



The Phoenix

Newsletter for the Barony of the Sacred Stone
Kingdom of Atlantia

March 2019
Volume 33, Issue 3
Anno Societatis LIII

Event Calendar

March 2019 (AS LIII)

2 Kingdom A&S Atlantia Mebane, NC
 9-17 Gulf Wars Gleann Abhann Lumberton, MS
 22-24 Hidden Mountain Baronial Birthday Bennettsville, SC
 29-31 The Barony of Raven's Cove Unbirthday Richlands, NC

April 2019 (AS LIII)

5-7 Coronation Atlantia Ellerbe, NC
 13 Market Day: Spring Cleaning Charlesbury Crossing Pineville, NC
 19-21 Feast of the Dragon Saint Georges Easley, SC

May 2019 (AS LIV)

3-5 Spring Crown Lochmere Denton, MD
 11 On Target Lochmere Annapolis, MD
 17-19 Hawkwood Baronial Birthday Hawkwood Waynesville, NC
 24-27 Ruby Joust VIII Caer Mear TBA

June 2019 (AS LIV)

1 Scribal Workshop Falcon Cree Spartanburg, SC
 7-9 Journey Through the Nine Realms · Raven's Cove Apex, NC
 13-16 Known World Dance and Music Symposium Ansteorra
 15-16 Summer University Black Diamond Lynchburg, VA

July 2019 (AS LIV)

12-14 King's Assessment Black Diamond Big Island, VA
 26-11 Pennsic War Æthelmearc Slippery Rock, PA

August 2019 (AS LIV)

30-2 Known World Land Use and Livestock Symposium Boonville, NC

September 2019 (AS LIV)

14 Royal Archery Tournament Bright Hills Glen Arm, MD
 21 Fall University Atlantia TBD

October 2019 (AS LIV)

5 Fall Coronation Storvik Upper Marlboro, MD
 16-20 War of the Wings XV Atlantia TBD

November 2019 (AS LIV)

1-3 Fall Crown Tourney Hidden Mountain Bennettsville, SC
 9 Buckston's Birthday Bash Buckston-on-Eno TBD

December 2019 (AS LIV)

7 Unevent Atlantia TBD

Statement of Ownership

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Baronial Webpage Address: //sacredstone.atlantia.sca.org/

New E-List for Sacred Stone: Sacredstone@googlegroups.com. Please go to the Baronial website and the link to join the e-list is under "About Us". All official information regarding the upcoming pollings and information about the Barony and Kingdom will be posted there.

Cover Art: Joan of Arc (between 1450 and 1500). Visited on 02/05/2019: https://upload.wikimedia.org/wikipedia/commons/c/c3/Joan_of_Arc_miniature_graded.jpg

Other Art: Visited on 12/03/2018: <http://www.freevectors.net/celtic>

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Sacred Stone Baronial Meeting February
Aire Faucon (Lincolnton)

Opened 12:45 There's Cake. Eat Cake.
22 adult members, 4 non-member adults, 5 little bits

Coronet Report: Murienne – 12th Night was awesome, incredibly successful event. Aine put together a really fabulous staff. Feb is busy, Ymir is next week, bring your rainboots. Baronial pavilion will have hospitality, if you want to donate, feel free.

Gulf Wars - Her Excellency is headed to Gulf Wars in March and hopes to see many Sacred Stone citizens there. She's heard from about 36 Sacred Stoners who plan to go. Let her know so she can have enough favors for everyone. She asks all Sacred Stone residents in attendance to attend Her for Procession.

Member Numbers - She has learned how many paid members live in the barony from kingdom – 221. Sacred Stone is the second largest barony if kingdom. Steirbach has 279. Windmasters, 217 But this number is down from a few years ago when it was 269. What are we doing to retain members and increase membership?

ConCarolina – Come out, it will be fun. We will have a group rate again. We have three newcomers that are still paying from prior years. Each year we end up with interest, and some Tournaments because Axel and Achbar make them happen. It is the first weekend of June. Her Excellency will be fighting rapier. \$30 whole weekend w/group rate. \$15 or 20 day. LOTS OF FUN. You should come.

Literary Con, mostly sci fi and literature with lots of authors

Raleigh SuperCon – Tim Curry, Jonathan Frakes, Jim Cusack. Talking about doing a Raleigh demo there. Watch for info.

April 27 5K – Murienne is doing a 5K in Greensboro at the Coliseum and she is inviting everyone to come do it with her. Participants can walk, run, skate whatever. It is called “The Human Race” and participants can create a team and choose 501c3 to raise money for. She chooses the Barony of the Sacred Stone and the money will be earmarked for the Baronial Travel Fund. Dress anyway you want, but there is a theme which this year is Favorite SuperHero. Instructions on how to donate will be out soon. The event is Pet Friendly.

