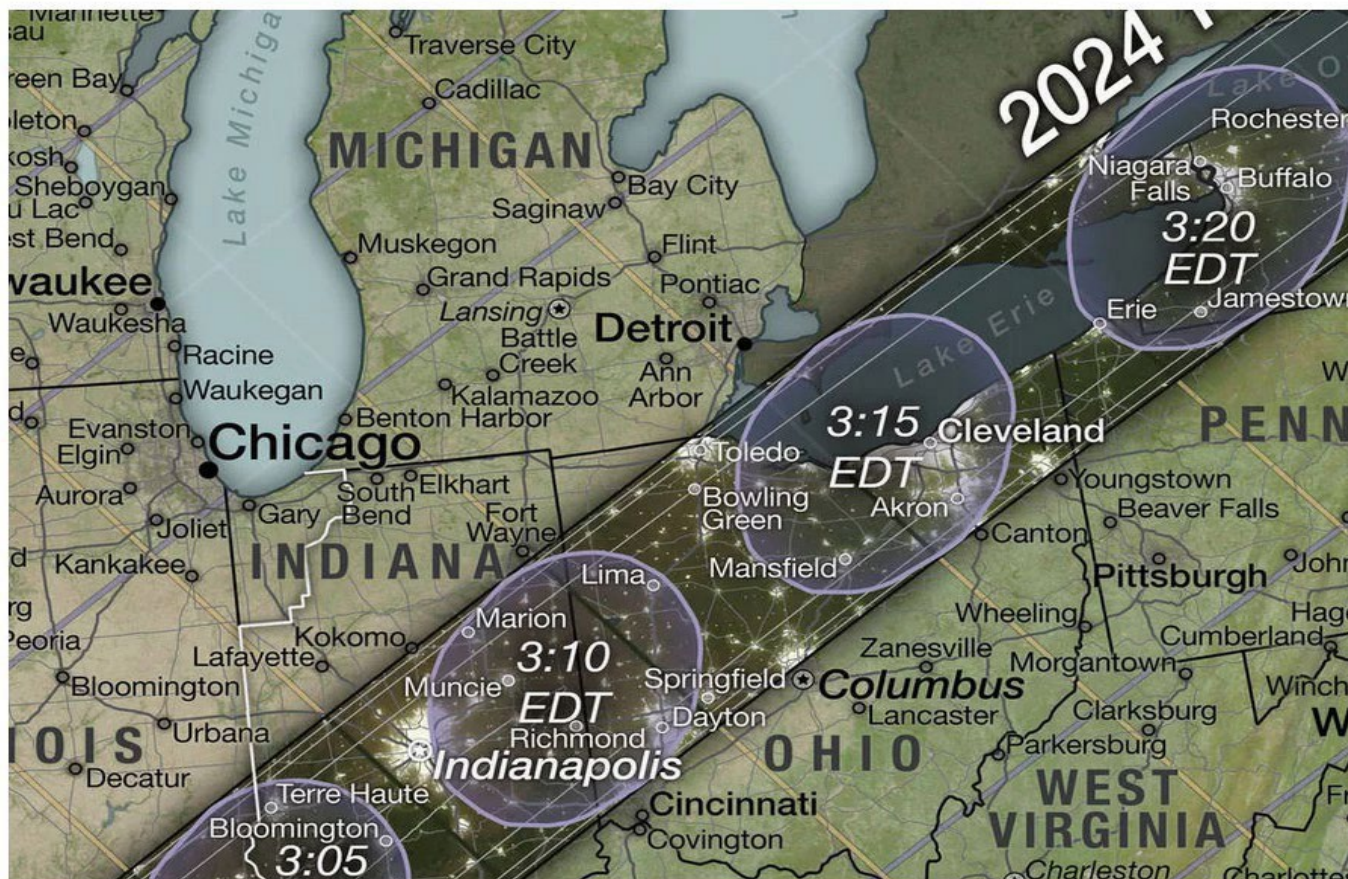


THE CITADEL

APRIL A.S. LVIII



APRIL 8, A.S. LVIII:

**IT'S THE END OF THE
WORLD!**

[weather permitting]

**IN THIS ISSUE OF THE CITADEL:
Words from Their Excellencies: Cynnabar Announces
Kingdom Status!**

**Terpsichore XXVII at a New Tower:
Earl Marshal to Regulate Dancing**

YOU Have Time to Fritter! Make it TASTY!

And Other Stuff That Filled Out The Page Count This Quarter

This is the April 2024 issue of The CITADEL, a publication of the Barony of Cynnabar of the Society for Creative Anachronism, Inc. (SCA, Inc.). The CITADEL is available from Godhit of Cynnabar (Cynnabar.Chronicler@midrealm.org). It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2024 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors. Read all this ? GET A LIFE!

HEAR NOW THE WORDS OF THEIR EXCELLENCIES
BARON BJARKI AND BARONESS VALKA FOR THIS
APRIL 2024 CITADEL

Greetings unto the Barony of Cynnabar!

