

The Tydes

Volume 41, Issue 2 𐌹𐌺 A.S. LIV November 2019



A quarterly newsletter serving the Barony of Lyondemere, Kingdom of Caid.
(Lyondemere comprises the coastal Los Angeles area of California).

The Tydes

Volume 41, Issue 2 ☪ A.S. LIV ♦ Nov 2019



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GUIDE TO SUBMISSIONS

Articles and Artwork (including photos) are due by the 25th of January, for the February publication. If you have difficulties with this deadline, please contact the Chronicler in advance, at chronicler@lyondemere.org

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Articles: Please submit either an email, text, or Word file for all articles and columns. Email is preferred, sent to chronicler@lyondemere.org **Artwork / Photos:** Original drawings or photos are always appreciated.

THE TYDES TEAM

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Websites: The Lyondemere website can be found at <http://www.lyondemere.org>. Regional information can also be found through the Kingdom of Caid and Corporate information can be found at <http://www.sca.org>.

Addresses: Submissions, questions, and subscription requests can be sent to: chronicler@lyondemere.org

FROM THE BARONAGE



Greetings, Lyondemere!

Welcome to the annual “Let’s thank those who make our Dream possible” edition of the Tydes.

SERVICE

We would not be able to do the things we love in the SCA were it not for the unselfish giving of the talents and time of so many people. They work so others can play. Our SCA events don’t just spontaneously happen. Depending on the type of event you may require Marshals, Heralds, a Lysts coordinator, Gate keeper, Youth coordinator...the list goes on and on. Amazingly, we seem to fulfill all of these requirements week after week. We are constantly awed by the giving nature of our populace.

The next event you attend, we challenge each of you to say thank you to those who are doing the work. Thank the Gate person, the Lyst person, the Marshals. Let’s encourage people to keep on serving so we may keep on playing.

*In Service to the Dream,
Conchobhar & Seraphina
Baron and Baroness of
Lyondemere*

COUNCIL MINUTES

August 12, 2019

Attendees: Conchobhar, Seraphina, Fedelm, Aeduin, Emma, Avicia, Caellach, Sadhbh

Start time: 7:30 pm

Opening Comments:

Baron & Baroness/ Conchobhar & Seraphina – Welcome to everyone and thank you for coming out! We are gearing up for Great Western and the end of the year. Also, she expressed best wishes to Mary Taran and Aeduin, who will be moving away prior to Great Western War. They will be missed and we hope they know that Lyondemere will always be their home.

Seneschal / Mercy/Claudia – She is happy to be back to run the meeting but has no formal remarks. Report from Mercy: Chatelaine, chronicler and youth positions need replacements or deputies. Please contact her with questions. They have open positions for GWW gate (Friday from 12-4 am).

Officer Reports

Arts and Sciences / Finella – Not here, no report. Festival of the Rose is coming up in about 2 weeks and everyone is encouraged to attend.

Chatelaine / Etiennette – Not here. Report: 3rd quarter report has been turned in on time. The Kingdom Chatelaine will be stepping down in January at Coronation. Her deputy is Baron Giles. She will be doing a Gold Key inventory next week and welcomes assistance. She plans to pare down the total amount of inventory after recent donations. She will be coordinating transitioning the Newcomers Yahoo group to the IO group. She plans to start going to fighter practices and working on A&S activities and will promote that on Facebook and the IO group so people can join in.

Children / Arwen – Not here, no report.

Chronicler / Aeduin – He has submitted the last Tydes he plans to create. He has items for the newsletter office to turn over. There is someone who is interested in the office.

Constable / Sechen – Not here, no report.

Exchequer / Tetchubah – Not here. Report: We currently have \$12,542.90 general funds. Reporting to the Kingdom is current. She will be getting the last bank statement signed by Mercy once she's back from Spain.

Herald / Caellach – Work has begun on a new youth award for the Barony.

Lists / Sechen – Not here, no report.

Marshal (Armored Combat)/ Fearghus – Not here. Provided a report indicating 4-6 fighters have been attending armored combat practices on Wednesday nights.

Marshal (Rapier Combat)/ Sadhbh – Rapier practices have been ongoing and there have been some new attendees as well. They are in good shape for loaner gear.

Marshal (Archery) / Emma/Miguel – Tuesday night they have had some newcomers at practice. Sundays, they have also had a few new participants coming out who have moved to the area. They are also working on getting cases for loaner gear.

