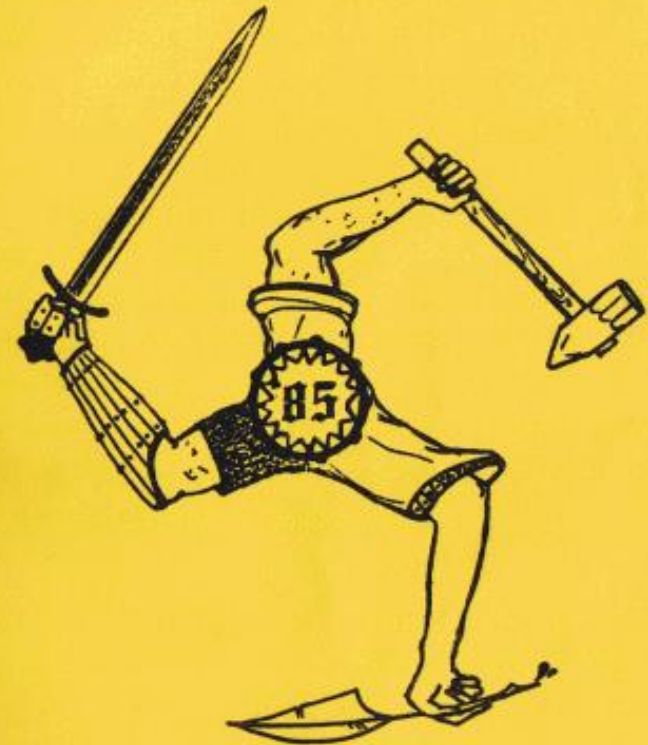


The Third Australian



Warriors Conference

1985

On behalf of the New Varangian Guard,

Welcome to the third Medieval Warriors and Artisans Convention. We hope that you will take this opportunity of getting to know people from different clubs, (whether this is on the battlefield or over a few drinks is entirely up to you!).

If you have any queries, take them to the people at the Administration tent, who will assist you. Before lighting any campfires, please check with the Administration people who will know if the local fire restrictions have been lifted or are still in force.

Once again, may I welcome you to Maldon. Gatherings such as this can only help us achieve more, learn from each other and add to the movement.

Up Helly Ha!

Michael Docherty

Master at Arms, NVG.

Schedule

FRIDAY:	Evening:	Opening of Conference at dinner.
SATURDAY:	Morning:	Blacksmithing workshop. Individual and club fighting. Gunners and Archers Demonstration.
	Afternoon:	Lecture on Archery and the Tourney. Games: Banner battle; Mellee on Piggyback; Grail war. Dagger fighting and Training session. Lecture: Knacker Lacquer!
	Evening:	Banquet and Entertainments. Winners of Bardic competition.
SUNDAY:	Morning:	Archery contest. Market Fair with Diversions: Maypole; Folk dancing; Adult Punch and Judy show; Miracle Play. Dance workshop. Palmistry workshop.
	Afternoon:	Battle of the Fort. Games: Greasy pole; Tug-a-war; OBstacle race in full armour; Arrow throwing. Battles of Maldon and Eddington. Lecture on Herbal medicine.
	Evening:	Most Virulent Curse competition.
MONDAY	Morning:	Althing. Procession in Maldon Easter Fair.
	Afternoon:	Individual and club fighting. Treasure Hunt.
	Evening:	Closing of Conference at dinner.