We are grateful for the success of the events we have enjoyed during the winter months. It was Cynnabar's turn to host Pentamere's 12th Night this year, and it was held at a new location, which was well received. There was a concert that was much enjoyed, a service competition took place to challenge for the Pentamere Pearl, and classes and an A&S competition. THL Leopold hosted his first lunch tavern, and the soup was well enjoyed on a wintry afternoon. Their Excellencies Northwoods took a moment during Court to talk about the origins of the Pentamere Pearl competition and to explain the service theme and events of the competition that took place earlier in the day, of Her design. Participants had to locate items in an ISpy tube, "plunge" a toilet, build a fire, literally jump through a hoop, and then race back to the start. The Barony of Andelcrag prevailed, and was awarded the Pearl, and the tradition continues!

In our Court we had the privilege of making our first Champion; Sir Gregoire de Lyon gave a stirring speech about his responsibilities in the role. We are excited to have him represent Us. We also recognized Monkey of Darkyard for completing the kids' quest and Baroness Simone Marie Genvieve Fornneau with a Tower's Foundation for her service in providing hospitality tables for fighters at Grand Day and at the Known World Baronial Champions Tournament. THL Ceara won the "Dirty Dozen" A&S competition with her medieval board games. Following Court was a truly scrumptious feast, run by THL Roslyn and THL Ilse. Their cooking and the ambience received many compliments from Their Excellencies Red Spears and Andelcrag who joined Us at Head Table, and in fact Andelcrag recognized our staff with an award because of their diligence in creating a separate meal for a diner with an allergy. The kitchen was staffed by many volunteers from different Baronies, and the service provided by our esteemed local Peers, including Jasen Irenfist as Head of House, selflessly giving up his birthday to be there! We thank Mistress Hannah and the other event staff for putting on a lovely event!

Many people from Cynnabar traveled the miles to the St. Valentine's Day Massacre in Kalamazoo. The day was windy and cold but the commonly seen surprise winter storm did not make its appearance. Cynnabar participated in every aspect of the event, including the TOC, dancing, classes, and a Service Speed Networking event, hosted and run by our THL Ceara.

More recently was Terpsichore at the Tower, which returned for its 27th year; quite an accomplishment! It was also at a new location, which again earned rave reviews from attendees. THL Madga made a cake in an astonishing facsimile of a Runestone, and as usual, Master Midair was the Master of Ceremonies for the Evening Ball. THL Vonda hosted her first lunch tavern. During our court we were able to recognize someone who had traveled all the way from An Tir, someone who had traveled from Northshield (and after driving 10 hours filled in

teaching a class!) and anyone for whom it was their first event. We also awarded Master Aaron Drummond with a Silver Tower for his many years of service as the Barony's Webminister. We thank him for all his time and work making and maintaining our excellent website, in addition to his many other contributions. We thank Mistress Claire and Mistress Alina for their work in stewarding the event, and the contributions of the other staff!

Though the winter was long, and the month of March surely will exit with the mien of a lion, we are excited for the renewal of spring and the return of the sun. Our archers have already been at work and our fighters planning for their melee events.

As we enter spring, We, Bjarki and Valka, have extremely exciting news for our Barony! In recognition of the history, strength, size, and knowledge of our Barony, we have decided that ***as of April 1,*** Cynnabar will heretofore become its own Kingdom! Our armies are preparing for the separation from the rest of the Midrealm Army and we have scribes at work creating our new Arms, which we shall proudly present to their Majesties when we secede! The Middle Kingdom has served us well, but considering that we have experience, knowledge, militia, artisans, holdings, craftspeople, heralds, musicians and dancers, it is Our estimation that we will thrive independently. We look forward to celebrating our new status with Our Barony as we approach the hallowed Day of Fools that marks the beginning of April!

The Barony's good works and prowess, be it with sword, bow, paintbrush, chisel, flute, or whisk continue to command renown and we are most proud and grateful to be part of it.

Huzzah for Cynnabar and for Spring!

I GODHIT WRITE THIS: *Commentary by THL Godhit of Cynnabar, Chronicler*

NO FOOLIN'! **On April 8, 2024**, a path of darkness will bisect the Middle Kingdom from Cleftlands and Red Spears to Mynydd Seren. Dubbed "The Great North American Eclipse," it's wonderful opportunity to experience an event that our ancient ancestors beheld as an occasion both feared and, in some cultures, welcomed and respected. I've appended here a few eclipse resources:

<https://preventblindness.org/solar-eclipses/april-8-2024-great-north-american-eclipse-total-solar-eclipse/>

<https://science.nasa.gov/eclipses/>

<https://blogs.bl.uk/digitisedmanuscripts/science/page/4/>

<https://www.medievalists.net/2012/10/solar-eclipses-in-medieval-islamic-civilization/>

While we here in the Cynnabar area will not be in the path of absolute totality, we will nevertheless – weather permitting, as we say in the archery community – still experience quite a darkening. I can't vouch for the accuracy of this website, <https://eclipse2024.org/eclipse-cities/city/20460.html>, but it gives you an idea of what the eclipse will look like from the Barony of Cynnabar. So as we say in the amateur astronomy community ... "Clear skies to you!"

