

The Tydes

Volume 44, Issue 4 ᏊᏊ A.S. LVII February 2023



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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’s website at <https://wp.sca-caid.org>. Corporate details, membership information, and other Society documents can be found at <http://www.sca.org>.

Publishing Dates: *The Tydes* is ambitiously published each quarter, with a few exceptions. Publication dates based on the Society year are May 1, August 1, November 1, and February 1.

Content Submission Date: All content is due by the 25th of the month prior to publication. Please submit either an email, text, or Word file for all articles and columns. Original drawings or photos are always appreciated! Scans and photos of artwork gladly accepted. Creative works releases are required for any item that is not an officer or baronage address. Please send submissions to chronicler@lyondemere.org.

From the Baronage

Greetings Good Gentles!

Greetings Good Gentles! Arts & Archery is coming on March 11th! Will you be there? Last year we had so many wonderful arts displays, and we're hoping this year will be no different. In case you missed it, an anonymous benefactor has offered to cover the gate fee for the first 10 people to bring an arts display, demo, or class!!! We're excited to see all the archers as well. Even if you don't practice archery or bring any arts, come out to support our competitors and arts participants.

Do you know someone who you think is worthy of recognition in our Barony? Send us a note with their name, and what inspired you to recommend them.

We have several open officer positions, and we need YOU!! Have a few hours a month available to help? We need volunteers to step into the officer roles of Youth, Lists, Chatelaine, Quartermaster, Constable, and Arts & Sciences. We also need deputies for all of our officer positions, especially Seneschal, Exchequer, and Chronicler. We would love to see some new faces in these roles. The lovely volunteers who have been doing this work for years need a break!

Keep your eyes open on any of our social media outlets, we have some fun workshops in the works, including silk banner painting! We'll announce the details via Facebook, Discord, and our email list.

Yours in Service,

Baron Guillem and Baroness Arwen



From the Seneschal

Greetings Lyondemere!

In our new year, we have so many excellent opportunities to grow our Barony and our skills together. Many of us are hoping to start getting together in-person at our fighter practices, at both local and Kingdom events, and then pioneer some new Sunday afternoon "demos in the park." We're really pleased that the Tournament of Virtues is in Lyondemere for the first three months of the year. I hope you get a chance to join us. If you have specific topics you'd like to help support or would like to see us host, please drop us a line!

We have three major events coming up soon. The first one is very soon: Saturday, March 11, is Lyondemere Arts and Archery (see the event announcement in this issue). We have some anonymous donors that have said that the first ten people who set up their Arts Display have their Gate fee covered for the event. Start planning now for your Arts demos, workshops, or displays for Arts and Archery.

On Saturday, June 3, we'll host our Lyondemere Anniversary and we're excited for the planning going on now. And finally on Sunday, July 16, Lyondemere will host the summer Consort's Ranged Weapons Championship. Please mark your calendars and we'd love to have your support on the range.

Sincerely,

Dame Eilidh Swann

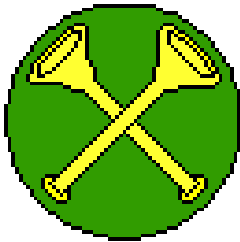
Seneschal of Lyondemere



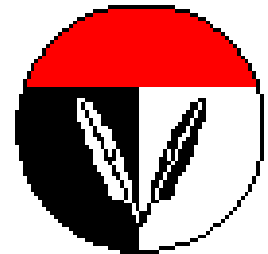
CALLS TO SERVICE (COME JOIN THE FUN!)

Volunteering to organize an event as an **Event Steward** (or volunteering for anything!) is a wonderful way to experience the SCA from a new perspective and embody the phrase, "Yours in Service".

It is also be a great way to gently introduce newcomers to a behind-the-scenes view of the challenges, fun, and satisfaction of making the Dream come alive for others.



The Offices of the **Herald** and the **Chronicler** are also seeking deputies to share in the fun and joy of supporting the Barony and the mission of the SCA through education, service, and collaboration.



The only thing volunteers need are a willingness to learn and an appreciation of questionable humor—we'll provide the rest! Please contact any officer or our Seneschal, Dame Eilidh Swann at seneschal@lyondemere.org today!

KINGDOM AND BARONIAL COVID-19 NEWS

Please be aware that current health situation is an on-going one, with new information and updates being passed down from the Governor of California, the CDC and other appropriate government authorities.

Although the SCA complies with all applicable laws to ensure the health and safety of our event participants, we cannot eliminate the risk of exposure to infectious diseases during in-person events. By participating in the in-person events of the SCA, you acknowledge and accept the potential risks. You agree to take any additional steps to protect your own health and safety and those under your control as you believe to be necessary.

Currently the Barony offers a mix of live and virtual events. Please check the [Lyondemere Event Calendar](#), this newsletter, or contact an officer for more information about activities and policies.

Virtual Baronial Council Meetings are held monthly, as a virtual Scriptorium on the 1st and 3rd Tuesdays of each month. Please contact our Seneschal, Dame Eilidh Swann at seneschal@lyondemere.org if you are interested in attending.



Lyondemere Arts and Archery



Saturday, March 11, 2023

Woodley Park, Van Nuys, CA

The Barony of Lyondemere is pleased to host our annual tournament to choose new champions in Archery, Crossbow, and Thrown Weapons. There will also be a display of Arts with demonstrations, workshops, and classes. Thanks to anonymous benefactors the first ten people at the gate who are planning on bringing a display, doing a demo, or holding a workshop will have their gate fee waived.

Lyondemere's return to grand competition will be Saturday, March 11th, 2023, at Woodley Park archery range in Van Nuys. Please note that the site is DRY so no alcohol is permitted, alas. We invite you all to join us for thrilling competitions and to stand in awe at our talented artistry.

Archery

Along the theme of "Shoot 'til You Drop," competitions will run all day, including early-bird shoots before morning court. There will be novelty shoots, which you can do as many as you like—with only your highest score from each competition counting. Contests are currently planned for 20m, 30m, 40m, and a Clout competition at 100 yards. Top scores from each of the mini competitions will be eligible for the finals.