Sexton / Conchobhar – We have stuff! A new box needs to be purchased for the pavilion top. He and Claudia will coordinate putting the pipe and drape from Coronation into storage.

Webwright / Eilidh/Sadhbh – Not present. Report: she is documenting the role and sharing that with her deputy on how to make updates. Several officer emails were updated after Anniversary and should be checked. Various updates are being made to the website. Officers are invited to write a brief description of their duties to be included. **Bardic** – Avicia will plan a bardic summer and barbeque for late Summer and more information will be distributed at that time.

Guild Reports

Bardic – Bardic night will be hosted in the Lantern’s Keep encampment on Friday night at Great Western War. There is also a vigil event on Saturday night for Baron Thomas, who is being elevated to the Laurel.

Lyondemere Cooking Guild / Eva – Not here, no report.

Scribal / Aliskeye, Deputy Emma – The monthly scriptorium will be this Thursday, August 15th. Everyone is welcome regardless of their level of skill.

Old Business/Upcoming Events

Lyondemere/Gyldenholt Yule (December 7, 2019) – The amount for the El Segundo Masonic Lodge is \$700 (same fee as 2 years ago). They will work to get the contract finalized and an announcement in the CP.

New Business

Highland War – Their Excellencies are open to going if there is a need, and may day trip if they do not camp.

Beach Bardic – Avicia will contact Finella to pick some dates and get feedback on them.

Next Meeting

Next Baronial Council:

September 9, 2019

End: 8:10 pm



September 9, 2019

Attendees: Conchobhar, Seraphina, Mercy, John, Fedelm, Miguel, Borgunna, Arwen, Will, Celeste, Emma, Avicia, Etiennette, Vincenzo, Caellach, Sadhbh

Start time: 7:30 pm

Opening Comments:

Baron & Baroness/ Conchobhar & Seraphina – Welcome to everyone and thank you for coming out! Thank you all for coming. Please keep an eye out and inform us if you are coming to Crown and need shade with the barony.

Officer Reports

Seneschal / Mercy – Thanks for coming out! We have a full agenda.

Arts and Sciences / Finella – There will be an open Arts day at her house later this month on September 22nd. It will include scriptorium activities. She is also working on a sprang class.

Chatelaine / Etiennette – She is planning to attend fighter practices on Wednesday and bring some arts activities. She is looking for a deputy.

Children / Arwen – Nothing to report.

Chronicler / Sechen – She is getting up to speed with what needs to be done and will be working on the next issue soon. Seraphina suggested that people need to take it upon themselves to send in articles, pho-

tos and other content.

Constable / Geiri – He has newly taken up the position and is reading the handbook to become familiar with the responsibilities.

Exchequer / Tetchubah – \$15,453 is the current balance but she just paid for 3 months of storage so that will reduce the amount by \$800. Please let her know in advance if checks are needed at the monthly meetings.

Herald / Caellach – He is working on a new youth award for the barony. He is putting together the paperwork for the name and order badge for submission.

Lists / Sechen – No report.

Marshal (Armored Combat)/ Fearghus – Not here. Provided the following report: We have been holding regular practices with 4-6 fighters in attendance.

Marshal (Rapier Combat)/ Sadhbh – Practice has been ongoing. Don Nathaniel has come out to participate. Rapier Open is coming up as well as War practice in Calafia for those who would be interested.

Marshal (Archery) / Emma/Miguel – Archery has been going well although the heat has affected participation a bit. There have been some newcomers coming out recently.

Sexton / Conchobhar – We have stuff! He bought a new box for the pavilion top. He will putting out a request for how many will need shade at Crown with the barony. They also are working on some new baronial banners to use at events.

Webwright / Eilidh/Sadhbh – We have a website. Eilidh advised that per kingdom requirements, they have installed a new security plug in. She is working on updating the regnum and purging outdated email addresses. The quarterly report has been submitted. She is also working on putting together instructions for various functionality as she trains her deputy.

Guild Reports

Bardic – See below for details on beach bardic.

Lyondemere Cooking Guild / Eva – Not here, no report. They are looking for an update for planning on the Cast Iron Chef event for this year or next year.

Scribal / Aliskye, Deputy Emma – The monthly scriptorium will be next Thursday, September 19th. Everyone is welcome regardless of their level of skill.