In the meantime ... I hope your reading of this April-occasionally-foolish CITADEL gives you a chuckle. Not everything is tongue-in-cheek -- hopefully, I've made clear what's silly. Hint: the **bolded April 1** date is the giveaway. The list of upcoming events and Officers Contacts are solid.

TERPSICHORE XXVII FINDS A NEW TOWER:
WESTMINSTER PRESBYTERIAN IN ANN ARBOR, MICHIGAN

By Godhit of Cynnabar, Chronicler



[above: The Honorable Lady Magda poses with the Runestone cake. Photos: Aeffe Torisdottir.]

ON A MOSTLY DRY AND RELATIVELY WARM Saturday, March 16, the 27th Terpsichore at the Tower invited all gentles to gather for a day of dancing at a new location: at Ann Arbor's Westminster Presbyterian Church on the south side of Ann Arbor, only a few miles from the I-94/Ann Arbor-Saline Road junction. Known for its exceptional Dessert Revel no less than an entire day's slate of dance classes followed by a Grand Ball, The Honorable Lady Magdalena Vogelsang produced an exquisite "guest of honor" that celebrated Their Excellencies' Viking heritage: a runestone cake as tasty as it was scenic.



[above: "Pay heed to the musicians!" invites Sir Midair. Photos: Godhit of Cynnabar.]

This year's Terpsichore was Stewarded by Mistress Claire Fitzwilliam of Lynnwood Keep, who enters her fifth decade as an event steward in Cynnabar. Sir Midair and Mistress Alina were Master of Ceremonies and Class Coordinator respectively, with Master Aaron Drummond and Mistress Jadwiga Krzyzanowska recruited and led the musicians. Lady Wanda Zajackowa hosted the lunch tavern which featured hand-made pierogies. Approximately 90 people were in attendance over the day. Yay, dancing!

EARL MARSHALLATE AFFIRMS AUTHORITY OVER DANCE ACTIVITIES

From the **April 1**, 2015 Archives:
Greetings to all whom these words find,
Effective immediately, all dance activities in the Middle Kingdom
will fall under the aegis of the Kingdom Earl Marshal.

For years we have heard reports that SCA dancing is more dangerous than armoured combat, with more reported injuries occurring at the dance tent at Pennsic than on the battlefield. Recent years have seen the difficulty and complexity of dances in this kingdom rise, and reports of competitive "dance-offs" have been circulating on Social Media. As such, Curia, with support from Their Royal Highnesses and Royal Majesties, have agreed that all dance activities will now be considered a "martial" activity.

As a martial activity, all dance activity coordinators will need to be warranted marshals of dance, and dancers will need to seek authorization for dancing from said warranted marshals. Hosting a dance activity without a warranted marshal present can, and will, result in the sanction of the group by the Kingdom Earl Marshal and Seneschal.

A handbook is in the works and is expected to be available for download within the next month or so – please be sure to note the reporting schedule outlined in the first appendix; failure to report will result in the suspension of authorization and/or dance marshal warrants. While details are still being finalized, I expect that the authorization process will follow that of Armored Combat with English Country being the basic authorization style, and all other styles being considered Advanced Forms. Those who wish to skip English Country and proceed directly to an Advanced Form will be able to do so through a bypass authorization procedure. The bypass authorization will require permission from the Kingdom Earl Marshal and sponsorship from a Dance Laurel – again, see the forthcoming handbook for details.

Those persons interested in filling the role of Deputy Kingdom Earl Marshal for Dance may contact the Earl Marshal's Deputy for Deputy Recruitment.

In service,
Sir Gregoire, Kingdom Earl Marshal of the Middle Kingdom.
PS – Yay, dancing!

**DID YOU MISS THE END OF THE WORLD? WELL, DON'T MISS CYNABAR'S
SPRING REVEL
ON SUNDAY, APRIL 21, 2024
ISLAND PARK, ANN ARBOR
POTLUCK ... YARD SALE ... BARONIAL FAMILY PHOTO
NOON TO 8PM**

LET US FRY
OR
LOOKING INTO FRITTERS OF VARIOUS SORTS
BY
JOHNNAE LLYN LEWIS, CE

THL Godhit of Cynnabar, Chronicler by correspondence did request "For the "April Fool" section, a recipe: The Uses of Boiling Oil. Or, "How to Poison Effectively." Etc." Poisons, ummm? Portions? Potions? Aha....An investigation into Oil might prove more interesting and illuminating, and so here goes: Into the Oil or Fritters we dive...