Crossbow and Thrown Weapons

It has been confirmed that there will be both Crossbow and Thrown Weapons competitions at this year's tournament. The planned competitions will be challenging, entertaining, and rewarding to participants and spectators alike!

Arts

Join us to marvel at the artistry of Lyondemere. We will be celebrating the talents of artists throughout our land. Come display your art: finished or unfinished, pieces you want to show off, and projects you are proud of. Your display can be anything you want to share, such as a bardic performance, dancing, or storytelling. There will be a People's Choice for art, open to anyone; it's not a competition but a fun way to celebrate your talent. Want to share your knowledge or learn to refine your growing talent? There will be classes and workshops! Show us how you mastered your art, tell a story, or model how to perform in front of others. Teach us the tricks and short cuts you learned along the way. Classes and workshops are open to anyone (whatever skill level you are) who wants to share their experience.

Site

Woodley Park is at 6331 Woodley Ave, Van Nuys, CA 91406 in the Sepulveda Dam Basin Recreation Area, between Burbank Blvd and Victory Blvd. This is a dry site. Extra-long stakes are needed when putting up pavilions or pop-ups. We regret to inform you that the site does not allow pets.

Schedule

8 AM – Site Opens

10 AM – Opening Court / Announcements

4 PM – Closing Court / Champions Announced

5 PM – Site Closes

Site Fee

\$20 Adult Event Registration

\$15 Adult Member Discount Event Registration (with proof of membership).

Children 16 and under are guests of the Barony.

Children are welcome but must be supervised at all times by a parent or guardian.

Please bring cash or make checks payable to SCA, Inc./Barony of Lyondemere.

Event Steward: Lupus Baltis, artsnarchery@lyondemere.org

Directions

Take your favorite route to the 405 and Burbank Blvd.

From the 405 North: Exit at Burbank Blvd. and turn left toward Woodley.

From the 405 South: Exit at Burbank Blvd. and turn right toward Woodley.

At Woodley, turn right. Look for a sign that bears the legend “Japanese Gardens”. Turn right towards the gardens. Just before entering the gardens, turn right on the access road that traverses the park picnic grounds. Continue along this road until you reach the traffic circle. The Archery range is on the left, up the hill. Parking is limited near the range, but overflow parking is available alongside the range, behind the paved lot.



- ❖ Saturday, June 3 - Lyondemere Anniversary
- ❖ Sunday, July 16 - Consort's Ranged Weapons Championship



Practice Makes Perfect!



Weeknight Lyondemere Archery Practice is held at Rancho Park on Thursdays starting at 7 PM. As always, all archers of Caid are welcome to participate and we offer free lessons for beginners!

Loaner gear is available by prior arrangement, please contact the Captain of Archers to inquire at archery@lyondemere.org. Masks must be worn at all times, and 6 feet distance is between archers is required.

The Rancho Park Archery Range can be found at 2551 Motor Ave., Los Angeles, CA 90064. Enter the parking lot marked with the Archery Range sign. Drive past the front lot to the back lot and park.



Weekly Fighter Practice is held on Wednesdays at 7:30 pm in El Segundo at Recreation Park 401 Sheldon St, El Segundo, CA 90245. Enter on Pine Avenue and look for us near the tennis courts. Masks must be worn at all times, and 6 feet distance between participants is required

Free lessons for beginner fighters too! Need gear? Loaner gear is available by prior arrangement, please reach out to either our Armored or Rapier marshals to inquire. .

Fighter Practice contact information:

Armored: marshal@lyondemere.org

Rapier: <https://www.facebook.com/groups/819820254813544/?ref=bookmarksFighter>

Poor Knights and Toast

By Johnnae Ilyn Lewis, CE

In the annals of chivalry, England's King Edward III is remembered in part for his long reign, many and various military ventures in Ireland, Scotland, and France, and for establishing the Order of the Garter in 1348. The Most Noble Order of the Garter was and remains the most prestigious of England's chivalric orders. (The well-known and much discussed motto of "Honi soit qui mal y pense" is translated generally as "shame on him who thinks evil of it" from the French.) From its earliest creation, the order has been associated with Saint George, England's patron saint. New knights and lady companions of the order are still by tradition announced on the 23rd of April, Saint George's Day with the actual installation ceremonies, service, and annual banquet now being held on a Monday in June during Royal Ascot week.

Also established in 1348 by letters patent was the College of St George, Windsor Castle and within those documents was a provision for the establishment of a charity to serve and maintain impoverished knights. Elias Ashmole in his 1672 book *The Institution, Laws & Ceremonies of the Most Noble Order of the Garter* would describe the founding with these words:

"First then, King *Edward* the Third, out of the great respect he bore to Military honor (of which himself had gain'd a large share) and due regard had of valiant men, chiefly such as had behaved themselves bravely in his Wars, yet afterwards hapned to fall in decay; took care for their relief and comfortable subsistence in old age, by making room for them within this his *Foundation*, and uniting them under one Corporation and join Body, with the *Custo[m]s* and *Canons*; these he called *Milites Pauperes*, and we vulgarly *Poor* or *Alms-Knights*." [Section V: page 158]

These "Poor Knights" or "Alms Knights" (described as "Poor Knights, weak in body, indigent and decayed") were first tasked to serve God in prayer.

"Their duty was to attend the Service of God, and pray for the prosperity of the *Sovereign* and *Knights-Companions* of the *Order*, to be ... every day present at high Mass, the Masses of the *Virgin Mary*, as also at Vespers and Compline, from the beginning to the end, except any lawful occasion did impede." [Ashmole. P. 159]

In return the knights received a place to live, the sum of twelve pence a day, and an annual sum of forty shillings. Should one of the Poor Knights come into an inheritance or be cured in some way of their adverse misfortune, he was to be removed from the college and replaced by another impoverished knight. The original number was twenty-six, but the number of knights varied over time. Ashmole notes the Poor Knights also performed certain ceremonial functions in connection with the Order of the Garter for which there was a ceremonial costume. "To each of these *Alms-Knights* was appointed for their Habit, a ... *Red Mantle*, with a Scutcheon of *St. George*, but without any Garter, to surround the same."