Old Business/Upcoming Events

Beach Bardic – Avicia and Finella are looking at October 20th for a beach bardic event. More details on the location and timing will be forthcoming but it will be a casual afternoon/evening event with a potluck and bardic circle. The location will either be Cabrillo Beach or Bolsa Chica which both allow bonfires.

Great Western War – Please be on the lookout for posts from Arwen regarding the food plan. They also are looking for 6 volunteers for a Friday gate shift from 12 am – 4 am.

Lyondemere/Gyldenholt Yule (December 7, 2019) – They are finalizing the contract this week. Arwen will be looking for people to be involved in various aspects of planning soon.

West Coast Culinary Symposium (April 24-26, 2020) – They are considering adding a fiber track to increase participation and help them hit their cabin minimums. They think that will add about 30 attendees. Usual participation is 75-80 people and the minimum is 90 people based on what is paid to the camp. Registration and class proposals will begin as soon as next month. They will be talking to the kingdom about getting permission to accept Paypal. They want to reserve the full site which includes 3 kitchens, an amphitheater, and sleeping accommodations for up to 180. They are also planning bardic classes.

New Business

Arts and Archery 2020 – They want to confirm the date for Woodley ASAP. Currently they are looking at March 31. There is a consideration of whether it should be held Saturday or Sunday. Mercy will inquire as to whether the insurance certificate can cover several weeks.

Caid Archery Open – They are looking tentatively at April 11. The dates still need to be confirmed with the Kingdom.

Welcome Wagon/Newcomers Project – They are looking to put together some additional resources for welcoming newcomers and assisting the chatelaine.


Ladies in Waiting & Guard – Their Excellencies would welcome volunteers to join their court to serve as their companions at events, help with set up/tear down, and largesse. Please let them know if there is interest.

Next Meeting

Next Baronial Council Meeting:

October 21, 2019 (3rd Monday due to Great Western War)

End: 8:15 pm



October 21, 2019

Attendees: Conchobhar, Seraphina, Mercy, Fedelm, John, Tetchubah, Will, Emma, Avicia, Etiennette, Miguel, Borgunna, Caellach, Sadhbh

Start time: 7:30 pm

Opening Comments:

Baron & Baroness/ Conchobhar & Seraphina – Welcome to everyone and thank you for coming out! Thank you all for coming. We have lots of thank yous from Great Western War to come later. Special thanks for Will for persevering despite logistical issue in keeping the Baronial camp fed and cared for. Congratulations to Miguel for becoming a Bowman, to Finella for winning the People's Choice at the Regional Bardic competition, and to Her Excellency Seraphina who was given a Crescent at war!

Seneschal / Mercy – Thanks for coming out! We have a full agenda.

Officer Reports

Arts and Sciences / Finella – Not here. Report: The next scheduled Arts & Sciences event is the bardic circle on November 10 (see below for details).

Chatelaine / Etiennette – With the disappearance of Yahoo! Groups, she is downloading information and files to keep in archives. She did talk to newcomers at war but they were not from Lyondemere. She received some donated items earmarked for newcomers to make garb and new items. She is also working on paring down loaner garb which has been donated to Gold Key. Some of it might be appropriate for raffling off for fundraisers if it is not needed to keep Gold Key stocked.

Welcome Wagon Project: They are working to put together volunteers and materials to help welcome newcomers and members of the public at events.

Children / Arwen – Nothing to report.

Chronicler / Sechen – Not here, no report.

Constable / Geiri – Not here, no report.

Exchequer / Tetchubah – \$11,685.10 is the current balance as of the end of September. That does not include outlay for Yule and Great Western War. Registration has begun for West Coast Culinary Symposium. They are accepting both checks and PayPal amounts via the Kingdom special account. The storage unit monthly rent has gone up \$5/month. Please let her know in advance if checks are needed at the monthly meetings.

Herald / Caellach – He attended the Kingdom heraldic meeting yesterday. The submission for the Order of the Seahorse will be submitted soon, likely next month. He has been working with Lachlan on the art for the submission.

Lists / Sechen – Not here, no report.

Marshal (Armored Combat)/ Fearghus – Not here. Report: Weekly practices are ongoing with 4-6 fighters in attendance.

Marshal (Rapier Combat)/ Sadhbh – We have swords! Practices are ongoing on Wednesdays and resume this week from war. Master Garrick was elevated to the Order of Defense at war and it was noted that he was the last baronial rapier champion.