Barony of Wyvernwood – She, Baroness Nuala traveled to our sister barony in Trimar in January to renew the treaty. Their Excellencies Wyvernwood were extremely gracious hosts and had the original treaty from 1994. Murienne took the new treaty which was done by Lady Murin Dunn, it was signed and then cut in half with each barony keeping one half. It was signed by Their Majesties Trimar and Atlantia, as well. “They are insanely good people.” Their Excellencies Wyvernwood will plan to attend the Known World Ag and Forestry Symposium in September. They will bring the original treaty, the new treaty, a falcon and a tiny owl. Everyone should plan to come and see each of these squee-worthy things.

On a side note, Murienne's modern employer, John Neal, saw the treaty and is so impressed by it he is creating a spread on the creation of the treaty to be published in the calligraphy magazine his company publishes called “Bound And Lettered” It is an international magazine received in six of the seven continents. Will go to print on Monday. Will announce how to get own.

SENECHALE – Mistress Fiona wished Her Excellency a belated happy birthday. Things are going well. She plans to have a baronial schedule out to July posted on the E-group. Discovered she wasn't getting notifications for requests to join the E-group when she found some from Dec. She apologizes and has addressed the issue. If you know someone who has requested and didn't get a response please let Fiona know.

Open offices: She has received no letters of intent for Chronicler. Chronicler is required and Otto needs to step down but continues to serve. We can make sure there is someone to take notes, we have deputies. Good position for someone who maybe can't get to a lot of events. Chronicler is a HAVE TO HAVE We are also still looking for Quartermaster, Prudence needs to step down due to modern workload and the length of service already rendered.

Also, Argent who is Minister of Arts and Sciences is stepping down and we need Letters of Intent from interested parties for that office. Need someone who is able to be active.

CHRONICLER – Get content for March ASAP to Otto. Poems, information, artwork, class handouts. He is interested in any and all content relevant to the SCA.

CHATELAINE – Needs a deputy who can be active.

EXCHEQUER – Mari – Balanced checkbook \$30,634.60. Allocation votes next meeting. NEED DROP DEAD DEPUTY

FINANCIAL VOTE - 12th Night went over budget but made a profit. Dragon Lion Dance – Voted in emergency financial committee Monday, 11 Feb \$448.34

FINANCIAL VOTE: Storage – Mari asked the barony to authorize her to pay for a full year of storage. \$660 for year (\$55/mo)

Iskender moved, Annora seconded, Yay - 22, (which includes all four non members); Nay – 0; Abstain - 0 Storage Shed – A lot of stuff that was thrown in and not organized. No one knows who brought it or where it's from since neither Exchequer, Quartermaster, or Coronet were involved. Mari will get a new padlock out of officer budget.

She would like to have a Storage Shed work day to organize, label shelves, and take pictures.

DISCUSSION

Jdeke – kingdom chamberlain got software for \$49 meant to track stuff. She will get information about it to Fiona for the next meeting.

Iskender moved to Organize an organize day, Annora second. Mari will propose dates for Organization day. Mari – List Fence in the way

Murienne – List Fence – The Barony has not used List Fence in more than 2 years. She proposed buying it for

\$1 to give it to Silver Leaf where it will be used and appreciated for SCA events such as Old School War Practice, and Crown Tourny.

Fiona explained that the Barony can't use baronial funds or stuff for for-profit organizations but the nominal purchase price allows the transfer from Barony to Murienne and then to Silver Leaf.

Lady Dorthea motion to sell for \$1 to Nikole Harrington. Second Tal YEA – 18; NAY – 0; Abstain - 0
Former Chairs Of State - Tatiana – Has two chairs that need to be repaired. Need two sheets of ply wood, Backs both need to be replaced with brackets.

DISCUSSION

Mari – Can Paul give quote to replace backs for budget discussion in March? Tatiana - yes

Tal – Do we want to repair those chairs

Murienne – We would like to have them in reserve and not be green for visiting royalty.

Tal – That set of chairs was built with upholstery added, if we're looking at Straight wooden chairs, I can give quote after materials. Probably \$60-75 to make pair of new chairs. Will have quote for March meeting. Doomsday - Is done. Thanks to kingdom exchequer, Lady Jdeke, for helping

Newcomers' Garb – Baronial New Comers Garb needs to be gone through, some items repaired, some rehomed, and other items supplemented. All are invited to come to Fiona and Kisaiya's house to sort through it to help decide what we keep. Take cast offs to Market Day. DATE: Sat March 23, Fiona's 11 RSVP for lunch. Event on Baronial Group.

