



# PENFEATHERS



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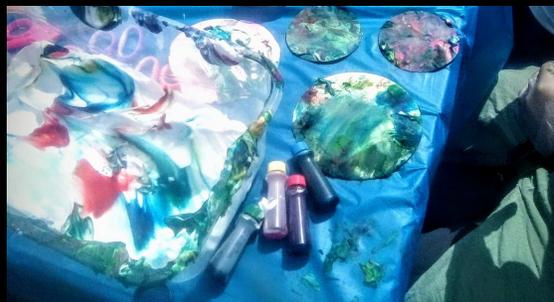


Photo Credit THLady Deedre Turner

2022



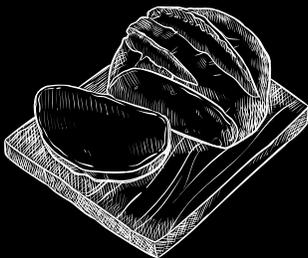
PENFEATHERS

## INTERVIEW WITH

***Mistress Ailleagan  
Andhrimnirsdottir***

**what is the hardest feast you have ever cooked?**

There were two that were difficult, but for different reasons. The first was my Grand Chef feast. I had planned 32 dishes, and it had to be served in three hours or less. We broke it down into six courses, I believe, but that's not a lot of time to get food on platters and ready to be served. And that's after we had been in the kitchen most of the night before and all day. We were tired! The other was Thomas and Elisenda's second Coronation. I had to prepare everything in facilities that were similar to home kitchens, but the two rooms were a half mile apart. I had to figure out ways to get the food up there to be cooked, and get people I trusted to check on it to keep it the way I wanted.



**What is their go to meal?**

My favorite meal to prepare is a whole roast chicken, sweet & sour spinach, braised purple cabbage, peasant bread, and almond pudding. It's all very simple to prepare and reasonably inexpensive.

**What is something you have never made that you would like to try to make?**

I've never made blood bread or blood pudding. I think those would be fun to try!

**Cooking Edition**



**What is something you never want to make?**

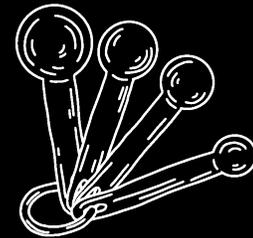
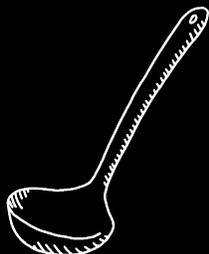
I don't want to make any kind of fish or shellfish. The window where it's safe to eat and tasty is too small for the unpredictability of a feast, in my opinion. Others have done it quite successfully, but it's not something I want to risk.

**What made you want to cook?**

I grew up cooking. I remember making my first salad for a family meal when I was about five years old. Starting as a feast steward seemed like a natural progression from there, then I eventually became curious about the food they would have actually eaten in the SCA time period instead of just making modern food for lots of people.

**How do you get people to help you cook feast?**

Most of the time I ask. I've been doing this for a long time now, so I have a solid group of friends that I know I can work with and that I can also trust to work independently. And there are always people that wander in and ask to help. Sometimes I feel bad because all I have for them to do is wash dishes, but that's an important part of the process, too!



**What would be your dream feast?**

I'm actually slowly putting together an idea for a gigantic feast I'm calling "Around the World in 80 Dishes," and I want to have ALL THE CULTURES represented. That's the dream. But it's a long way off, and that's IF I can get all the recipes and staff coordinated, and IF I can make it with a reasonable budget.

**If you could have anyone at feast both past or present who would it be?**

I don't know how to answer this question. Do they mean historical figures or people I actually know?

**Have you ever had a kitchen disaster, and did it turn out better than expected?**

I have been very, very fortunate and never had a disaster.

**What is your favorite food to eat?**

My favorite modern food is pizza. My favorite medieval food is pomegranate chicken with rice.



### **How do you know what recipes to pick?**

Sometimes I pick recipes that are appropriate to the theme of the events (time period, culture, etc.) Sometimes I pick them just because I want to try them.

### **When reading period recipes how do you measure stuff?**

Most period recipes don't have measurements, which is why you need to test them in your kitchen first. It can take a lot of trial and error to get the flavors just right. I've been very lucky here, too, because I can sort of imagine how things taste in my head. I can guess at measurements pretty well.

### **What decorations would you like to see more of in a feast hall?**

I think any decorations that add to the "feel" of the event theme are great! I love serving feasts that are lit by lots and lots of candles, too.