Marshal (Archery) / Emma/Miguel – We now have 4 bowmasters in Lyondemere (3 who participate on a regular basis at practices) now that Miguel has achieved that rank. Archers from Lyondemere participated in the archery team at war.

Sexton / Conchobhar – We have stuff! He is looking for a deputy. He is looking into renting vehicles as needed rather than haul the baronial trailer when needed (approximately 3 times per year). They had a tire blow out on the trailer on the way back from Great Western War and the loaded weight of the trailer is starting to exceed the towing capacity of many vehicles. Additionally, by storing items in the storage unit rather than in the trailer, they will be covered by insurance and be more secure. The plan would also include fixing up and selling the trailer which would help defray some of the initial rental costs as well. Another desirable component would be to buy fabric to create a baronial dragon wing which could be used at other events where the large baronial pavilion is not needed. A decision also needs to be made on whether to create a new set of baronial thrones or commission a new throne to match the remaining baronial throne (since the mate was lost when the trailer was stolen).

Webwright / Eilidh/Sadhbh – Not here. Report: she has made some updates to the website regnum and email forwarding to reflect officer changes. She also is working with the Kingdom Webwright on the requested PHP and website updates they requested.

Guild Reports

Bardic – See item below for the beach bardic event updates.

Lyondemere Cooking Guild / Eva – Eva is the feast steward for Yule.

Scribal / Aliskye, Deputy Emma – The next Lyondemere scriptorium is November 21st. This month's meeting was held on 10/17 and went well. There were 3 attendees.

Old Business/Upcoming Events

Beach Bardic – Avicia and Finella are looking at November 10th as the date for a beach bardic event (the previously provided date ended up not working out after all). More details will be forthcoming but it will be a casual afternoon/evening event with a potluck and bardic circle. The location will be Cabrillo Beach which allows bonfires.

Great Western War – The weather at war was cool and setup went smoothly. Their Excellencies went to the Heroes and Villains Grand Court as Beauty and the Beast. The royals present participated in the fun and the costumes were impressive. Arwen advised that war was fun and the baronial encampment ate well. The daily fee worked out to cover the costs of the food. Master Thomas Bordeaux, a former baron of Lyondemere, came out from Northshield to hold a post-Laurel vigil one evening at war. He performed Ban the Fencers on Saturday night for a large group of fencers who came over from the MOD vigil. Lyondemere worked a Thursday late-night (12-4 am) gate shift and it went smoothly.

Lyondemere/Gyldenholt Yule (December 7, 2019) – Arwen could not attend the meeting and Will was given the check to deliver so the site can be paid ASAP. She is still looking for volunteers for Yule and will post about the needed positions on the Lyondemere and Gyldenholt pages. She will also resubmit the item to be printed in November's Crown Prints. She would like copies of prior Yule budgets if they are available.

West Coast Culinary Symposium (April 24-26, 2020) – Registration is live! We can accept PayPal, credit cards, and checks thanks to working with the Kingdom. There is tiered pricing with the first deadline in December. Teacher class submissions will be live soon. There will be cooking, brewing, and bardic classes and there may be fiber classes added as well but that is still being discussed to ensure the logistics are in place.

Caid Archery Open – The date is still being discussed to determine an acceptable date. April 11 is the desired date but there is an ongoing discussion about whether it is acceptable because of a conflict with another event. Miguel and Mercy will discuss offline.

New Business

Arts and Archery 2020 (March 21, 2020) – The date works for Woodley. The event stewards are traditionally the Arts & Sciences Minister and Archery Captain. Miguel will be stepping in to support the Archery steward role.

Lyondemere Anniversary 2020 – They are seeking proposals for next year's anniversary and hope to have event steward(s) selected by December.

Baronial Succession – Their Excellencies are requesting letters of intent from those interested in being the next Baron/Baroness. Announcements will be publicized on the baronial website and on social media. They plan to accept letters until November 15th, and the plan is that heirs will be selected by Yule or Twelfth Night.

Next Meeting

Next Baronial Council:

November 11, 2019 (Round Table Pizza)

End: 8:45 pm

OYEZ! OYEZ!

As was announced at Lyondemere's Baronial Meeting (October 21, 2019), effective immediately the **bidding process** will be opened for the populace to submit their **letters of intent** to serve as Baronial leaders. We would like to have all submissions to the Kingdom Seneschal and Lyondemere's Baronial Seneschal by November 15, 2019. Please send submissions to: Baronial Seneschal - Lyondemere, **Asakura Machime**: seneschal@sca-lyondemere.org Kingdom Seneschal, **Eronric of Devon** : seneschal@sca-caid.org After we receive your letters, we will be reviewing and then, doing polls in order to pick our Reeve and Reeveess. If you have any questions, please let me know.