HERALD – Iskender and Domnall (deputy) - Please submit to your herald, brought box with books, did anyone get any awards. AoA at 12th Night, Lady Olivia. Cheers all round. Let him know of anyone who's received awards. Currently working on Ailis (Rebecca Southard's) submission

Domnall – couple of badge submissions for Aire Faucon and a few others.

MARSHALL – Anthony – Don't have anything at baronial level but there are a few canton practices. It would be nice to have a large baronial practice. Dan Nichols (Salisbury) park is available. Colin will look into it and share that info. If anyone wants to have a practice there, contact him and he'll help.

Minister of the List– Nicolina moved to Charlotte if you want to learn she is in Charlotte and willing to teach

Minister of Arts & Sciences – Need Letters of Intent for office. KASF is coming up. Our arts champ, Hildgard, is displaying or entering the interbaronial competition. She has 100 hours into the project. There is display space available. Get out there and display you're A&S because we want to see it.

Lord Robert and Annora will be attending and are willing to transport displays for people. Secure space but get with them to arrange hand off and delivery.

WEB MINISTER – Not Present – Asking for pictures for the site which is gorgeous. Wants pictures with release forms. Any picture you send must have a release for the people in the photo and one from the photogra-

pher if you aren't the one who took it. If you share photos taken by Ursus, Machtild, Lydia, or Cassair, you don't need a release. They have perpetual releases on file. Several people took videos at 12th night dancers at the hafla which were posted to social media without permission of those being filmed. Please don't do this without permission of the people you film. If you are asked to take photos or videos down, please do.

YOUTH – Thamira, Not Present, sent electronic report - WILL SEND

CANTON REPORTS

~ **Aire Faucon** – Things going very well, thanks to Chris for this space (the Lincolnton Cultural Center) and the inspiration for so many more. Have weekly A&S meetings that rotate between people's homes and other places that have become very well attended. Research has shown we have 35 people that actively participate in the canton, about 7 or 8 families who are ongoing supporters and consistent.

Have an event coming up on July 20, Lincolnton Comicon at High school. Decided to hold one for next year.

~ **Charlesbury Crossing** – Doing well. Outgrown meeting space so are in process of finding a new place. Trying to find someplace equidistant for people. Rotating between A&S with someone teaching different skills/topics each month.

Event in April, third weekend, the 13th, Market Day at Pineville Park (same location as old Day In The Park). Scriptorium, Glass bead area, bring your stuff, there will be fighting. Spend the day.

April meeting in the morning possibly that day.

~ **Crois Brigitte** – Robin apologizes for not being here. Monthly business meetings. Weekly A&S. Lots of help from A&S community for 12th Night stuff. Banners from 12th night can go to Rois and will be available for borrow.

We as a canton were approached by a summer activity program to do demos, scope is far beyond possible abilities of the canton. The camp has locations in Winston Salem, Salisbury, And Kernersville, looking at dates in June and July week days. May not be able to do but trying to make it work. Because the camps are in schools, weapons policies are in place but the organizers are willing to do field trips to park to allow fighting.

DISCUSSION

Lydia – concerned about making sure the relationship is good for both non-profits, and SCA representation is good.

Fiona – There are three reasons to do demos – It makes us look good, we build Good relationships with sites, We are an educational non-profit. We do like to know what the goal is for the group.

Murienne – Often we get parents from kids at demos. We don't want to do it poorly as it damages our reputation.

Aine will post dates and more information when available and organize our participation if it is plausible.

~ **Middlegate** – Annora – Going well. Currently meeting at Nazareth Bread, good food and people, no requirement to purchase food, near JoAnns and SuperG. Membership has dwindled a little bit. Going to poll

populace on Thurs night about location and future meetings.

Canton going to host Another Foolish Event for end of June. They will be voting this week at Canton meeting. Information about the event can be found in the Files Section of the Canton's page.

MAP – A question was asked about the geography of the Barony and the cantons. Everyone agreed we need a new map. Any artisan interested in created that should contact Her Excellency.

~ **Salisbury Glen** – Colin Bullen – Newcomers day at Dan Nichols Park (Salisbury) – Park needs a letter of intent of what we will do. Trying to set it up so it's close to a kingdom event, forge on site, gem mining area, immersive history friendly.

DISCUSSION

Fiona - Would love to have us go to park and do a large demo. There are six shelters in circle and we could do a mini village have it just before another large event to prime people. Is the barony interested in doing a large demo there? Participating.