Photo Credit THLady Deedre Turner

### **If money wasn't an option, what ingredient would you cook with?**

I would love to work with musk, but it's impossible to find in the US.

### **What is your favorite cookbook and why?**

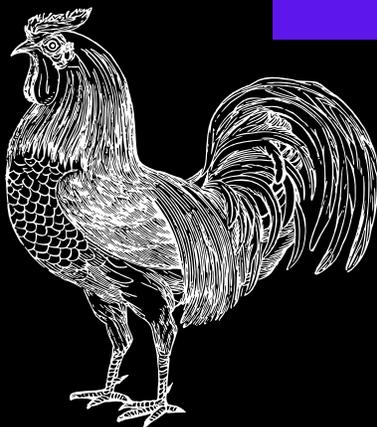
There are so many! I love Medieval Arab Cookery, A Soup for the Qan, the Anonymous Andalusian Cookbook, and lots more. They're all insights to how people lived and what they enjoyed.



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*Next Interview &  
Topic???*

**WHO COULD  
IT BE?**



Cooking Edition

Page 05



MASTER  
**Geoffrey  
MacDhomhuil**

Hi! I am Master Geoffrey MacDhomhuil, and I have been in the SCA for over thirty-five years! Yes that is a long time, so I have had to find many things to do within the SCA to fill that time! One of the first things I did was to make a Game of the Goose board for an A&S competition. It turned out that I loved the game and it was the beginning of my love of all medieval gaming. I love it so much that I always have my games nearby so that we can play on a moment's notice. I also have a gaming tavern that I run on Friday nights at many events. It is a great place to have fun, learn games and make new friends!!! I invite everyone to come out and participate! I hope to see you there!



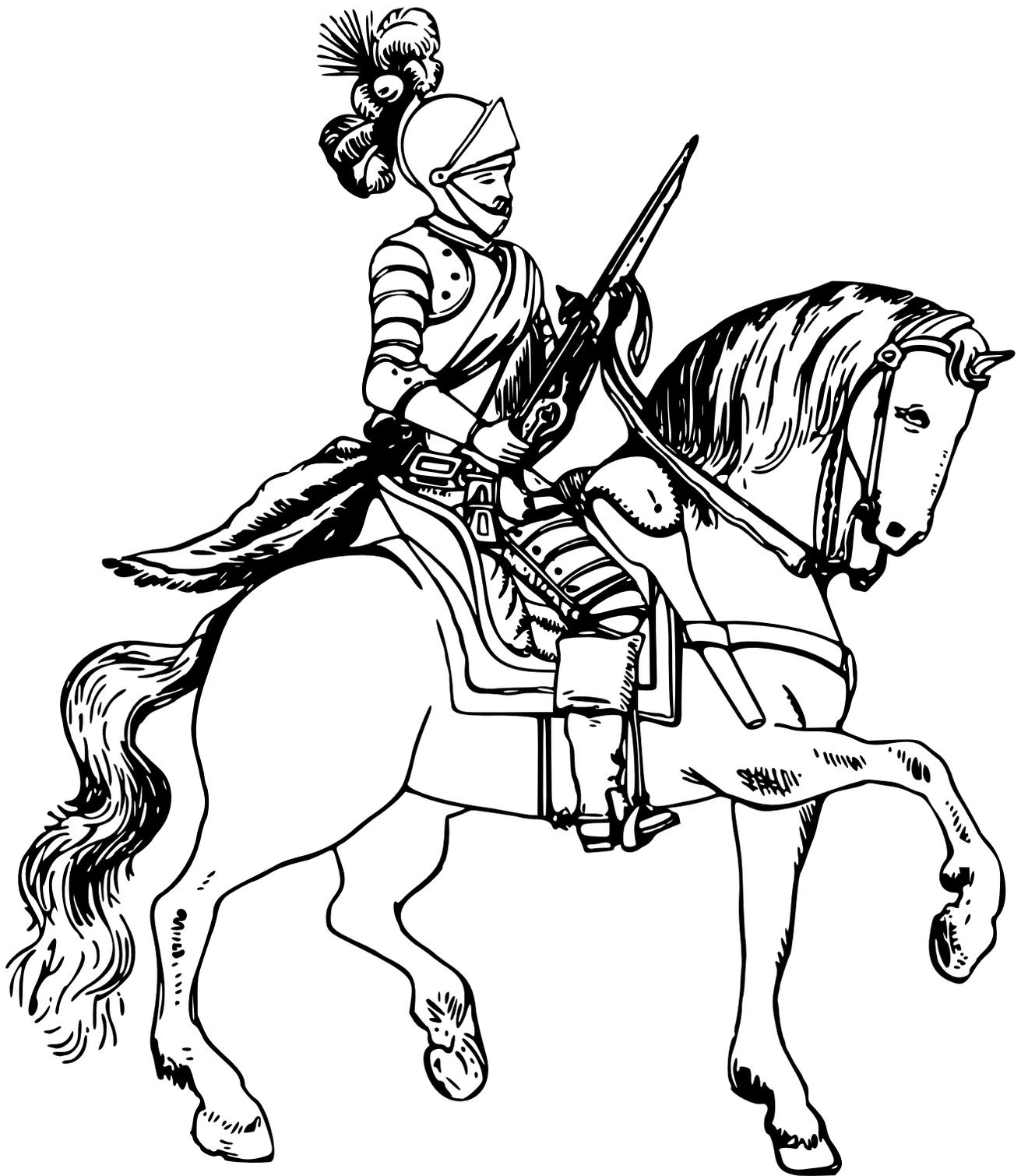
***Please have all questions  
turned in to  
[penfeathers@meridies.org](mailto:penfeathers@meridies.org)  
by December 1st***