Yours in Service,
Asakura Machime
Seneschal, Lyondemere

Ypocras and Spice

By THL Johnnae llyn Lewis, CE

*Soone after that, this hastif Januarie
Wolde go to bedde, he wolde no lenger tarye,
He drynketh ypocras, clarree, and vernage
Of spices hote. T'encreeßen his corage...
~Geoffrey Chaucer, *The Merchant's Tale*.*

So named because it was “filtered through a ‘Hippocrates’ sleeve’ or ‘bag’”, the drink known today as Hippocras or Ypocras was also spelled as ipocras, ipocrasse, ipocratis, ipocras, hipocras, hipocris, hyppocris, and hypocras. Hippocrates bags or sleeves were filtering or straining bags that were conical in shape. Karen Hess notes that they were called Manica Hippocrates. They were said to resemble the sleeves of the gown worn by the physician Hippocrates in ancient Greece. Drinks other than hipocras might be strained through Hippocrates’ bags, so it cannot be said that all drinks strained through these sleeves are ypocras. These other drinks include notably Sir Kenelme Digbie’s ‘very plesant drink of apples’ and the ‘Countess of Newport’s Cherry Wine.’ [For an excellent explanation with illustrations of the process, please take a look at Ivan Day’s website at: <http://www.historicfood.com/Ypocras.htm>]

At the time that Chaucer was writing *The Merchant’s Tale* (as quoted previously, the master cooks of England’s King Richard II were composing the culinary manuscript that is known today as the *Forme of Cury*. Recipe 199 of that manuscript states:

Pur fait ypocras. Troys vnces de canell & iii vnces gyngueuer; spykenard de Spayn, le pays dun denerer; garyngale, clowes gylofre, poeure long, noiey mugadey, mayioyame, cardemonii, de chescun i quarter donce; grayne de paradys, flour de queynel, de chescun dm. vnce; de dout soit fait powdour &c.

Or modernized as:

To make Ypocras. Three ounces of cinnamon and three ounces of ginger; spikenard of Spain, a pennysworth; galangal, cloves, long pepper, nutmeg, marjoram, cardamom, of each a quarter of an ounce; grain of paradise, flour of cinnamon, of each half an ounce; of all, powder is to be made, etc.

Hieatt & Butler. *Curye on Inglysch*, p. 145.

Ypocras recipes varied from household to household. Cindy Renfrow in her excellent chapter on hypocras in *A Sip Through Time* mentions recipes can be found for versions with white wine, red wine, and oddly sounding to the modern palate, versions that call for wine and milk or cream. Ypocras was at once both a medicinal drink prescribed by doctors and apothecaries and a digestive to be taken at the end of a meal.

At roughly the same time that the master cooks at the English court were compiling their recipes, the *Menagier of Paris* in a middle class French household was dictating that ypocras or hippocras ought to be made as a powder. His recipe called for fine cinnamon, selected ginger, grains of paradise, nutmegs, and galangal. One was to mix this powder with sugar and add to the wine. As translated by Professors Gina L. Greco & Christine M. Rose, the *Menagier's* recipe reads:

Hippocras. To make hippocras powder, pound together a quartern of very fine cinnamon, selected by tasting it, half a quartern of choice cassia buds, an ounce of hand-picked, fine white Mecca ginger, an ounce of grains of paradise, and a sixth of an ounce of nutmeg and galingale together. When you want to make hippocras, take a generous half ounce of this powder and two quarterns of sugar, and mix them together with a quarter of wine as measured in Paris. And nota that the powder and the sugar mixed together make "duke's powder." *The Good Wife's Guide. Le Menagier de Paris. Page 329.*

Or As translated by Janet Hinson. the **Menagier's recipe** reads:

HIPPOCRAS. To make powdered hippocras, take a quarter-ounce of very fine cinnamon, hand-picked by tasting it, an ounce of very fine meche ginger and an ounce of grains of paradise, a sixth of an ounce of nutmeg and galingale together, and pound it all together. And when you want to make hippocras, take a good half-ounce or more of this powder and two quarter-ounces of sugar, and mix them together, and a quart of wine as measured in Paris. And note that the powder and the sugar mixed together make "duke's powder".