Murienne – The park is easy to get to, center of the barony,

Fiona – Great opportunity to bring everything out of the storage and catalog it

Colin – Great chance for cantons to put up tables about their group.

Iskender – Is there a cultural publication in the area that we could have good publicity in?

Colin – Librarian contacted to see if we'd help with Medieval-themed summer reading program

Meeting days have changed from Monday to Tues.

Overwhelming YES from everybody. Meetings at Rowan public Library but A&S is waiting to find new location. As weather gets better they'll go back to Practice in park

NEXT MEETING: March meeting at Salisbury Mean Mug waiting for date confirmation. Date TBA

OLD BUSINESS

12th Night – Aine – Went well, 9 page report on how event was run. Final accounting should be done today but, even with the concerns of the kingdom populace and a few bumps it appears the event realized a \$1426.34 profit.

Murienne – Call from Majesties to buy out of contract and regalia – asking if we can do \$300/barony

12th Night was a really awesome event with a lot of work from Sacred Stone people. It was also a controversial thing. She proposed the barony donate all profit to kingdom.

DISCUSSION

Fiona – She and many others did not realize the site's association with CBN.

Aine – Event staff was sweating the numbers ... it is not an easy process to bid at that site.

Jdeke – Been involved with discussions about buying out the kingdom contract, Was asked to contact Society to put before the BoD. They will decide if we can.

Murienne – If we cannot buy out of the event the money would go to regalia. \$713 is our share. We didn't go

into this event thinking it was a money maker

Tal – Move donate all profit to kingdom regardless of contract status Sherra 2nd Yea – 19; Nay – 0; Abstain -1

FURTHER DISCUSSION

Annora – This looks like a break down in process of how we evaluate a site. I see no correction of that process

Gisela – The Kingdom Event Bid Committee has changed and is putting different process in place. Hopefully Their Highnesses will include law change in Their Curia after Coronation.

Lydia – I am not opposed to supporting the beautification and good regalia we can all be proud of. How going forward do we avoid a slip in accountability (for broken or lost regalia, again)?

Murienne – Sent email to kingdom asking for accountability. The gothic crowns have been damaged beyond repair. Even the original artist won't attempt repair.

Asked why the royalty didn't have rental insurance.

Jdeke – These royals did not give any monies to rent.

Lydia - Want to see money goes with caveat toward solution (many agreed)

FINANCIAL VOTE: MARI proposed - \$200 travel Fund, \$213 to Regalia, and \$300 Contract Yea – 19; Nay- 0; Abstain -0

KWAGF – Gisela – Budget distributed and discussed. Budget is attached. Financial vote to approve budget at the March meeting.

Murienne would like the Barony to commit to covering the cost of PayPal. It would skew the budget to hard to include since the event has no history to gauge likely attendance.

Annora – Classes at KWAGF if you are going to anything out of kingdom, if you see a class that looks awesome send me that person's email and class synopsis. A Proceedings is being edited and we want their information to fill the publication.

Murienne – contacted Old Salem, Horne Creek, Bethabara, High Point for possible field trips or speakers.

EVENTS

Need bids for 2019 – SSBB, UnEvent, Runestone

Murienne said we have one Bid for birthday but she'd love to have more than one bid for events.

Misc. Old Business - Pavilion repairs waiting on bids Budget review needs \$200 allocated for baronial regalia and maintenance

Meeting Rotation – March, Salesbury Glenn; April, Charlesbury Crossing; May, Middlegate; June, Crois Brigte; July, Open. Fiona and Murienne prefer to not have meetings at anyone's house for fear of theft or damage but will accept such locations if homeowner is aware of risk and accepts it.

NEXT MEETING - Salisbury, Date TBA, Watch for details

Closed meeting 3:05

KNOWN WORLD AG & FORESTRY SYMPOSIUM PROPOSED BUDGET

| | | | | |
|-------------------------|-------|--------------|-------------------|-------------------|
| Expected Income: | Gate | \$22 x 120 = | \$2,640.00 | |
| | Feast | \$8 x 150 = | <u>\$1,200.00</u> | |
| | | | | \$3,840.00 |