The conditions and fortunes of the Poor Knights ebbed and flowed over time. Ashmole notes during the reign of King Henry VI, the treasurer of the College refused to pay the due annum of forty shillings due to quarrels and dissent. King Henry VIII included the Poor Knights in his will; his intent was to cap the number at thirteen and fund the order with properties and rents. Under Queen Elizabeth I, new statutes were finally drawn up in 1559 to regulate and fund the Poor Knights. Sources vary, but 1559 is also the date given as to when specific almshouses were created for housing the aged veterans. Even during the period of the Commonwealth in the 1650s, Oliver Cromwell's government recognized the role of the Poor Knights. A 1655 ordinance states:

"*His* Highness the Lord Protector being zealous to continue and establish all Works and Foundations tending to the Advancement of Learning, or any other Charitable and Pious Use or Uses whatsoever; and more particularly the Charitable and Pious Work and Foundation of the Alms-Houses, and Alms-Men, called *Poor Knights*... belonging to Windsor Castle;" [Ordinance 29-30]

The 1655 ordinance ends with the caveat, however, that the said Charitable and pious uses were not to be "superstitious

nor derogatory to the Government now established, nor repugnant to any the standing Laws of this Nation.” [p. 37] In the 1658 *The New World of English Words*, Edward Phillips would define the knights as: “poor Knights, who have no other sustenance, but the allowance of this house, and are also called poor Knights of Windsor, the site of this Colledge being the Castle of Windsor....” In 1833 King William IV changed the name of the community to the Military Knights, removing the terminology and adverse connotations of the word “Poor.” The Order as the Military Knights still exists with housing at Windsor Castle. Their current duties include attendance at royal events at Windsor, Sunday morning services, and to remember the Queen and the Knights of the Garter in their daily prayers.

Having briefly described the history of the chivalric Poor Knights, it’s time to address the “Toast” part of this brief essay, and yes, that means “toast” as in bread dipped in egg and then fried. In the English medieval period this dish using up stale bread was commonly known as *pain perdu*, but strangely enough there came to be a time in the seventeenth and early eighteenth centuries when the French toast like dish of *pain perdu* came to be known as “Poor Knights” or “Poor Knights of Windsor.” The term reappears in many modern gastronomical histories and cookery books and causes no end of amusement and comment.

What we do know is *Pain perdu* has a long culinary history in England. *The Oxford English Dictionary* describes it as dishes made of stale bread, from “Middle French, French *pain perdu*, lit. ‘lost bread’.” Juan José Calvo in his article on older culinary terms defines it as “The ME noun *payn purdeuz* appears ca. 1420 for the first time, in the Harleian MS 279 as *Payn pur-dew*; it is an adaptation of OF *pain perdu* (1384).”

Our *Concordance of English Recipes’* glossary defines it as “bread ‘lost’ in egg batter and fried.” But was the bread or pain lost? Australian food historian Janet Clarkson, who blogged as “The Old Foodie” writes, “In old books it is called *pain perdu*, which is usually translated as *lost bread*, but I prefer the idea that it is a corruption of *pain pour Dieu*, or *God’s bread*.” She also notes, “The same idea goes by a myriad other names: Poor Knights, Golden Bread, Bread Fish, Gypsy Toast, and Gilded Slices for example.” (In modern Britain from the 1960s on, the dish may be termed as “egg bread”.)

In the modern USA, the dish has long been French toast, and the *OED* helpfully includes this recognizable description from the 1844 agricultural journal *Southern Planter* (Richmond, Virginia). “From a French gentleman, of this city, we obtained the following recipe:—Take a loaf of light baker’s bread..mix three eggs..Soak the bread in this custard..fry it until it is brown... The children, who are very fond of it, have dignified it with the name of *French toast*. (*Southern Planter* Aug. 192/2) *The Dictionary of American Regional English (DARE)* includes an entry under “lost bread” which reads: “n. 1968....Pan-pan-doux [,pæn ,pæn ‘du]—bread coated with egg and fried; stale bread is usually used. Also called lost bread. [FW: This is listed in recipe books as *pain perdu*, but the spelling is the one given by the Inf.]” French toast can be found today in Louisiana, but especially in New Orleans it may still be found on menus under the name of *Pain Perdu*.

Be it lost or not, numerous sources and blogs like to trace *pain perdu’s* history as far back as to the Roman gourmet Apicius, but even without mentioning the famed Roman culinarian’s recipe for soaked bread fried in butter and eaten with honey, the recipe for *pain perdu* can be found among the earliest of English manuscripts. (The *Paynfondew* and *Payn Ragoun* recipes which appear in the earlier *Forme of Cury* (c 1390) vary enough as to not be included here.) In our 2006 *Concordance of English Recipes*, we traced five early medieval recipes. Here are those five versions in chronological order:

From the Harleian MS 279 dated about 1435:

.xliij. Payn pur-dew.— Take fayre zolkys of Eyroun, & trye hem fro þe whyte, & draw hem þorw a straynoure, & take Salt and caste þer-to; þan take fayre brede, & kytte it as trounde3 rounde; þan take fayre Boter þat is claryfyd, or ellys fayre Freysshe grece, & putte it on a potte, & make it hote; þan take & wete wyl þin trounde3 in þe zolkys, & putte hem in þe panne, an so frye hem vppe; but ware of cleuyng to the panne; & whan it is fryd, ley hem on a dysse, & ley Sugre y-nowe þer-on, & þanne serue it forth [forth]. [Austin, p. 42]



From the Harleian MS 4016 dated about 1450:

Payn purdeuz. Take faire yolkes of eyren, and try hem fro the white, and drawe hem porgh a streynour; and then take salte, and caste thereto; And then take manged brede*. or paynman, and kutte hit in leches; and þen take faire buttur, and clarefy hit, or elles take fress grece and put hit yn a faire pan, and make hit hote; And then wete þe brede we there in þe yolkes of eyren, and then ley hit on the batur in þe pan, whan þe buttur is al hote; And then whan hit is fried ynowe, take sugur ynowe, and caste there-to whan hit is in þe diss, And so serue hit forth. [Austin, p. 83]
[Austin noted: * Douce MS. maynche brede. Manchet.]