Photo Credit Master Geoffrey MacDhomhuil

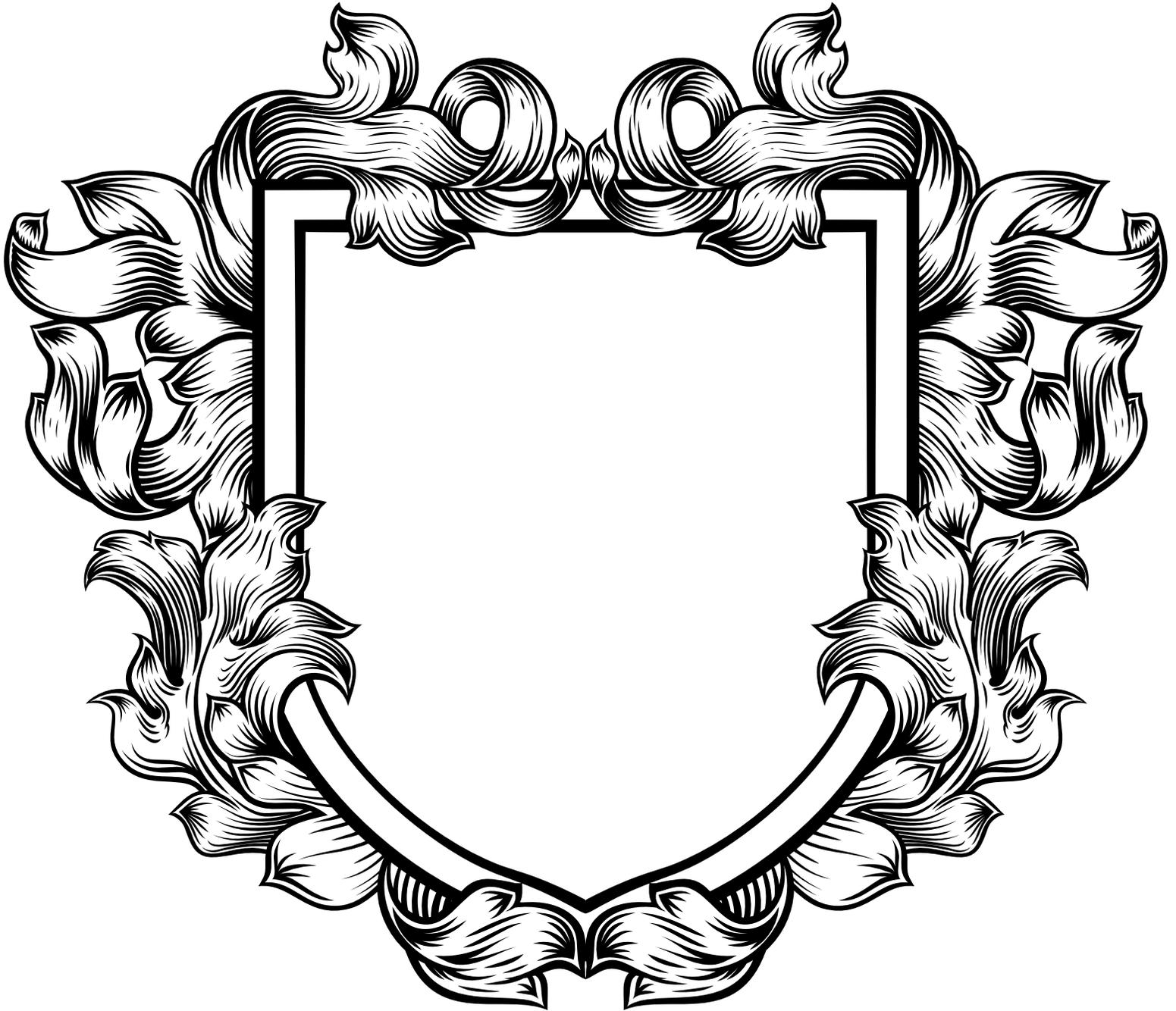
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## COLORING PAGE