In the authoritative encyclopedia **The Oxford Companion to Food**, historian Laura Mason began her discussion of fritters by describing them as “a small portion of deep-fried batter, usually but not always containing a piece of fruit, meat, fish, or vegetable.”[Mason] The **Middle English Dictionary** simply defines a “friture” as “A small cake fried in deep fat, a fritter.”[MED] The **OED** definition is more encompassing. There we find a fritter to be “A portion of batter, sometimes containing slices of apple, meat, etc., fried in oil, lard, etc. Often preceded by some qualifying word, as apple-fritter, oyster-fritter...” In both cases the dictionaries trace the word to the French and back to the Latin *frīctūra*, < *frīgĕre* to fry>.

This establishes the important criteria whereby we can discuss what is and is not a fritter be it served in Chaucerian England or in Reformation Germany or at the local county fair. Fritters are foods which are fried, but not all things which are fried are fritters! This is important, as there are numerous untold numbers of fried foods surrounding and permeating modern culture and snacks. French fries, for instance, are not fritters; potato chips are not. Doughnuts, which are formed, are not fritters. Pastries made from doughs which are rolled and shaped or cut into shapes are not fritters; I would list those under “fried doughs.” Beignets, defined as yeast dough squares which puff when fried, might be classed by some as fritters, but if the choux pastry is shaped or cut, then no. Battered French toast can be a fritter, however!

I know this feels like some game show (The password is fritter.) This is complicated by the fact that this is a somewhat fluid definition depending upon time period, country or region and associations. And as time has passed, these culinary treats have often changed depending upon ingredients and modern technology. The use of baking powder (widely introduced only in the mid 19th century) is used today to lighten doughs and substitute for previously sour dough, ale barm or yeast raised dishes. Are the items allowed to rise before being fried? How are they handled? Foods which might have just been pieces of raw dough or batter in the past are often lightened these days by the addition of chemical leavenings. Are they still fritters? Probably, they are, as also are the fried items which are now dipped in beaten eggs and then into breading crumbs or flours before being fried. Then of course there are all these modern items which are created to be air-fried without oil or convection oven baked.

Keep in mind - Fritters are by definition battered or involve batters! According to the MED, “a bature” is “A viscous mixture of ingredients 'beaten' together.” The OED states “A mixture of two or more ingredients beaten up with a liquid for culinary purposes.” The British Library designated manuscript Sloane 1986, better known as the Liber Cure Cocorum, circa 1440, instructs the reader to “Of almond mylke and amydone Make bater.” Fifty years later, the circa 1490 Harleian manuscript 5401 tells the reader “Make bature of floure, ale, peper & saferon, with oþer spices.” [OED] Batters simply poured in some fashion into hot oil are therefore fritters. Hush puppies are accorded to be a fritter of the type where the stiff batter is thick enough to stand on its own in the hot oil. Lacy delicate batters, like some used in traditional holiday or Noel cookies, poured into hot oil and fried are fritters. Rosettes or rosetbakkelser where shaped irons are dipped into batters and then plunged into hot oil are also fritters. Corn fritters are extraordinarily popular all over the southern US. (Check out the numerous ebooks offered on just this passion.) Yes, those can be fritters if a batter is used, but keep in mind corn or maize is a late introduction from the post Columbian/Voyages of Discovery period. (And before you ask, No, your great great grandmother’s handed down recipe for corn fritters is not medieval.)

Onion rings which are battered and fried are fritters. They are surviving examples of the long historical sort of fritter

whereby an item is encased in batter and then fried. These fritters were widely popular. The MED helpfully lists under “friture”, a listing of these various types, including “friture of aples, ~ of flesh, ~ of herbes, ~ of milk, ~ out of lente, ~ of pasternakes; friture blaunched, ~ boise; ~ crisp; ~ damask, ~ lombard, ~ pouche, ~ raisin; ~ samata, ~ sauge, ~ truteux, ~ viaund; appel friture, leche ~, lente ~, long ~.” In our Concordance of English Recipes, we listed an initial twenty-one medieval recipes. Further research by Professor Hieatt located another thirteen medieval recipes. The number of recipes expands of course once cookery manuscripts become printed editions, and I have located almost countless examples in the cookery books of the sixteenth and early seventeenth centuries.

A Survey of Recipes for Fritters

Here then is a representative selection of English medieval, and later historical recipes for fritters, keeping in mind that some of the most delightful and easier of the recipes fall just outside the Society’s cut-off date of 1600. Still for our survey here, we will include a few of these recipes among our selection.

Apple Fritters:

Apples were among the most popular of ingredients to be battered and fried into fritters, so much so that some named fritter recipes just presume one starts with apples. The late fourteenth century culinary book known as the *Forme of Cury* exists in a number of extant manuscripts and was published in two different volumes in the late eighteenth century. The *FoC* contains over two hundred recipes and reflects the court feasts and cookery of King Richard II. There one finds this recipe in the Ryland *FoC* MS:

.Cxlviij. Frytour of pastronakes of skyrwyttres & of **apples**. Take pastronakes & skyrwittres & **apples** and perboyle hem. make a batour of flour & ayroun. cast therto ale. safroun & salt wete hem in the batour & fry hem in oyle or in grece. do ther to almaund mylk and serve hit forth. [Transcription by Daniel Myers, 2009.]