From MS Beinecke 163, [f.69v] dated 1460, comes this version. Constance Hieatt chose this recipe as her “epitome” version for *The Culinary Recipes of Medieval England*.

Take paundemayn or fresh bredd pare a wey the crustys cut hit in schyverys fry hem a lytyll yn claryfyd hony buture have yolkes of eyron drawyn thorow a streynour & as hote as thu may ley the brede ther yn that hit be al helyd with bature then fry in the same bature & serve hit forth & strew on hote sygure. [Hieatt. *An Ordinance of Pottage*, p. 79]

From the Holkham MS known as *A Noble Boke off Cookry* dated about 1475:

To mak payn pardieu tak paynmayne or freshe bred and paire away the cruste cutt them in schyues and fry them alitill in clarified butter then tak yolks of eggs drawe throughe a strene as hot as ye may and lay the bred ther in and turn it therin that they be coueryd in batter and serue it and straw on sugur enowghe. [Recipe as printed in *A Noble Boke off Cookry*]

From the Harley MS 5401 dated 1490:

50 Payne Pure dew. Recipe shyves of whyte brede & toste pam; pan take þe 3olkes of egges & swyng team, & turn þe brede perin, & fry it in grece or buttur, & serof it forth. [Hieatt, *Medium Aevum*]

In the sixteenth century, the recipes trail off and are not part of the printed culinary literature. Starting in the seventeenth century, Randle Cotgrave’s *A Dictionarie of the French and English Tongues*, 1611, included these definitions: “**Pain perdu** . A broath made of wine, Rose - water, and Sugar, egges, and bread” and “Le lour de **pain perdu** . Sbroueterofday.” Or “the day of pain perdu. Shrove Tuesday.” Numerous recipes appear in the seventeenth century culinary literature. Gervase Markham included a recipe for the dish under the name “panperdy.” (Hint: read the title aloud.)

To make the best panperdy. To make the best Panperdy, take a dozen Egges, & breake them, and beate them very well, then put vnto them Cloues, Mace, Cinamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it: then take a Manchet, and cut it into thicke slices like tostes; which done, take your frying pan, and put into it good store of sweete Butter, and being melted lay in your slices of bread, then powre vpon them one halfe of your Egges; then when that is fryed, with a dish turne your slices of bread vpwrd, and then powre on them the other halfe of your Egges, & so turne them till both sides be browne, then dish it vp, and serue it with Sugar strowed vpon it. [Markham. *The English Housewife*. 1615, 1631.]

Jos. Cooper included the following recipe in his 1654 cookery book.

How to fry Toster. Take a stale Manchet and cut them in round slices like Tostes, and wet them in Muscadine, then beat ten Eggs very well and fry your Tostes in Butter, then pour halfe the Eggs on the Tostes as they are in the pan, and fry them browne, then turne the Tostes and pour the residue of the Eggs as before, and fry that side; then dish them, and pour Rosewater, Butter, Sugar, and a little grated Nutmeg and Cynamon, well beat together, on them, and serve them up hot. [Cooper. *The Art of Cookery Refin’d and Augmented*. 1654. p86.]

Dating a year later, W. M.’s *The Compleat Cook* of 1655 contains two recipes of interest. The first is:

To make Toasts. Cut two penny Loaves in round slices and dip them in half a pint of Cream or cold water, then lay them abroad in a Dish, and beat three Eggs and grated Nutmegs, and Sugar, beat them with the Cream, then take your frying Pan and melt some butter in it, and wet one side of your Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them; send them in with Rosewater, butter and sugar. [W.M. *The Compleat Cook*. 1655]

And here is a recipe in the same work for:

To make poore knights. Cut two penny loaves in round slices, dip them in half a pint of Cream or faire water, then lay them

abroad in a dish, and beat three Eggs and grated Nutmegs and sugar, beat them with the Cream then melt some butter in a frying pan, and wet the sides of the toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them, serve them in with Rosewater, sugar and butter. [W.M. *The Compleat Cook*. 1655, 1658]

The above recipe for Poor Knights enters the culinary canon then in the 1650s. *OED Online* defines the dish as: “Poor Knights *n.* (also with lower-case initials) orig. *Brit.* (more fully Poor Knights of Windsor) a type of dessert, typically made using stale bread and milk, and sweetened with sugar, jam, etc.; = pain perdu *n.*” According to the *OED*, French toast is also seventeenth century. It enters the culinary canon in 1660 with Robert May’s masterpiece *The Accomplisht Cook*. May actually included a number of recipes for “Toasts of divers sorts.” Of interest are:

First, in Butter or Oyl. Take a caste of fine roles or round manchets, chip them. and cut them into toasts, fry them in clarified butter, frying oyl, or sallet oyl, but before you fry them, dip them in fair water, and being fried, serve them in a clean dish piled one upon another, and sugar between. *Otherways*. Toast them before the fire, and run them over with butter, sugar, or oyl.

Cinamon Toasts. Cut fine thin toasts, then toast them on a gridiron, and lay them in ranks in a dish, put to them fine beaten cinamon mixed with sugar and some claret, warm them over the fire, and serve them hot.

And lastly,

French Toasts. Cut French Bread, and toast it in pretty thick toasts on a clean gridiron, and serve them steeped in claret, sack, or any wine, with sugar and juyce of orange. [May. *The Accomplisht Cook*. 1660]

Hannah Woolley in *The Cooks Guide* included this more basic recipe:

To fry toasts. Take a manchet and cut off the crust, then cut it into thin round slices, soak them well in cream, then take three eggs well beaten; and when your batter is hot in the frying pan dip your slices of bread in the egges and fry them; when they are fryed a little pour the rest of the egges on them and turn them, and when they are fryed enough put some rose water, butter and sugar to them. [Woolley. *The Cooks Guide* 1664]

Randle Holme in his encyclopedic volume *The Academy of Armory* published in 1688 described the dish “*Poor Knights*, are slices of White Bread dipt in Eggs, Cream and Sugar, fryed in Rose Water and Butter.” “*Toasts*,” he wrote, “are shives of Bread, dried, and made hard and hot before a Fire.” He did not include “French toasts.”