To make a quart or a quarter-ounce of hippocras by the measure used in Besiers, Carcassonne, or Montpellier, take five drams of fine select clean cinnamon, select peeled white ginger, three drams: of clove, grains, mace, galingale, nutmeg, nard, altogether one and a fourth drams: more of the first, and of the others less and less of each as you go down the list. Grind to powder, and with this put a pound and half a quarter-ounce, by the heavier measure, of ground rock sugar, and mix with the aforesaid spices; and have wine and the sugar melted on a dish on the fire, and add the powder, and mix: then put in the straining-bag, and strain until it comes out a clear red. Note that the cinnamon and the sugar should dominate. [http://](http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html)

www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html

Another early circa 1380 recipe identified as “**Potus ypocras**” from the English Mss. Royal 17 notes if one lacks sugar, one should use a ‘potel of hony’ in the making of the drink.


Potus ypocras. Take a half lb. of canel tried; of gyngyuer tried, a half lb.; of greynes, iii unce; of longe peper, iii unce; of clowis, ii unce; of notemugges, ii unce & a half; of carewey, ii unce; of spikenard, a half unce; of galyngale, ii unce; of sugir, ii lb. Si deficiat sugir, take a potel of honey.

Hieatt & Butler. Curye on Inglysch, p. 148.


By the time John Russell was writing his *Boke of Nurture* (circa 1440) ypocras was being divided into differing versions for the wealthy and for the poor. Ginger, Cinnamon, Grains of Paradise, Sugar, and Turnsole for coloring were called for in the wealthy version. For ‘commyn peple’ ginger, canelle, long pepper, and honey were called for. Dinners for the wealthy and nobility required the festive meal at feasts be ended with ypocras, wafers and comfits. Ceremonies, weddings, and christenings required the drink. During the reign of Henry VIII, Anne Boleyn and her ladies were solemnly served “great standyng spyce plates, a voyde of Spice and subilties with Ipocras and other wyne” at her Coronation. (Hall) For Elizabeth I, it was recorded “at the seruing vp of the Wafers, the Lorde Maior of London went to the Cupboord, and fitting a cup of golde with Ipocrasse, bare it to the Queene, and kneeling afore hir tooke the assay, and shee receyuing it of him, and drinking of it, gaue the Cuppe wyth the couer vnto the sayde Lorde Maior for his fee, which Cuppe and couer weyed. xvj. dunzes Troy weight.” The account ends with the words: “Finally this feast being celebrated with all royall ceremonies, and high solemnities, due and in like cases accustomed, tooke ende wyth great ioy and contentation to all the beholders.” (Holinshed)

All three, wafers, comfits, and ipocras could be purchased for special occasions. As the 15th century progressed, ready-made hippocras powders or spice mixtures were increasingly being made available from obliging spicers or spice merchants. This made the task simpler for the not so wealthy household who operated without the services of a butler.

With the arrival of the printing press, ypocras recipes made the leap from manuscripts to the printed page. An elaborate and detailed recipe titled “For to make Ipocras” appears in Wynkyn de Worde’s *The Boke of Keruyng* [Book of Carving] in 1508. The first paragraph of this version of the recipe appears below. It calls for red wine, ginger, pepper, grains of paradise, canell, cinnamon, sugar and turnsole: For to make **Hypocras** begins



Take gynger, peper, graynes, canell, synamon, suger and tornsole, than loke ye have fyve or syxe bagges for Hypocras to renne in & perche that your renners may hange on, than must ye have by peautre basyns to stande under your bagges than loke youre spyce be redy & your gynger well pared or it be beten to poudre, than loke your stalkes of synamon be well coloured & swete canell is not too gentyll in operacyon synamon is hote and drye, graynes of paradico ben hote and moste, gynger, graynes, longe peper and suger ben hote and drye, tornsole is holsome, for reed wyne colourynge. Now knowe ye the proporcyons of your hypocras. than bete your pouders eche by them selfe & put theym in bladders & hange your bagges sure that no bagge touche other.*



A number of other ypocras recipes found their way into printed texts in the 16th century. The first volume of Alessio published in England in 1558 included this recipe for an “**Excellent Ipocras.**”