(Pastronakes of skyrwyttres- refers to the root vegetables known as parsnips or carrots.)

== From circa 1440 the *Liber Cure Cocorum* and the impressive modern English translation by Cindy Renfrow offers this version of a “freture.”

100. For freture.

Wih egges and floure in batere þou make,
Put berme þer to, I undertake;
Coloure hit with safrone er þou more do;
Take powder of peper and cast þer to,
Kerve appuls owerwert and cast þerin,
Frye hom in grece, no more ne mynne.

100. For fritters.

With eggs and flour in batter you make,
Put barm thereto, I undertake;
Color it with saffron ere you do more;
Take powder of pepper and cast thereto,
Carve apples overthwart and cast therein,
Fry them in grease, no more nor less. [Cindy Renfrow]

== From circa 1500 this recipe from the Pepys MS is also just titled “For fryturs” but it too contains apples. (The manuscript was owned by Pepys; he did not author it.)

For fryturs. With egges and flowr a bator thow make. Put barme ther to I vnder take. Collor hit with saferon or thow more do. Take powder of pepur and cast ther to. Kerve **Appyls** evyn A thorte cast þer yn. Fry ham in swete grece no more I myn. Cast sugur ther to yf thow be gynne. [The transcriber James L. Matterer also provides a modernized version of the recipe at <http://godecookery.com/pepys/pepys30.htm>]

== **A booke of cookerie, otherwise called the good huswiues handmaid** from 1597 offers these recipes to “make fritters sir sundrie waies”.

To make Fritters.

Take a pinte of Ale, and foure yolkes of Egges, and a litle saffron, a spooneful of Cloues and mace, and a litle salte, and halfe a handfull of sugar, put all this in a faire platter and stirre them all together with a spoone, and make your batter thereof. Then take ten Apples, pare and cut them as big as a groate, put them in your batter: then take your suet & set it on the fire, & when it is hot, put your batter, & your apples to your suet with your hande one by one, and when they be faire and yellow take them out, and lay them in a faire platter, and let them stand a litle while by the fire side Then take a fair platter, and lay your fritters therein and caste a litle sugar on them, and so serue them in. [**A Booke of cookerie/Good Huswives handmaide**]

How to make Frittors with Apples.

Take fine flower, and temper it with Butter and a litle salt, and make a batter, and take a very litle saffron to colour your batter withall, and when your batter is made, straine it through a strainer, then cut your apples of the bignes of a groat, and put them to your batter then put your suet to the fire, and when it is hot, put a peece of your apples to your suet, and if it rise quicklie, then your stuffe is well seasoned, if it abide in the bottome, then it is not halfe enough: therfore when it riseth from the bottome, fill pour pan one after another as fast as ye can, and when they are faire coloured, take thē [them] out with a scummer, and put them in a platter, and alwaies whiles they are in the pan stirre them with a stick, and looke that ye haue liquor enough. Then take your frittors, and put them in a fair platter, and then scrape Sugar enough vpon them. [**A Booke of cookerie/Good Huswives handmaide**]

== The late Elizabethan volume known as the **Epulario, or The Italian Banquet** offers this wide-ranging and excellent selection of fritter recipes. Some of these will show even the Elizabethans were seeking other versions and sometimes even faking or baking fritters in certain cases.

To make Fritters of Cheese, Egges, and Elder flowers.

Take new and a little old Chéese and stampe them well, putting to it a little fine flower, and White of Egges according to the quantity you will make, with a little Milke and good store of Sugar, stamp them all together, then take it out of the morter, and put Elder flowers as your discretion serueth, neither beaten nor stamped. This composition would not bee too soft nor liquid, that it may bee wrought with the hand in any forme you will, then frie them in good Suet, butter, or Oyle, and send them whote to the Table. [**Epulario**]

To make Fritters of the white of Egges, and of flower and Cheese.

Obserue the order aforesaid, only not putting therto milk nor Elder flowers. [**Epulario**]

To make fritters of Creame and Curds.

Take the Curds and hauing cut them, straine out the water or whay, and that which remaineth in the strainer mingle it with fine flower, white of Egges, Sugar and Rosewater, according to the quantity you will make, it would not be too much congealed, & make them great or little with a spoone as you thinke good, and frie them in suet or good Butter. [**Epulario**]

To make Fritters.

TAke a pinte of Ale, and foure yolkes of Egges, and a litle saffron, a spooneful of Cloues and mace, and a litle salte, and halfe a handfull of sugar, put all this in a faire platter and stirre them all together with a spoone, and make your batter thereof. Then take ten Apples, pare and cut them as big as a groate, put them in your batter: then take your suet & set it on the fire, & when it is hot, put your batter, & your apples to your suet with your hande one by one, and when they be faire and yellow take them out, and lay them in a faire platter, and let them stand a litle while by the fire side Then take a fair platter, and lay your fritters therein and caste a litle sugar on them, and so serue them in. [**A Booke of cookerie/Good Huswives handmaide**]

How to make Frittors with Apples.