Half a century later, in 1723, John Nott published his *Cooks and Confectioners Dictionary*. The work is a most interesting one for food historians as it was largely compiled from seventeenth century works of cookery. Nott includes both recipes for “Cream -Toasts, or Pain Perdu” and “To make poor knights.” Noted English food historian Elizabeth David created a glossary for the Rivington facsimile edition of 1980. David suggests *pain perdu* might be lost bread, but it also might be “waste” bread. In her entry on “Poor Knights” she writes, “How the venerable dish of left-over bread, steeped in cream or wine and beaten eggs, fried in butter and be sprinkled with sugar and rosewater, came to be particularly associated with the Poor Knights I have not discovered.”

Nott’s mention of *Cream toasts* introduces still another name to the mix, but the name is not original to Nott. In 1710 Patrick Lamb included this recipe in his *Royal Cookery*.

To make Cream - Toasts , or Pain Perdu . TAKE two French Rolls , or more , according to the Bigness of your Dish , and cut them in thick Slices , as thick as your Finger , Crum and Cruft thro ' , lay them on a Silver or Brass Dish, put to them a Pint of Cream, half a Pint of Milk; strew over them beaten Cinnamon and Sugar, turn them frequently till they are tender soak'd, so as you can turn them without breaking; so take them with a Slice or Skimmer from your Cream; break four or five raw Eggs, turn your Slices of Bread in the Eggs, and fry them in Clarify'd Butter; make them of good brown Colour, not black; take care of Burning them in frying; Scrape a little Sugar round them, have a care you make them not too sweet. You may *serve them hot* for second Course, being well drain'd from your Butter in which you fry'd them; but they are most proper for a Plate or little Dish for Supper. (Lamb. *Royal Cookery*. 1710)

Nott’s cited recipe is very like Patrick Lamb’s but varies in the exact quantities being specified. Nott specifies: “TAKE a

Pound of French Rolls... half a Pint of Cream... a Quarter of a Pint of Milk... strewn sugar and cinnamon... three or four raw Eggs... and clarify'd Butter. Serve them hot for a second course," he instructs. Then he includes: "Entry 193 "To make poor Knights." It calls for slices of 'penny loaves,' 'three eggs,' pint of cream or water, cream, sugar and grated nutmeg. One is instructed to fry the slices in a frying pan and then pour the soaking mixture of cream and sugar over them. Fry until done, and serve with butter, sugar and rosewater."

It's interesting to note that Hannah Glasse's 1755 fifth edition of *The Art of Cookery, Made Plain and Easy* includes almost the exact same wording as Patrick Lamb under her recipe for "Pain Perdu , or Cream Toasts." Two other cookbooks of the same era offer 'fry'ed toasts.' Charles Carter in 1749 includes this recipe for

To make fry'd toasts. Chip a manchet very well, and cut it round ways into toasts; and then take cream and eight eggs, seasoned with sack and sugar and nutmeg; and let these toasts steep in it about an hour; then fry them in sweet butter, serve them up with plain melted butter, or with butter, sack and sugar, as you please. (Carter, Charles. *The London and Country Cook: Or, Accomplished Housewife*, 1747. p 246)

Elizabeth Moxon included this recipe in her cookery book of 1752.

424. To make fry'd Toasts. Chip a Manchet very well, and cut it round ways in Toasts, then take Cream and eight Eggs seasoned with Sack, Sugar and Nutmeg, and let these Toasts steep in it about an Hour, then fry them in sweet Butter, serve them up with plain melted Butter, or with Butter, Sack and Sugar, as you please. (Moxon, Elizabeth. *English housewifery*. 1752? ECCO.)

The October 2014 revised edition of the *Oxford Companion to Food* in its longer and more complete entry on "Poor Knights" says of the dish, "The origin of the curious name, sometimes expanded to 'poor knights of Windsor' is a puzzle, although the Danish name *arme riddere* and the German *Arme Ritter* may be earlier and may provide the explanation." The entry ends with the assertion, "After the 1730s, the English cooks reverted to the name pain perdu." But even here we find a later recipe. Elizabeth Cleland in 1755 offered up her recipe for Poor Knights. Correcting for the original long "s", the recipe from 1755 reads:

Poor Knights of Windsor. Take a Roll, and cut it into Slices; soke them in Sack, then dip them in Yolks of Eggs, and fry them; serve them up with beat Butter, Sack and Sugar. [Cleland. *A New and Easy Method of Cookery*. 1755]

Nothing, it seems, is clear-cut or absolute when it comes to the dish. Why, of course, would a dish like *pain perdu* with a long and established tradition of its own suddenly appear or adopt a new name, keep it for some decades, and then revert back to its previous name? Did it suddenly become a dish served to residents of Windsor Castle's College of St. George? In actuality, it seems that in the 17th century, versions of the dish seem to have been known under a variety of names. Even in the 20th century here in America, there were versions of French toast known as German toast; they can be found in no less a source than Fannie Farmer's *The Boston Cooking-School Cook Book* of 1918.

Perhaps John Thorne said it best when he wrote, "Why? No one knows for sure." It is, I agree, a culinary mystery, but a delicious one to be sure!

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THAT WAS EASY!

What are your "easy" tricks to make SCA life more fun? Submit them to be printed in the Tydes, post them on our Facebook Baronial page, or share on our Discord server!!

Everything is Better With Butter!

By **Raphaella Benintendi**

Flavored Butters

Butter can add a burst of flavor to meats, breads, and vegetables quickly and easily when it is elevated with a few simple ingredients. For camping or a feast, flavored butters can be made at home and transported, or they can be easily made on-site. Measurements are not exact but meant to serve as a guideline and flavor base. Margarine and non-dairy spreads can be used instead of dairy butter.