Excellent Ipocras. Take an vnce of Synamom, of Ginger .ii. dragms Melligettha thre dragmes, Cloues two deniers, Nutmegges, Galanga, of eche of them a denier, stampe all, and put it in a ielley bagge or strainer, than take a pint of the best redde or white wine you can get, or a pint of good Malmesey or other stronge wine, mixe well all together, than take a pounce of Sugre fined, and hauinge stamped it, put it into the other wyne, and so poure it vpon the strainoure, wherin you dyd put the sayd wine with the spices, than hauinge taken it oute, you muste poure it on agayne, so often vntyll it become as cleare as it was before, styrringe it sometime in the strayner or bagge: and here note that this is to make but a flagon full. Wherefore, if you will haue more, you muste take a greater quantitie of the sayd thinges. And for to make it verye excellente, you maye bynde a lyttle Muske in a fine linnen clothe at the ende of the strayner, so that all the substaunce maye passe ouer and vpon it, the which by that meane wil receiue the odour and sent of the sayde Muske. Pp. 57-58.

John Partridge’s books on cookery began appear in the 1570s. He included this recipe:

To make **Ipocras. Cap.**

Take of chosen Cinimon, two ounces, of fyne Gynger one ounce, of Graynes half an ounce, bruse them all, & steepe them in .iii. or .iiii. pyntes of good odiferous wine, with a pound of Sugre by the space of .xxiiii. howres, then put them into an Ipocras Bag of Wollen, and so receaue the liquor. The rediest and best waye is to put the Spices with the halfe powned of sugre, and the Wine into a stone bottle, or a stone pot stopped close, and after .xxiiii. howres it wyll bee rady, then cast a thin linnen cloth, or a peece of a boulder cloth on the mouth, & let so much run thorow: as ye wyll occupy at once, and kepe the vessell close, for it will so well keep both the sprite, odour, and vertue of the Wine, and also Spices.

Partridge. *The Tresurie of commodious Conceits*, 1573.

Thomas Cohan in his 1584 *The Haven of Health* included this *unusual* recipe:

CHAP. 234. **Hippocras made with water.**

Take of chosen Cinamom two ounces, of Ginger scraped halfe an ounce, long Pepper, Greynes, Galingale, of each a dramme, Nutmegs, Cloves, Mace, of each halfe a dramme, Spring water three quarts, let it boyle to the halfe or to one quart, then straine it hard through a cloth, and put to it halfe a pound of Sugar, boyle it a little againe and skimme it, then put it into some close pot and use it. To make Hippocras of Aquavitae, excellent for one that is very weake. Take a quart of Aqua vitae, and put it in a glasse, then take two ounces of Cinamom, one ounce of Ginger, two pennyworth of Cloves, as much of Greynes, a peny worth of Nutmegges, beat them all grosse, and put them to the Aqua vitae and shake it together every day often for nine daies together, then drinke it with wine or ale, halfe a spoonefull or a quarter, with halfe a pinte of Ale. Page 266

In the early 17th century, versions for hippocras can be found in **Gervase Markham's** *The English Housewife*. Markham calls for a woolen bag through which to strain the mixture and helpfully notes 'if your wine be claret, the hippocras will be red; if white, then of that colour also.'

To make hippocras

To make hippocras, take a pottle of wine, two ounces of good cinnamon, half an ounce of ginger, nine cloves, and six pepper corne, and a nutmeg, and bruise them and put them into the wine with some rosemary flowers, and so let them steep all night, and then put in sugar a pound at least; and when it is well settled, let it run through a woolen bag made for that purpose: thus if your wine be claret, the hippocras will be red; if white, then of that colour also. Gervase Markham. *The English Housewife*, p. 111

Sir Kenelme Digbie's *Closet Opened* from 1669 is well known for its collection of mead and wine recipes, but the book contains no ypocras titled recipes. For a representative recipe from that period, we can turn to *The Accomplish'd Lady's Delight* of 1675, which contains this recipe for a white wine version.

14. *To make Hippocras.*

Take a gallon of White-wine, two pound of Sugar; and of Cinamon, Ginger, long Pepper, Mace not bruised, Grains, Galingal Cloves not bruised, of each two pennyworth, bruise every kind of spice a little, and put them all together into an earthern pot for a day, then cast them through your bags two or three times, as you see cause and so drink it. *The Accomplish'd Lady's Delight*.

Lest we think that only in modern times have we strived to create foods and drinks in an instant—here's another recipe from the same book.