Expected Expenses:

| | | | |
|----------------------|----------------------------------|--|------------------|
| Rental - A&J Rentals | Tables – 12 x \$8.00 = \$ 96.00 | | |
| | Chairs – 125 x \$1.12 = \$137.50 | | |
| | Delivery - = \$ 80.00 | | |
| | Waiver = \$ 16.34 | | |
| | Taxes = <u>\$ 21.94</u> | | |
| | Total | | \$ 351.78 |
| Portalets - | Regular – 2 x \$50.00= \$100.00 | | |
| | Handicap = <u>\$ 55.00</u> | | |
| | Total (est) | | \$ 165.85 |

| | | | |
|--------|--|--|-------------------|
| Food - | Populace Comfort = \$ 70.00 | | |
| | Fri Travelers Fare, Sat Dayboard, Sun Breakfast = \$ 457.00 | | |
| | Feast (max 150 x \$8) = <u>\$1,200.00</u> | | |
| | Total | | \$1,727.00 |

| | | | |
|--------------------|--|--|------------------|
| General Supplies - | Bathhouse Supplies, Paper & Plastic for food, etc | | \$ 600.00 |
|--------------------|--|--|------------------|

| | | | |
|--------|-------------------|-------------|------------------|
| Site - | Elchenburg Castle | \$6 x 120 = | \$ 720.00 |
|--------|-------------------|-------------|------------------|

| | | | |
|------------|---------|--|------------------|
| Printing - | Various | | \$ 200.00 |
|------------|---------|--|------------------|

| | | | |
|-----------|-----|-----------------|------------------------|
| Insurance | SCA | Horse Insurance | <u>\$ 50.00</u> |
|-----------|-----|-----------------|------------------------|

TOTAL EXPENSES \$3814.63

Proposed Profit **\$ 25.37**

This event has no history so it is difficult to anticipate attendance. The proposed budget equates to \$16 per head not counting site fee of \$6 per person. Please vote to allow reasonable adjustments up to \$10/head for more Resources (portalets, tables, paper goods, possibly a tent, etc) if pre-reg exceeds this Breakeven.

Gate Comp'd for Royalty and Landed Coronets from any kingdom, Autocrat, Head Cook (who is a landed baroness), Privy Steward, & Site Steward

Feast Comp'd for Royalty and Landed Coronets from any kingdom

Is Chocolate period?

By THLady Amathullah Luciano

I have long wondered, as a Spanish Moor if the things brought back to us from the New World were period and would I know about them. Chocolate, tobacco, turkey and more all piqued my curiosity, but because of my personal love for cacao, Chocolate was what is chosen to explore.

As of 2004 the earliest chocolate was found in ceramic vessel in northern Belize dating from 2600 years ago. That recipe seemed to be roasted and grounded seeds from the coca fruit mixed with water and poured between two vessels to get a head of foam,

The drink called *chocolatl* or *xocoatl* which Cortes found when he conquered the Aztecs was a spiced version of that. They added vanilla and hot pepper as well as other spices. In 1502 Christopher Columbus returning from his fourth visit to the New World, brought some Cocoa beans to Ferdinand and Isabella who dismissed them as not useful.

Hernan Cortes who had conquered Mexico had found how profitable the substance was in the Americas and in 1519 sent a request for land to start a Cacao plantation in the name Spain to emperor Charles V of Spain. In 1528 he sent some of the fruits of his labor to Charles in the form of beans and the tools to prepare them. Most Spaniards did not know what to make of it. They mistook the beans for almonds and complained of the bitterness.

Cortes notes one recipe

“These seeds which are called almonds or cacao are ground and made into powder and other small seeds are ground and this powder is put into a certain basin with a point and then they put water on it and mix it with a spoon. And after having mixed it very well, they change it from one basin to another, so that a foam is raised which they put into a vessel made for the purpose. And when they wish to drink it, they mix it with certain small spoons of gold or silver or wood and drink it, and drinking it one must open one’s mouth, because being foam one must give it room to subside and go down a bit.”

Aztec chocolate as from a report by Hernan Cortes 1556

And a “secret recipe” of 700 Grams of Cacao, 750 grams of white sugar, 2 ounces of cinnamon, 154 grams of pepper, 15 grams of cloves, 3 vanilla beans a handful of anise, some hazel nuts, musk and orange blossoms and said of it “ The divine drink of chocolate builds resistance and fights fatigue. A cup of this precious drink permits a man to walk all day without food.”

The first documented appearance of chocolate in Spain was 1544. That year a delegation of Kekchi Maya Indians were brought to the court of Prince Philip II by some Dominican Monks. They presented the future king with many gifts and among them some ready to drink chocolate and the court got to taste what the Aztecs drank.

Jesuit priest made a specialty of it and experimented with new concoctions. They loved it so much so that Pope Pius V declared that drinking Chocolate on Friday did not break the Catholic fast in 1569, partially because he found it so nasty there “was no danger of it causing moral harm”.