1. Let 1 stick of butter sit until softened, but not melted, in a bowl big enough to beat the butter with fork until fluffy and light like heavy frosting. Add ingredients to suit your cooking purpose - sweet or savory.
2. After flavoring your butter, scrape it out of the bowl and pack it into a jar or crock for storage and transport.

Garlic Butter - stir in as much finely chopped garlic as you want until it is evenly distributed. Good on hot bread and roasted meats. Raw garlic is strong, for a milder flavor, use this butter on bread before toasting, to cook foods in, or to brush or spread on food while it cooks.

Cinnamon Butter - while beating the softened butter, add a few spoonfuls of honey and start with 1 teaspoon of cinnamon for a good infusion of flavor. Add more to taste. Good on toasted bread and warm fruit.

Horseradish Herb Butter - beat in 2 spoonfuls of grated horseradish and 1 spoonful of single or mixed chopped herbs such as chives, parsley, etc. Adds a kick to steak, fish, and stews.

According to the USDA, butter is safe when stored at room temperature, however some resources state to keep butter out only if the temperature is under 70 degrees Fahrenheit. In a camp or any environment please use your judgement and refer to appropriate food storage safety guidelines.

USDA - <https://ask.usda.gov/s/article/Is-butter-safe-at-room-temperature#:~:text=Butter%20and%20margarine%20are%20safe,within%20a%20day%20or%20two.>

VOLUNTEERS NEEDED

OR HOW YOU CAN GET INVOLVED IN LYONDEMERE

Looking for a way to become more involved within Lyondemere? We have several volunteer officer and deputy positions that need to be filled and/or need assistants! Here's a list of the offices and what they do:

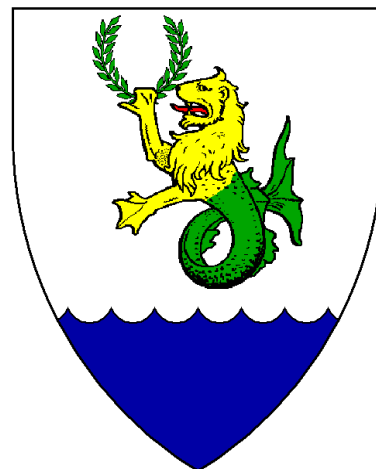
Arts & Sciences Minister: This position focuses on advancing work in the field of Arts & Sciences (A&S); being a resource person for your group; facilitating research, creative artistic and scientific work, as well as teaching activities; and recording (through your reports) what happens in Lyondemere A&S. You don't have to be an expert in everything A&S to do the job; you just need to know how to track down resources and share information. The handbook for A&S Ministers may be found [here](#).

Chatelaine & Keys: The Office of the Chatelaine exists in order to inform the public about the SCA, to invite interested or curious individuals to participate and join, and to provide instruction and workshops for new members so that they will become fully participating members. The handbook for Chatelaines may be found [here](#).

Constable: The Office of the Constable is responsible for: keeping the peace at Kingdom-sanctioned events, making and enforcing such regulations concerning events as appropriate to insure safety and orderly participation therein (not including SCA combat), and operating the Lost & Found. The handbook for Constables may be found [here](#).

Lysts: The Lysts Officer is in charge of pairing fighters for tournaments and recording the results. The handbook for Lysts may be found [here](#).

Youth Activities: In general, the local Youth Activities Officer provides opportunities for parents and other adults to engage in age appropriate activities with youth members by providing ideas, games, crafts, stories, and songs for parents to work with their children and the children of others. Youth Officers ensure that sufficient leadership is provided for all activities, and have the right and duty to cancel activities when the necessary two adults are not available. The handbook for the Youth Activity Officer may be found [here](#).



Lyondemere Regnum Contact List

Baron: Guillem Cosinier - baron@lyondemere.org
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Chatelaine (Newcomers):

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Marshal (Heavy Weapons, Fighters):

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Constable:

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Rapier Marshal (Fencing):

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Exchequer (Treasurer):

Baron Conchobhar mac Cionaoith
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Sexton (Baronial Possessions):

Baron Conchobhar mac Cionaoith
sexton@lyondemere.org

Herald, Coral Pursuivant (court business, artistic shield design, and names):

Lord Séamus mac Néill Uí Chonchobhair
herald@lyondemere.org

Webwright:

Lady Sadhbh inghean Duinn
webwright@lyondemere.org

Social Media, Lists, and Groups - Baronial and Kingdom

Baronial Email List

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

Barony of Lyondemere Facebook Group

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

Barony of Lyondemere Calendar of Events

<http://www.lyondemere.org/calendar>

Lyondemere Cooking Guild

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

Lyondemere Officially Unofficial Fighter Group (mostly rapier)

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

Caid Calendar of Events

<https://wp.sca-caid.org/events>

Caid Target Archery

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

Right Noble Brewers Guild of Caid

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

Caid Clothiers

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

Caid Art and Sciences

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



[@scacaid](https://twitter.com/scacaid)



[@SCAKingdomOfCaid](https://www.instagram.com/SCAKingdomOfCaid)



Discord
[Barony server](#)

Credits and Releases

Page 3—Kingdom Archers - William Taira

Page 9—Knight with Bread and Wine, Albrecht Altdorfer German, Creative Commons License

Page 14—Baking Bread (detail) in a psalter by an unknown illuminator, Belgium, mid-1200s. Getty Museum

COUNCIL MINUTES

BARONIAL COUNCIL AGENDA NOVEMBER 7, 2022 AT 7:30 PM

Attendees: Eilidh, Unjust filius Antonii, Emma Cardignashire, Baron Guillem, Baroness Arwern, Miguel de Granada, Fedelm, Sadhbh (8 total)

Meeting Started at 7:33 PM

Opening Comments

Baron & Baroness / Arwen & Guillem: We took a trip up to An Tir for a surprise event, which was why we were not at Calafia. Just finished my second carpal tunnel surgery, should be out of braces soon! Good to see new faces, hope you're all healthy, look at upcoming events! Also, we did have our wedding.