COLOR AND EMAIL PENFEATHER AT  
PENFEATHERS@MERIDIES.ORG TO SEE YOUR PICTURE IN  
THE NEXT ISSUE!



# DRAW YOUR ARMS



# COLORING PAGE



# Kids Corner

*To Easy Period Recipes that Teens Can Cook*

*By Ronald Turner*

*Photo Credit: THL Deedre Turner*

***So, you have found a recipe that you want to try to cook, it seems easy enough. The first thing you must do is ask your parents' permission. They need to know what you have planned and if it is okay for you to be using a knife, cooking on the hot stove, and using the oven. If they are ok with it, then it is time to start gathering your ingredients. I chose these recipes because I had tried them before, and I liked them both. I wanted to try to make them with help.***

**The first thing I did was cut up and cook the bacon. While I was stirring the bacon, my helper cut up the vegetables for the heathen cake. I added the meat minus the bacon and the vegetables to a large pot and added enough water to cover them and I cooked them until they were soft. After the bacon was done, I added some apples to the pan and cooked them until they were soft in the bacon fat. My helper strained the meat and vegetable mixture. We cracked eggs into a separate bowl, and I mixed them thoroughly. Once we had all of this together, we halved the bacon and the vegetables and placed them into two pie shells. Then I poured the eggs over them till it covered them. I placed them in the oven and cooked them till they were set.**



Heathen Cake ingredients, with herbs from my mom's garden and eggs from my chickens

**If you don't understand the recipe or you don't have certain ingredients do some more research. Ask the adults in your life for help. Most importantly, have fun. If you mess up the first, try again. Remember, you are learning and it is fine not to be perfect.**

**Here are the translations of the original recipes.**

### **Apple Tart**

#### **Ingredients:**

**3 - 4 lbs. apples, Golden Delicious, cored and chopped, 1/4 cup Heavy Cream, 1/4 tsp. Grains of Paradise, 1/2 tsp. Ginger, 1/2 tsp. Cinnamon, 1/2 tsp. Nutmeg, 1/8 tsp. Cloves, 1/8 tsp. Mace, 1/4 cup Sugar, Pie Shell**

**Place apple pieces and cream in a pot on the stove and simmer until the apples break down, about 20 to 30 minutes. Mash cooked apples and mix with spices and sugar. Pour into pie shell, bake in 400°F oven for 60 minutes, or until dry and set.**

**Source [Een notabel boecxken van cokeryen, Christina van Tets (trans.)]:**

**Apple tarts. Take apples which are best for cooking until they fall apart. You shall peel these and cut them small. But watch that no seeds or pieces of core fall in because the seeds would taint the whole tart. When the apples are cut up thus in small pieces, you shall fill the crust of the same tart up to the top all full. Then you shall make a lid from the same dough that the tart is made from. Then put them in the oven and let them bake thus. When they are baked so you shall take them out and cut a hole in the lid, so that the lid stays only as a ring around the edge. Then you shall stir with a wooden spoon until all the apples which lie in the tart are well broken up. Or if one wants, one may pass them through a sieve. Then one shall take these following spices and mix them therewith, to wit grains of paradise, ginger, cinnamon, nutmegs, cloves, mace, and potsugar. But those who want to make this same tart very delicious take as well soft sugar cakes and also sugar which one uses for making cakes. And one shall stir this together with cream; then one shall put it in the tart with the apples and let it stand to dry in the oven until it is dry.**