TAke fine flower, and temper it with Butter and a litle salt, and make a batter, and take a very litle saffron to colour your batter withall, and when your batter is made, straine it through a strainer, then cut your apples of the bignes of a groat, and put them to your batter then put your suet to the fire, and when it is hot, put a peece of your apples to your suet, and if it rise quicklie, then your stuffe is well seasoned, if it abide in the bottome, then it is not halfe enough: therfore when it riseth from the bottome, fill pour pan one after another as fast as ye can, and when they are faire coloured, take thē [them] out with a scummer, and put them in a platter, and alwaies whiles they are in the pan stirre them with a stick, and looke that ye haue liquor enough. Then take your frittors, and put them in a fair platter, and then scrape Sugar enough vpon them. [**A Booke of cookerie/Good Huswives handmaide**]

== The late Elizabethan volume known as the **Epulario, or The Italian Banquet** offers this wide-ranging and excellent selection of fritter recipes. Some of these will show even the Elizabethans were seeking other versions and sometimes even faking or baking fritters in certain cases.

To make Fritters of Cheese, Egges, and Elder flowers.

Take new and a little old Chéese and stampe them well, putting to it a little fine flower, and White of Egges according to the quantity you will make, with a little Milke and good store of Sugar, stamp them all together, then take it out of the mortar, and put Elder flowers as your discretion serueth, neither beaten nor stamped. This composition would not bee too soft nor liquid, that it may bee wrought with the hand in any forme you will, then frie them in good Suet, butter, or Oyle, and send them whote to the Table. [**Epulario**]

To make Fritters of the white of Egges, and of flower and Cheese.

Obserue the order aforesaid, only not putting therto milk nor Elder flowers. [**Epulario**]

To make fritters of Creame and Curds.

Take the Curds and hauing cut them, straine out the water or whay, and that which remaineth in the strainer mingle it with fine flower, white of Egges, Sugar and Rosewater, according to the quantity you will make, it would not be too much congealed, & make them great or little with a spoone as you thinke good, and frie them in suet or good Butter. [**Epulario**]

To make fritters of Sage and Bay-leaues.

Take a little fine flower and temper it with Egges, Sugar, Sinamon, Pepper, and a little Saffron to make it yellow, and take whole sage leaues and roule them in this composition one by one, and frie them in Butter or Suet. Do the like with Bayleaues, and in Lent frie them in oyle without Egges and Suet. [**Epulario**]

To make fritters of Apples.

Part them and séeth them, or rost them, and take out the coates and stampe them, putting to them a little fine flower and a little leauen and frie them in good Oyle, you may cut them also into small pièces, and take out the coare, and make the composition aforesaid in the last chapter of Sage & Bayleaes. **[Epulario]**

To make fritters of Almonds, with the brawne or flesh of a Henne.

Take Almonds and stampe them with Rosewater and a little milke and straine them, then take the brawne or flesh of the brest of a Pullet, boyle it and stampe it apart from the Almonds, then take a little flower and whites of Egges according to the quantity you will make, and a little Sugar, mingle all this together, and make your fritters in what quantity you will, and frie them in Suet or Butter, and set them not be ouermuch baked. **[Epulario]**

To make fritters of Rice.

Séeth the Rice well, and when it is sed drie it vpon a Table, and if you will not haue it whole you may stamp it, then take Almonds and stampe and straine them, with a little of the same Rice broth, and let this Almond milk be very thick, then take a little fine flower and Sugar, and mingling it all together, frie them in good Oyle in what fashion you will. **[Epulario]**

To make fritters of Figges.

Take a few Almonds and pine kernels, as many as you will and stampe them, let them bee very white, adding there vnto two drie Figges and Currans with Spice, and if this stuffe be too thick put a little Rose water to it, then take Figs and make a hole in ech Figge hard by the stalke, and fil them with this stuffe, then frie them in oyle and cast Sugar on thē. **[Epulario]**

To make fritters of Fish.

Séeth the fish and stampe the whitest part thereof, then take Almonds well stamped and strained, and a little fine floure with Sugar and Sinamon, and temper all this with a little common water, then frie it in oyle in what forme you will. **[Epulario]**

To make fritters like fishes.

Blanch thy Almonds and take meat of fish without bones and stampe them together with Currans, Sugar, Parsely and Margerum chopped small with good Spice and Saffron, then haue in a readinesse a fine paste, and making it in what forme you wil you may fill them with this composition, then frie them in oile: they make likewise be baked dry in a frying pan, and when they are baked, they will shew like fishes. **[Epulario]**

To make them another way.

Stampe Almonds and temper them with Rosewater and Sugar, then take flower tempered with common water and good store of Sugar, this being made in past, make what form of fish you will devise: also you may bake them dry in a pan like a Tarte. **[Epulario]**

To make fritters in another sort.

You shall make a composition like the aforesaid Almonds, flower, and Sugar, and thereof make thy fritters. [Epulario]

To make another sort.