Seneschal / Eilidh: Notes.

Officer Reports

- ◆ **Arts and Sciences / Cecilia:** Cecilia has been ill for a while and Eva has been part of her care team. Baroness would like to possibly teach in the future. Eilidh can also teach things.
- ◆ **Chatelaine / <OPEN>:** *Position open at the moment, please watch for a good candidate!*
- ◆ **Chronicler / Raphaella:** Unable to be here tonight, but the Tydes was published this week.
- ◆ **Constable / <OPEN>:** *Position open at the moment.*
- ◆ **Exchequer / Conchobhar:** Conchobhar reports we have approximately \$12,000 in the bank, outstanding \$387 for storage, and he'll look at the bank statement this evening. Eilidh has verified: \$13720.98 end of 9/30/2022.
- ◆ **Herald / Séamus:** Submitted an article to the Tydes, and looking for whether there are award recommendations (Possibly watch for new Google form forthwith).
- ◆ **Marshal (Armored Combat) / Fearghus:** Regular turn-out 3-5 fighters most weeks (weather permitting). Tournament of Virtues on third Thursday of the month in January. Need our recruiting QR signs by then, possibly come in garb. Same part in El Segundo, new night! Emabelle and Jahazieal (get names from Arwen) - to get announcement information
- ◆ **Marshal (Rapier Combat) / Sadhbh:** Similarly 4-5 people for fighter practices, coming in the rainy season.
- ◆ **Marshal (Archery) / Emma:** Archery is going okay. Thursday night better than Sundays, but we still host Sunday. 3-4 Sundays or so, 2-5 people on Thursdays in Rancho Park.
- ◆ **Sexton / Conchobhar:** No notes today.
- ◆ **Social Media / Fedelm:** Yule promotions coming, and posts will include possibly rainy cancellations. Would like to reach out to Angels to promote archery at Rancho.
- ◆ **Webwright / Sadhbh:** Website is still there, going well, no major problems. Tydes is up, working on getting the Yule post up. AND we are ready to finally issue the new email addresses!

Guild Reports

Brewing / Cooking Guild, Eva: Guild is still alive, just quiet, as looking forward to what we can do

in the new year. Combining brewing and cooking together.

Scribal / Alyskye, Deputy Emma: Ongoing Tuesdays monthly hosted from Kingdom, some schedule shifting because of the holidays.

Old Business / Upcoming Events

- ◆ Lyondemere/Gyldenholt Yule - We are on the Kingdom Calendar, on the Kingdom Facebook Events <https://www.facebook.com/events/2142381162624694>, and in the Crown Prints. Will have a focused promotion period after GWW.
 - ◆ Location: Bolsa Chica Park, 13660 University St, Westminster, CA 92683
 - ◆ Will feature a "picnic in the park with your family" meal theme.
 - ◆ Viking stick game and cornhole planned.
 - ◆ Dessert Auction! NEW EVENT
 - ◆ Maybe set up like a "hall" for our picnic tables, with table cloths
 - ◆ Dona Grace is doing her vigil
 - ◆ Planning Meeting Soon; Baroness and Baron will support planning efforts as "shadow stewards".

New Business

- ◆ Paul / Lupus to help steward Arts and Archery (Arwen to intro Eilidh)
- ◆ Baroness and Baron will formally announce the search for successors to step up at Anniversary and continue to build the Barony as a role model.
- ◆ Struck by the vibrancy of the populace when they were up in An Tir. Time to say: Lyondemere is in trouble.
 - ◆ Hard time recruiting volunteers. Number of unfortunate events in the past 10 years; we've lost so many people. Anything we can do to bring the vibrancy to the barony is what we need. But it cannot be just the same small number of people. We need to recruit the young members of the SCA.
 - ◆ Ungust: After 20 years of the SCA, this is the same issue we've had all along. In years gone by, demos on the university campuses, demos of fighting, this was a very good recruiting technique. Maybe some challenges to the Knights for fighter practices. Some Sunday practices and/or demos. Possibly challenge some neighboring baronies.
 - ◆ Also, we can get the mailing list of paid (and unpaid) members within our borders. Postcards with Beach Gear, fun "Wish you were here" card to send to all SCA members of Lyondemere. Work party to address, stamp, and sign postcards.
 - ◆ Can we reach out to Angels for people who might be able to join us?
- ◆ We have open officer positions that really could use some new blood. Being good with people. Constable, Chatelaine, Youth, Lists, A&S.

Upcoming Events

THIS YEAR

- ◆ **Dec 3, 2022 - Gyldenholt/Lyondemere Yule**

NEXT YEAR

- ◆ **No Date Yet - Lyondemere Arts and Archery** - We have some possible dates in March or February, and are working to get this firmed up. March date is the first choice, either of two February dates will work if necessary. Note that the next newsletter (after November) is in

February if needed for promotions. A potential Steward is in the wings. Baroness - would like to see the Arts portion more academic and less competition-focused for this event and the championship moved to Anniversary. Location will be Woodley Park, Van Nuys (only cost to the Barony is insurance, \$50).

- ♦ **Jun 03, 2023 - Lyondemere Anniversary** - great opportunity for Steward recruitment!
- ♦ **Jul 16, 2023 - Consort's Champion Ranged** (confirmed for Lyondemere) - we'll discuss more next month. Eilidh will find out what the gate split is for Kingdom events.

Meeting Ended at 8:28 PM.

Next Baronial Council

January 9, 2022 - 7:30 pm - *Moved to the second Monday*



BARONIAL COUNCIL AGENDA JANUARY 9, 2022 AT 7:30 PM

Attendees: Guillem, Arwen, Eilidh, Gabriello, Miguel, Fearghus, Emma, Fedelm, Cassandre, Sadhbh, Asakura, Rise, Gareth, Seamus (14 total)

Started at 7:32 PM

Opening Comments

Baron & Baroness / Arwen & Guillem: Opportunities to enable our community - existing needs with transportation, garb, equipment, references, resources, referrals.