Apple Tart ingredients



cooking the apples, the cream and the sugar in the pot

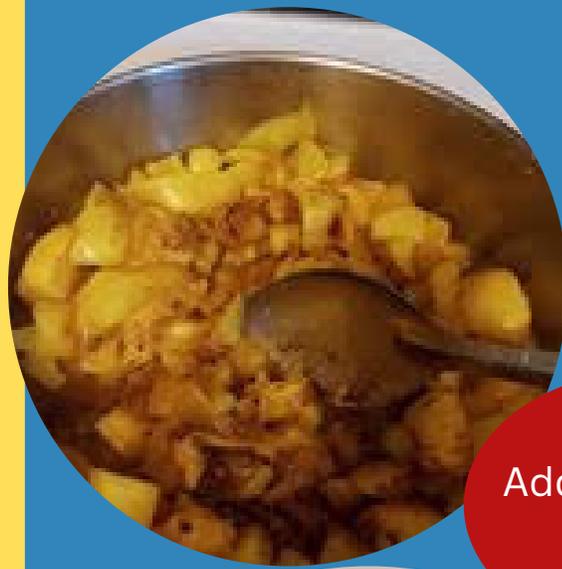
## Heathen Cakes

Recipe by Deni Ameline Dinwiddie and William Codie Dinwiddie

### Ingredients:

2 pounds ground beef, 1 package center cut bacon, chopped, 1 small onion, rough chopped 1 Tbsp + 1 tsp. salt, 1 carrot, rough chopped, 1 tsp. black pepper, ground, 1 stalk celery, rough chopped 2 large apples, diced water, 2 pie crusts, pre-baked, 1 Tbsp. Italian Herbs (or another herb blend), 1 dozen large eggs, beaten

Combine ground beef, onion, celery, carrot in stock pot with 1 Tbsp salt and herbs and enough water to cover. Bring to a simmer and cook until meat is fork tender. Remove meat from stock, and shred. Cook bacon until crisp. Remove bacon and let drain on paper towel. Cook diced apple in bacon fat until tender, about 10 minutes. Remove apples and drain on paper towel. Combine beef, apples, bacon, salt, pepper, and eggs. Turn into pre-baked pie crusts. Bake at 400°F for 10-12 minutes, until egg is set. Source [Ein Buch von guter spise, A. Atlas (trans.)]: These are called heathen cakes. One should take a dough and should spread it thin and take a boiled meat and chopped fatty bacon and apples and pepper and eggs therein and bake that and give out and do not damage.



Add the Spices



Finished Apple Tart



Cook Bacon then add Vegetables and meat to a pot.





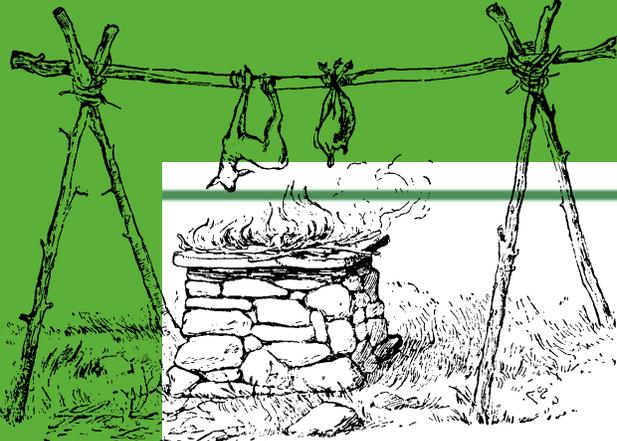
Stir in fat



Add the egg mixture

Finished  
Heathan  
Cake!



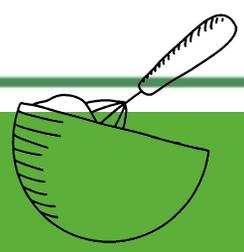


# Cooking

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|----------|----------|---------|------|
| Pickling | Cardamom | Vinegar | Salt |
| Almonds  | Smoking  | Saffron | Cake |
| Drying   | Pepper   | Ginger  | Fire |
| Butter   | Nutmeg   | Gruel   | Pork |
| Bread    | Honey    | Spice   | Stew |
| Clove    | Wine     | Beef    | Fowl |
| Soup     | Game     | Bake    | Cod  |
| Egg      | Fry      | Oil     | Fat  |
| Pie      |          |         |      |





*Welcome to the New King & Queen*

# THEIR ROYAL MAJESTIES

*Randver & Arianne*



*Photo Credit Mistress Ellen DeLacey*

Thank you 

# Contributions

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provided by

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