93. *To make excellent Hippocras in an instant.*

Take of Cinnamon two ounces, Nutmegs, Ginger, of each half an ounce, Cloves two drams, bruise these small, then mix them with as much spirit of Wine, as will make them into a Past, let them stand close covered in a glass the space of six days in a cold place, then press out the liquor and keep it in a glass. A few drops of this liquor put into any Wine giveth it a gallant relish and odour, and maketh it as good as any Hippocras whatsoever in an instant. *The Accomplish'd Lady's Delight*.

As cold and bitter winter days and nights seem to call for what medieval food historian **Moira Buxton** calls “undoubtedly the best and most comforting of the spiced drinks,” here is her modern recipe for the drink.

Hypocras.

Up to 3 bottles of good plain red vin de table

6 ounces sugar

3-4 quills of cinnamon

1 level tablespoon each of ginger and galingale

1 teaspoon each of nutmeg, mace, cloves and cardamon-all ground

¼ teaspoon hot paprika (I'd use long pepper here but the paprika is an interesting substitute when one doesn't have long pepper in the cabinet.)

- Warm the wine- do not allow to become hot and never boil- and dissolve the sugar in it.
- Now add the spices and simmer over very, very low heat for 10-15 minutes.
- Strain several times to remove the spices.
- Serve warm or cool or bottle and cork or cap. (pp.76-77)

Last, but not least Peter Brears offers up this simple recipe for a **Tudor style** Hippocras. Brears in his latest volume *Cooking and Dining In Tudor and Early Stuart England* describes ipocras or hippocras as “the sweet, spiced digestive liqueur of the medieval period” which continued to be drunk at wedding feasts in the seventeenth centuries. Brears notes that if even if one halves the amounts of specified spices found in early modern cookery books, the mixture will be well spiced enough for modern tastes. His version from *All the King's Cooks* follows. He notes it is minus the dangerous ingredients of turnsole, etc.

For two pints of red or white wine, use one-half teaspoon each of ground cloves, nutmeg, and galangal, 2 teaspoons of ground cinnamon and one quarter teaspoon ground ginger. Mix the spices and add them to the wine. Leave overnight. Then filter the wine mixture through paper coffee filters until no longer cloudy. Add one cup sugar (to taste) to the wine mixture. Mix well. It's ready to serve.

Comfits and wafers (or pizelles) may still be purchased, but it is hard to find a good bottle of ipocras at the local liquor store, but with the recipes above, one can easily make a batch at home. Enjoy!

*For the extended recipe see [The Boke of Keruyngge](#). 1508.



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Ivan Day's website [Historic Food](#)

Ivan Day's blog [Food History Jottings](#)

For more about Alessio see Tournaments Illuminated #147 [2003] for my article on the 16th century culinary and medical recipe bestsellers that appear under his name.

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Volunteers are Needed!

The **Society for Creative Anachronism**, or SCA, is a non-profit, volunteer organization. Every position within the Kingdom, Baronies, Shires, and Cantons are 100% voluntary. Consider helping out the Barony or the Kingdom and get involved as a volunteer! Positions are standing by! Contact our Seneschal, Asakura Matsume, for more information about how ***you*** can get involved!

Baronial Progress

- **Saturday, November 02 – Calafia Anniversary**
- **Saturday, November 09 – Naevehjem Anniversary**
- **Saturday, December 07 – Lyondemere/Gyldenholt Yule**
- **Saturday, January 04 - Coronation/12th Night**
- **Saturday, January 11 - Queen’s Champion**
- **Saturday, January 25 - Gyldenholt Unbelted**
- **Saturday, February 1 - Festival of the Rose**
- **Saturday, March 7 - Crown Tournament**
- **Saturday, March 14 - Friendship Tourney**
- **Saturday, March 21 - Arts & Archery**

EMAIL LISTS & GROUPS

Baronial List

<https://scalyondemere.groups.io/g/main/topics>

Archery

<https://www.facebook.com/groups/983706488315263/>

Brewers

<https://www.facebook.com/groups/389455797787896/>

Caid Clothiers

<https://www.facebook.com/groups/CaidClothiers/>

Cooking Guild

<https://www.facebook.com/groups/355580354645898/>

Fighters, mostly rapier

<https://www.facebook.com/groups/819820254813544/>

Caid Art and Sciences

<https://www.facebook.com/groups/521417457879219/>

Lingo Alert! “Your Excellency” is the proper address for a Baron/Baroness or Count/Countess (a person who has served once as King/Queen).

Lyondemere Regnum

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