By 1585 the first commercial shipments were arriving in Seville from Veracruz. They added sweetener to it which was optional in the Aztecs recipes but they kept some of the original recipes like *Pinole* which was a porridge like mixture of chocolate thickened with toasted corn and spices like vanilla and annatto.

The branch of the Dominican who introduced it to the court became the keepers of the secret and made the mixture for the Spanish nobility while the rest of Europe was unaware of it. In 1579 English pirates burned a Spanish treasure full of Cacao thinking it was filled with sheep droppings.

Things changed in 1606 when a Florentine traveller named Antonio Carletti took some from New Spain to Italy. Nine years later in 1615 Anne of Austria, daughter of King Philip of Spain took the beverage to the French court of Louis XIII. In 1619 Chocolate reached Flanders/Holland, however Chocolate did not reach London until 1657 when the chocolate house ‘The Coffee Mill and Tobacco Roll’ was opened by a Frenchman. As of yet I have not found when it arrived in Germany but I am still researching. Switzerland was also late to the party as it in the late 1600 that the mayor of Zurich helped to spread the news of chocolate there.

In 1644 Antonio Colmenero de Ledesma published "*Curioso Tratado de la Naturaleza y Calidad del Chocolate*", in Madrid. It was considered the standard for the next 100 years and had this recipe for Chocolate:

100 Cacao beans
2 chilis (black pepper may be substituted)
A handful of anise "ear flower"
2 mecauschiles (mecaxochitl)
(lacking the above two spices, powdered roses of Alexandria may be used)
1 vanilla
2oz (60g) cinnamon
12 almonds and as many hazelnuts
½ lbs (450g) sugar
Achiote to taste

For Italy I have this recipe from the House de'Medici:

The Renowned Jasmine Chocolate of the Grand Duke of Tuscany

10 lbs (4.5kg) toasted cacao beans cleaned and coarsely crushed
Fresh Jasmine flowers
8 lbs (3.6kg) white sugar well dried
3oz (85g) "perfect" vanilla beans
4-6 oz (110-170 kg) "perfect" cinnamon
2 scruples (½ oz, 2.5 g) ambergris

METHOD:

In a box or similar utensil, alternate layers of Jasmine with layers of the crushed cacao and let sit for 24 hours. Then mix these up and add more alternating layers of flowers and cacao followed by the same treatment. This must be done 10 to 12 times so as to permeate the cacao with the odor of the Jasmine. Next, take the remaining ingredient and add them to the mixed cacao and jasmine and grind them together on a slightly warmed metate; if the metate too hot, the odor will be lost.

For France I have three recipes of M. St Disdier from 1692 :

St Disdier's Chocolate

Recipe 1 (very good)

2 lbs (900g) prepared cacao
1 ½ lbs (680g) cassonade (sugar)
6 drachm (¾ oz, 20g) powdered vanilla
4 drachm (½ oz , 14g) powdered cinnamon

Recipe 2 (excellent)

2 lbs (900g) prepared cacao
1 ¼ lbs (570g) sugar
1 oz (28g) powdered vanilla
4 drachm (1/2/oz, 15g) powdered cinnamon

Recipe 3 (high taste, for those with no fear of overeating)

2 lbs (900g) prepared cacao
1 lbs (450g) fine sugar
3 drachm (⅓ oz, 9g) cinnamon
1 scruple (1/24 oz, 7g) powdered cloves
1 scruple (1/24 oz, 7g) Indian pepper (chilis)
1 ¼ oz (35g) vanilla

METHOD:

Grind the roasted cacao nibs with the sugar on a heated stone. (pierre d'Espagne, i.e. a metate) then mix the spices in with the paste. To make the drink in one's chocolatier, boil 5 to 7 oz (140 to 205 kl) of water with ¼ oz sugar. (higher the heat the better) throw in the broken-up chocolate tablet, and beat. Letting the mixture simmer after boiling will make it foam better.

For England I have two recipes from around 1672: one from Philippe S Dufour a French refugee

Dufour's Method

Take a cake of chocolate and either pound it in a mortar or grate it into a fine powder. Mix this with sugar and pour into a little pot in which water is boiling. Then, take the pot from the fire and " work

it well with your little mill : if you don't have a mill, pour it a score at a time from one pot to another. (shades of the Classic Maya!) but it is not as good". Finally let it be drunk without separating the "scum" from it.

The second :

"Take as many of the cacao's as you desire to make up at one time, and put as many of them at once into a frying pan (being very clean scoured) as will cover the bottom, thereof, and hold them over a moderate fire, shaking them so, that they may not burn (for you must have great care of that) until they are dry enough to peel off the outward crust skin:and after they are dried and peeled then beat them in an iron mortar until they rowl up into great balls or rows and be sure you beat it not over-much neither, for then it will become too ooly."