Seneschal / Eilidh: No additional comments beyond the agenda items, but thank you everyone for attending!

Officer Reports

- ♦ **Arts and Sciences / <OPEN>:** *Position open, looking for interested team members*
- ♦ **Cooking Guild:** notes
- ♦ **Scribal Guild:** notes
- ♦ **Chatelaine / <OPEN>:** *Position open, looking for interested team members*
- ♦ **Chronicler / Raphaella:** Not here, Eilidh taking notes. Nothing to report.
- ♦ **Constable / <OPEN>:** *Position open, looking for interested team members*
- ♦ **Exchequer / (new) Gabriello:** Announcement about new officer - please meet our new Exchequer!
- ♦ **Herald / Séamus:** Fabulous new deputy herald! Did a beautiful job on the Coronation presentation. More effective than Seamus!

- ◆ **Marshal (Armored Combat) / Fearghus:** Not much happening in the rain and mud, but things looking up this year and looking forward to our events this year. Tournament of Virtues on Thursday - 2nd Thursday of month for 3 months, at the El Segundo location. B&B plan to be there. 7:30pm until done (usually 9:30 or 10).
- ◆ **Marshal (Rapier Combat) / Sadhbh:** No practice with holiday and rain. We have an out of kingdom guest with hopes for practices. Just on Wednesdays, but might turn out for Thursday.
- ◆ **Marshal (Archery) / Emma:** Some problems with weather, Thursday range is mostly under cover. January Sunday practice was fine, hit or miss with weather. Could we also get archery announcements on the Angels FB page?
- ◆ **Social Media / Fedelm:** Many new practice posts are scheduled for FB. Will do the Archery update.
- ◆ **Webwright / Sadhbh:** Website is there, some Database issues. Need to onboard the new Google work spaces emails, working on that in the next week. Will contact right away to fix the forwarding.

Old Business

- ◆ **Privy Council** report from B&B - Coronation was beautiful and exhausting. You may have seen some social media information about this. Discussions of honorable field behavior and DEI issues. The "does anyone object" gauntlet was actually taken up, and people have been talking to one another, listening, and things are moving forward. At Privy Council, the marshallate is talking about changes they might include for how they conduct fighting on the field. There is a really large call for the Chivalry to put their plan on paper and share. Not yet, this is not addressed. The discussions have been held with the Chivalry, but we have yet to hear what their response is. The Horsemen as a household have decided to not enter Crown while they look at their own internal culture. We may be able to be cautiously optimistic.
- ◆ Other big issue on reporting and follow-up and communication for accusations of assault. Just wanted clarity on the process. The SCA is not in the position to make judgements of innocence or guilt. (In this case from the weekend, there is a law enforcement investigation in process.) Suggested, "administrative leave" type approach if there is an accusation of misconduct, while the investigation plays out. Laertes is working on how we share clear communication about process, about updates that we can share. There is also an assigned deputy to JUST address this issue with proper attention.
 - ◆ DEI was not discussed at Privy council, and there is some resource that can be shared, suggested reading. Arwen has contacted Portia. And remember that people are still people: Is it true? Necessary? Kind? Want to have productive conversations.
- ◆ On the close to home level, Arwen made an appeal about what do you do when the same people are in leadership and some burnout, and groups were in an OUTPOURING of support for us. Active ways to combine events and support more groups. Looking for ways to make good will and tipping points of numbers.
- ◆ In your day to day version of SCA and talk to friends, when you know someone is a peer who lives in Lyondemere, please encourage them to join us again at the Baronial walk up in court, etc. We know there's been some troubling times in the past, but we need the support of our SCA members here in Lyondemere. We need to know who our people are. And we were hoping to see folks at Anniversary. We need people again, and our neighbors will "lend us their warm bodies" to help our critical mass. And the pandemic had a hard hit on

our barony.

- ◆ **Letters of Intent** - for Heirs due by February 3.

New Business

- ◆ **Demos and Get-Togethers** - Would like to see additional new opportunities to get together for in-person "demos" or social gatherings. Let's look at some Sunday afternoons.
- ◆ **Arts and Sciences Workshops** - Looking into some banner workshops, some additional resources to do Arts and Sciences together.
- ◆ **Chatelaine series of content** - Let's also look for ways to start a Chatelaine series for our newcomers.

Upcoming Events

- ◆ **Archery Events** this year: All four of these are at **Woodley Park**, Van Nuys (only cost to the Barony is insurance \$50)
 - ◆ Saturday, March 11 - **Lyondemere** Arts and Archery - we need to charge enough to cover and make money. Privy Council encouraged to raise prices.
 - ◆ Sunday, April 22 - Robin Hood Tourney (Angels)
 - ◆ Sunday, July 16 - Queen's Consort Ranged Weapons (**Lyondemere**) - we are responsible for site and gate, kingdom does everything else. (need to confirm 50/50 split)
 - ◆ Sunday, October 22 - Agincourt Archery Championship (Altavia)
- ◆ **Jun 03, 2023 - Lyondemere Anniversary** - We're putting together a team of stewards for the event.
- ◆ **2024 Calendar** - Kingdom is asking for which Kingdom events the branches would like to host. Input from the barony suggested these are the items we could possibly host:
 - ◆ Consort Ranged Weapons
 - ◆ Consort Archery
 - ◆ Summer Crown
 - ◆ Festival of the Rose
- ◆ **Dreiburgen** mentioned at Privy Council doing talks with **Kronenberg Faire**, they would like to have folks help staff the SCA demos at this Faire.
 - ◆ Apparently Comic-Con has a limited number of passes for SCA.
 - ◆ LosCon typically has had SCA demo presence
 - ◆ Gallifrey One has an SCA demo presence
 - ◆ Looking forward into the Gaming convention or Anime Expo
 - ◆ Cassandre was at AnimeLA this weekend. Bert is looking about getting a fighting demo that could be there next year, cleared with the convention.

Meeting Ended 8:32 PM.

Next Baronial Council
February 13, 2022 - 7:30 pm - Moved to the second Monday