Take Almonds blanched, Pine kernels, or Nuts, or any of them, stampe them wel with Currans or Figges, putting to them the meat or liuers of fishes, with Parsely, Marge[r]um, and good Spices, and make it yellow with Saffron, then forme them and frie them with oyle. [Epulario]

To make fritters of Rice like little Pies.

Séeth the Rice and stamp your Almonds and strain them as thicke as you can, with a little Rosewater, and mixe the Rice well with the Almonds, and with Sugar, Sinamon, and a little flower, and make it in forme of Pies and fry them in oyle. [Epulario]

To make fritters full of wind, or pust fritters.

Take fine flower, water, Salt, and Sugar, and make a fine soft past and roule it on a Table very thinne, and cut it into small pièces and frie it in oyle, and take heed they be not knotty, and they will pufte vp and séeme to bee full, and yet there is nothing in them, and cast Honny vpon them. [Epulario]

To make them in another manner.

Make your paste like that I spake of before, to make fritters of curds and Creame, then take Fennell when it is blowne, and if you will, mixe it and all the stuffe together: or breake euery branch by it selfe one by one, and roule them in the said stuffe, and frie them in oyle. [Epulario]

== **A Book of Fruits & Flovvers (flowers)**, lastly, from 1653 contains an extended title which promises all matter of things from recipes for conserves to pies to cures for ulcers and ring worme. It also promises in the title “fritter-stuffe”. The recipe for fritter-stuffe reads:

To make Fritter-stuffe.

Take fine flower, and three or four Eggs, and put into the flower, and a piece of Butter, and let them boyle all together in a dish or chaffer, and put in *sugar, cinamon, ginger*, and *rose* water, and in the boyling put in a little grated Bread, to make it big, then put it into a dish, and beat it well together, and so put it into your mould, and fly it with clarified Butter, but your Butter may not be too hot, nor too cold. [**A Book of fruits & flovvers**, 1653.]

Fritter stuffe! What a delightful topic and idea!

For other countries, I recommend using the search functions and links to online cookery books at the excellent site Medievalcookery.com. German fritters are much easier to look into these days because my good friend Volker Bach has been busy of late translating little known German cookery manuscripts. Those medieval and Renaissance Germans really loved their fritters and fried objects of pastry. His website **culina vetus** lists some those recipes here: <<<https://www.culina-vetus.de/?s=fritter>>> For Italy, I highly recommend starting with this article on Scappi’s “fritelle domandate Frascate” or in other words funnel cakes by Mistress Helewysse. <<https://www.medievalcookery.com/helewysse/funnelcakes.html>>

Lastly, in conclusion, I have to mention briefly modern fair foods and carnival foods. Yes, fried Mars Bars are fritters. Elephant ears are fritters. Churros, check! The annual Texas State Fair has been written about for years as the mecca for what some foodies term as “mutant,” “monstrous,” and “wonderful” foods. The 2012 **Mental Floss** article mentions such food innovations as “bubblegum-flavored marshmallows, battered and deep-fried and sprinkled with Chicklets,” “fried jelly beans,” battered pizza slices, cheeseburgers, pop tarts, s’mores, and batter fried pecan pie. Every year brings new horrors or marvelous edibles to try, and the foods once introduced in Texas make their way out and into fairgrounds across the country and world.

I would caution fairgoers and eaters of fritters to abide by the advice of sixteenth century author John Russell who said, “Appulle fruture is good hoot, but þe cold ye not towche” and later when Wynkyn de Worde echoed the sentiment by writing, “apple fruyters ben good good hote / and all colde fruters, touche not.” In other words, best eaten fresh and hot!

J. Russell, and Wynkyn de Worde. Bk. Nurture (Harley MS. 4011) in Babees Book (2002) or
<https://www.gutenberg.org/cache/epub/24790/pg24790-images.html>

Sources

Primary

A Booke of cookerie, otherwise called the good huswiues handmaid. [London, 1597]

A Book of fruits & flovvers. London, 1653.

Epulario, or The Italian banquet. Translated out of Italian into English. London, 1598. This volume may now be accessed online at:

https://quod.lib.umich.edu/e/eebo2/A00309.0001.001/1:2?ALLSELECTED=1;c=eebo;c=eebo2;cite1=cookery;cite1restrict=subject;g=eebogroup;hi=0;rgn=div1;singlegenre=All;size=50;sort=datea;start=1;subview=detail;type=simple;view=fulltext;xc=1;q1=frit*

“Fourme of Curye. John Rylands University Library, English MS 7.” Edited by Daniel Myers, **Medieval Cookery.com**, Transcribed by Daniel Myers, 2009. www.medievalcookery.com/notes/rylandsms7.txt. Accessed 26 Mar. 2024.