From *The American Physician...Where-unto is Added a Discourse on Cacao-Nut Tree and Use of Its Fruit, With All the Ways of Making Chocolate* William Hughes 1672

Since we are now taking into account non-Europeans, I have included three other recipes. All three are modern takes on "Original" chocolate recipe of the Aztecs.

The first two recipes I have come from a book called "New Taste Of Chocolate Revised" by Mari-cel E Presilla. She comes from a old cacao growing family and has researched the history of Cacao both botanically and culturally. While her recipes are not 100% period. I think they show what would have been done "back in the day" regard chocolate. Since chocolate as WE know it is actually NOT period and the first European treatise on chocolate, *Curioso Tratado de la Naturalez y Calidad del Chocolate* by Antonio Colemnero de Ledesma did not appear until 1644, 125 years after the the Spaniards encountered the drink in Mexico, it is possible that liberty must be taken. Also some of the spices listed, such as allspice, would arrive with cacao on to the European continent.

Aromatic Spice and Corn Blend for Hot Chocolate

Makes 1 ¼ cups spiced pinole

Spiced pinole mix

2 plump vanilla beans, preferably Mexican cut into ¼ inch lengths

1 cup pinole (toasted ground corn: available at Hispanic markets or online)

1 tablespoon achiote (annatto) seeds

1 tablespoon allspice berries

2 (3 inch) sticks true cinnamon (soft Ceylon cinnamon, sold as *canela* in Hispanic markets) coarsely chopped with a knife

1 teaspoon aniseed

Single serving of hot chocolate

1 cup whole milk

1 oz high quality dark chocolate (65 -75% cacao) finely chopped

Pinch of salt

1 tablespoon of sugar, or to taste.

To make the mix: Grind the vanilla into a sticky powder in a mini chopper or spice mill. Combine with the pinole in a small bowl; set aside. Grind the achiote in the spice mill. When it is fairly fine, add the allspice, cinnamon and aniseed. Grind into a powder. Combine well with the pinole-vanilla mixture. Store at room temperature in a tightly sealed jar.

*To make the hot chocolate:*Bring milk to a simmer in a small saucepan over medium heat. Add chocolate and stir constantly with a wooden spoon until dissolved about 1 minute. Stir in 1 tablespoon of the spiced pinol mix and the salt, then taste and sweeten with a little sugar. Stir until thickened to the consistency of light porridge or chocolate sauce, 2-3 minutes. Serve at once.

"Age of Discovery" Vanilla-Scented Hot Chocolate

Makes 8 servings

8 cups milk or water

¼ cup achiote (annatto) seeds

12 blanched almonds

12 toasted and skinned hazelnuts

2 to 3 vanilla beans (preferable Mexican), split lengthwise seeds scraped out

¼ ounce dried rosebuds(sold as *rosa de Castilla*

in Hispanic markets)

2 (3 inch) sticks true cinnamon (soft Ceylon cinnamon sold as *canela* in Hispanic markets)

1 tablespoon aniseed

2 dried arbol or serrano chiles

8 ounces high quality dark chocolate (66-70% cacao)

Pinch of salt

Sugar

1 tablespoon orange-blossom water

In a heavy medium sized saucepan heat the liquid with the achiote seed over medium heat. Bring to a low boil, stirring frequently. Reduce heat to low and let steep for 10 minutes, or until the liquid is dyed by the achiote.

Meanwhile, grind almonds and hazelnuts to the consistency of breadcrumbs, using a mini chopper or Mouli grater. Set aside.

Strain out the achiote and return liquid to saucepan. Add ground nuts along with the vanilla beans and scraped seeds, rosebuds, cinnamon, aniseed, and chilies. Bring to a low boil. Reduce heat to low and simmer for about 10 minutes. Remove from heat, stir in chocolate and salt. Taste for sweetness and add a little sugar, if desired together with orange-blossom water. Strain through a fine mesh strainer.

Transfer the chocolate to a tall narrow pot and whisk vigorously with a Mexican molinillo (wooden chocolate mill) or a stick blender. It makes a spectacular frothy head. Serve immediately.

The last recipe is from **Chocosuisse** the Association of Swiss Chocolate Manufacturers. They have researched and attempted to duplicate *xocoatl* which was the original Aztec drink:

2 1/2 oz unsweetened chocolate

3 almonds crushed in a mortar and pestle

2 cups warm milk

2 tablespoons honey

Grated rind of 1/2 lemon

3/4 oz dark rum

3/8 oz coconut palm liqueur (arrack)

Dash allspice

Dash ginger

Combine chocolate almonds and milk and heat over low heat until chocolate melts. Chill in frig. When well chilled place in blender or shaker and add honey, lemon rind, dark rum, arrack, allspice and ginger. Beat to a froth and serve.