Matterer, James L. “For Fryturs. [from Gentyll Manly Cokere].” **A Boke of Gode Cookery**, godecookery.com/pepys/pepys30.htm. Accessed 26 Mar. 2024. [MS Pepys 1047. Circa 1500 as found in Hodgett, Gerald A. J. **Stere Htt Well. A book of medieval refinements, recipes and remedies from a manuscript in Samuel Pepys' library.** 1972.]

“Liber Cure Cocorum.” Edited by Cindy Renfrow, **Liber Cure Cocorum: Parallel Transcription/Translation**, www.pbm.com/~lindahl/lcc/parallel.html#r100. Accessed 26 Mar. 2024.

Secondary

Daniels, Lauren Drewes. “Updated: A List of More than 200 Fried Foods at the State Fair.” **Dallas Observer**, Dallas Observer, 24 Oct. 2023, www.dallasobserver.com/restaurants/list-of-every-fried-food-at-the-state-fair-of-texas-17585015.

Gamble, Cole. “25 Deep-Fried Foods from the Texas State Fair.” **Mental Floss**, Mental Floss, 5 Sept. 2012, www.mentalfloss.com/article/31488/25-deep-fried-foods-texas-state-fair.

Hieatt, Constance B., J. Terry Nutter, with Johnna H. Holloway. **Concordance of English Recipes. Thirteenth Through Fifteenth Centuries.** Tempe, Arizona: ACMRS (Arizona Center for Medieval and Renaissance Studies), 2006.

Online Sources

“fritture n.” **Middle English Dictionary**. Open access provided by the University of Michigan Library. Date Accessed 21 March 2024. [Use of **MED** also for “Fry”, “Batter”, “Grease”, etc.]

“Fritter, *N.* (1).” **Oxford English Dictionary**, 3rd ed. Oxford UP, July 2023. Date Accessed 21 March 2024. [Use of OED 3rd also for “Fry”, “Batter”, “Grease”, etc.]

Mason, Laura. “fritter.” **The Oxford Companion to Food**. Oxford University Press, 2014. [Online access thru **Oxford Reference**. Date Accessed 21 Mar. 2024.]

Medievalcooking.com was used as a search tool. I can’t recommend it enough.

The academic collections **EEBO (Early English Books Online)** and **ECCO (Eighteenth Century Collections Online)** were also used to access digital copies of printed recipes.

© JohnnaeLlyn Lewis, 2024.

COURT REPORTS

Twelfth Night in Pentamere: January 6, AS LVIII
Location: Barony of Cynnabar

Court of Their Excellencies Bjarki and Valka

Sir Gregoire de Lyon
Baronial Armored Champion

Baroness Simone Marie Genevive Fornneau
Award of the Towers Foundation

Terpsichore at the Tower: March 16, AS LVIII
Location: Barony of Cynnabar

Court of Their Excellencies Bjarki and Valka

Master Aaron Drummond
Order of the Silver Tower

WEEKLY BARONIAL SCHEDULE

Business Meetings are held all Thursdays of the month but the first –

see <https://www.cynnabar.org/>

Location: People's Presbyterian Church

210 Smith Street

Milan, Michigan 48160

Armored and Rapier Practice all Thursdays 7-9pm

Social Gathering held on first Thursdays 7-9pm

UPCOMING BARONIAL EVENTS

Spring Revel

Sunday, April 21, 2024

Hosted by the Barony of Cynnabar

Location: Island Park, Ann Arbor

Noon to 8 PM

Baronial Yard Sale

Practices (Armored, Rapier) 12-3 pm

Baronial Photo 3:00 -4:00 – Court approx. 4:00 pm

Potluck 5:00 pm after Court

PENNSIC LI

JULY 26 – AUGUST 11, 2024

[HTTPS://WWW.PENNSICWAR.ORG/](https://www.pennsicwar.org/)

CYNNABAR BARONIAL OFFICERS

APRIL 2024



Seneschal

Mistress Giovanna
Adimari

seneschal {at} cynnabar.org
cynnabar.seneschal {at} midrealm.org

Social Media Officer

Lady Beth of Cynnabar

cynnabar.socialmedia {at} midrealm.org



Exchequer

Lady Diamanté Colombino

cynnabar.exchequer {at} midrealm.org



Herald

Lady Æsa rauðkinn
Sigríðarsdóttir

cynnabar.herald {at} midrealm.org



Chronicler

TH Lady Godhit of
Cynnabar

cynnabar.chronicler {at} midrealm.org



Minister of Arts &
Science

Lady Caryn of Cynnabar

cynnabar.moas {at} midrealm.org



Rapier Marshal

TH Lord Thomas
Throckmorton

cynnabar.rapier {at} midrealm.org



Armored Marshal

Sir Charles Gotzfürboter

knightmarshal {at} cynnabar.org



Chatelaine

TH Lady Daeg ingen
Aeda

cynnabar.chatelaine {at} midrealm.org



Webminister

TH Lady Aeffe Torisdottir

cynnabar.webminister {at} midrealm.org

APRIL 2024 THE CITADEL PAGE XV
BUT I HAD TO TAKE MY SHOES OFF TO
COUNT THAT HIGH