As continue my research it looks less and less likely that chocolate was used by the people of Europe during the time frame that is considered period. Since the period ends in the mid 1600s it was at best a closely guarded Spanish secret. By 1644 it had filtered out but it reached England in 1657 and was only then in the houses of the wealthy. By then chocolate was eaten as well as drunk but only in small quantities. If it was used as an ingredient in other foods at this time my research has not mentioned it though there is mention of cocoa butter being used to fry eggs in the new world.

Since the SCA is "pre-17th century" and the Adrian Empire only goes up to 1640, only the Spanish even knew about Chocolate and they used it for drinking. Most of the accounts of visitors from the New World would not show how things were done on the Continent and most of the chocolate drunk prior to 1600 was by Spaniards in the New World or those and their families that had returned from there bringing their new "addiction" with them.

Spain was at first very dismissive and then protective of this drink called Chocolate, if you are a 16th century member of the royal court you MAY have tasted this rare delicacy. However, we in Granada have probably never tasted such a thing and know little of its existence unless we have friend in the "New World".

Weekly Gatherings Around the Barony

AF: Aire Faucon; CB: Crois Brigitte; CC: Charlesbury Crossing; M: Middlegate; SG: Salesberie Glen

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday |
|------|--|--|---------------------------------------|---|--|
| 1st | CC: Weekly Fighter Practice at Freedom Park in Charlotte from 11:00 – 2:00 | SG: Mean Mug, A&S Newcomers 7:00 – 9:00 CC: Mugs, A&S 7:00 – 9:00 | | CB: Panera Bread A&S Newcomers 5:30 – 9:00 | AF: A&S Newcomers 6:30 – 8:30 M: Lake Daniel Park, A&S 6:00 – 9:00 |
| 2nd | | SG: Mean Mug, A&S 7:00 – 9:00 CC: Mugs, Business Meeting, 7:00 – 9:00 | AF: Business Meeting 7:30 - 8:45pm | CB: Locale changes, A&S Garb 5:30 – 9:00 | AF: A&S Largess 6:30 – 8:30 M: Lake Daniel Park, A&S 6:00 – 9:00 |
| 3rd | | SG: Mean Mug Business Meeting 7:00 – 9:00 CC: Mugs, A&S, 7:00 – 9:00 | | CB: Locale changes, Business Meeting 6:30 – 9:00 | AF: A&S General 6:30 – 8:30 M: Lake Daniel Park, A&S 6:00 – 9:00 |
| 4th | | SG: Mean Mug, A&S 7:00 – 9:00 CC: Mugs, A&S 7:00 – 9:00 | | CB: Locale changes A&S Demo 5:30 – 9:00 | AF: A&S Potluck & (odd months) Potluck & Bardic (even months) 6:30 – 8:30 M: Lake Daniel Park, A&S 6:00 – 9:00 |
| 5th | | SG: Mean Mug, A&S 7:00 – 9:00 CC: Mugs, A&S 7:00 – 9:00 | | CB: Locale changes A&S Scholar 5:30 – 9:00 | AF: A&S General 6:30 – 8:30 M: Lake Daniel Park, A&S 6:00 – 9:00 |

Canton Seneschals



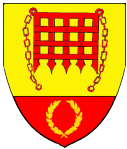
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WEBMINISTER

Lord Ihone Munro

(Glenn Miller)

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Baronial Champions and Principals



Order of the Sacred Stone

Signora Niccolina the Wanderer



Order of the Phoenix Claw

Lord Johann Andersson



Order of the Phoenix Eye

Mistress Kisaiya Zingara

| | |
|------------------------------------|---|
| Armored Combat Champion | Cyriac Grymsdale |
| Armored Warlord | Johan Andersson |
| A&S Champion | Annora Hall |
| Rapier Champion | Humfrey Matthew Lovett |
| Rapier Warlord | Dyggvi Hrolfsson |
| Archery Champion | Robert Shockley of Avonsford |
| Equestrian/Cavalry Champion | Jacqueline Grant (also known as “Bubbles”, by Baroness Alianor) |
| Bardic Champion | Thamira haSopheret |
| Baronial Beekeeper | Ailis inghean Ui Riagain |
| Youth A&S Champion | Noah bar Thamira |
| Youth Armored Champion | Eione de Barri |
| Youth Archery Champion | Xavier the Crystal Keeper |