Menu

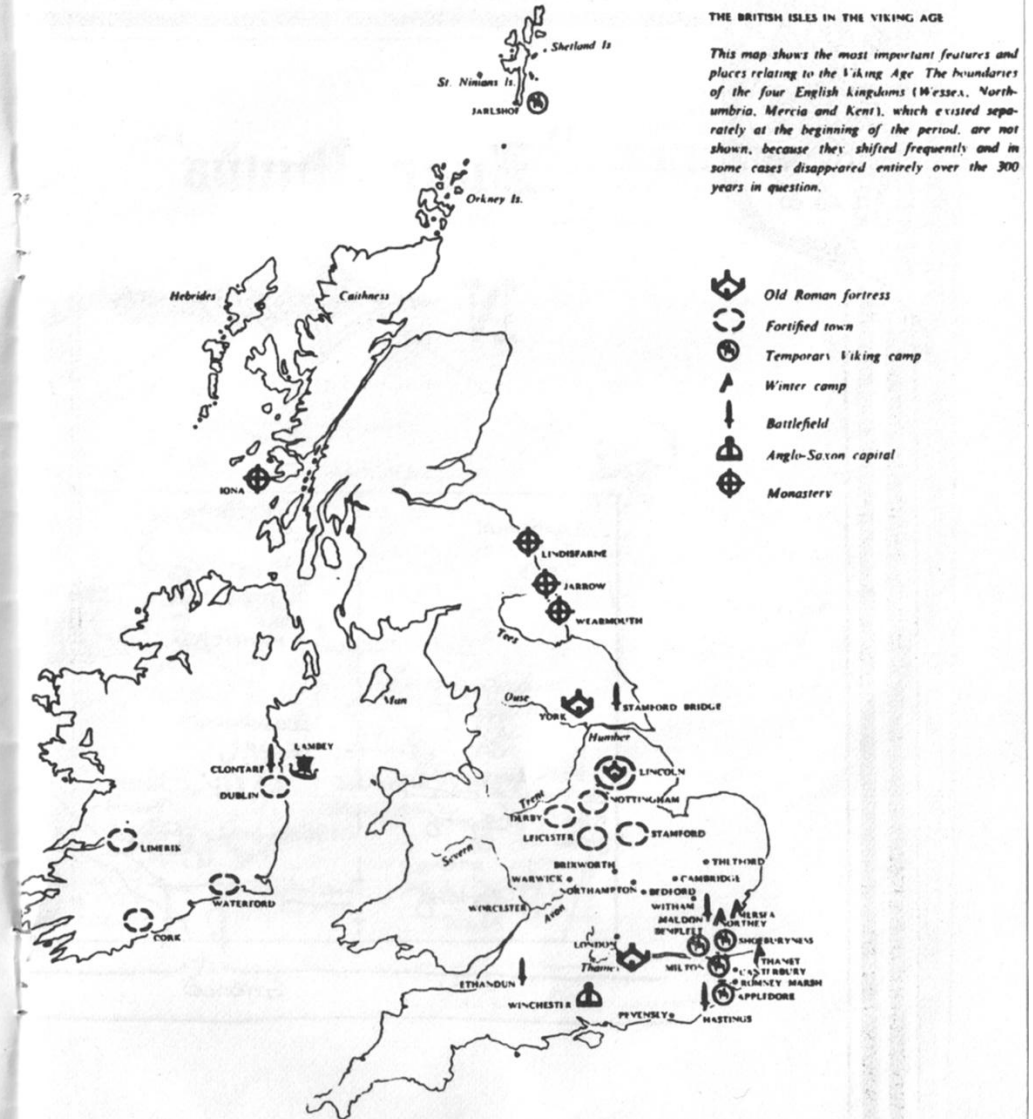
FRIDAY	Dinner:	Oxtail soup, Greek Lentil soup. Apple pie, Fruit mince pie.
SATURDAY	Breakfast:	Porridge, Brattwurst saugages.
	Lunch:	Cold roast lamb, Corned beef. Tart on Ember Day, Vegetable pie. Cheeses, fresh and dried fruit, nuts.
	Banquet:	Chicken soup, Onion soup, Trenchers. Baked shanks, Spit roast beef. Dish of Beans, Spiced Turnips. Mock Entrails, Blak Perys.
SUNDAY	Breakfast:	Porridge, crumpets.
	Lunch:	Cold roast beef, pumped mutton. Quiches. Cheeses, fresh and dried fruit, nuts.
	Dinner:	Blanc Manger, Vegetable stew. Cretonee de Pois, Saffron rice. Custard tart, Applemoy.
MONDAY	Breakfast:	Porridge, fried/boiled eggs.
	Lunch:	Cold roast chicken, continental saugages. Spinach pie, Medieval Salat. Cheeses, fresh and dried fruit, nuts.
	Dinner:	Meat stew, Vegetarian dish. Cauliflower cheese, fried aubergines. Turnesole, Treacle tart.
TUESDAY	Breakfast:	Porridge, toast and whatever's left!

Battle of Maldon

Sometime in 991, upwards of 93 shiploads of Viking raiders sailed to the Isle of Northey. Rumour has it that the future king of Norway, Olaf Tryggvasson may have numbered among the Viking commanders.

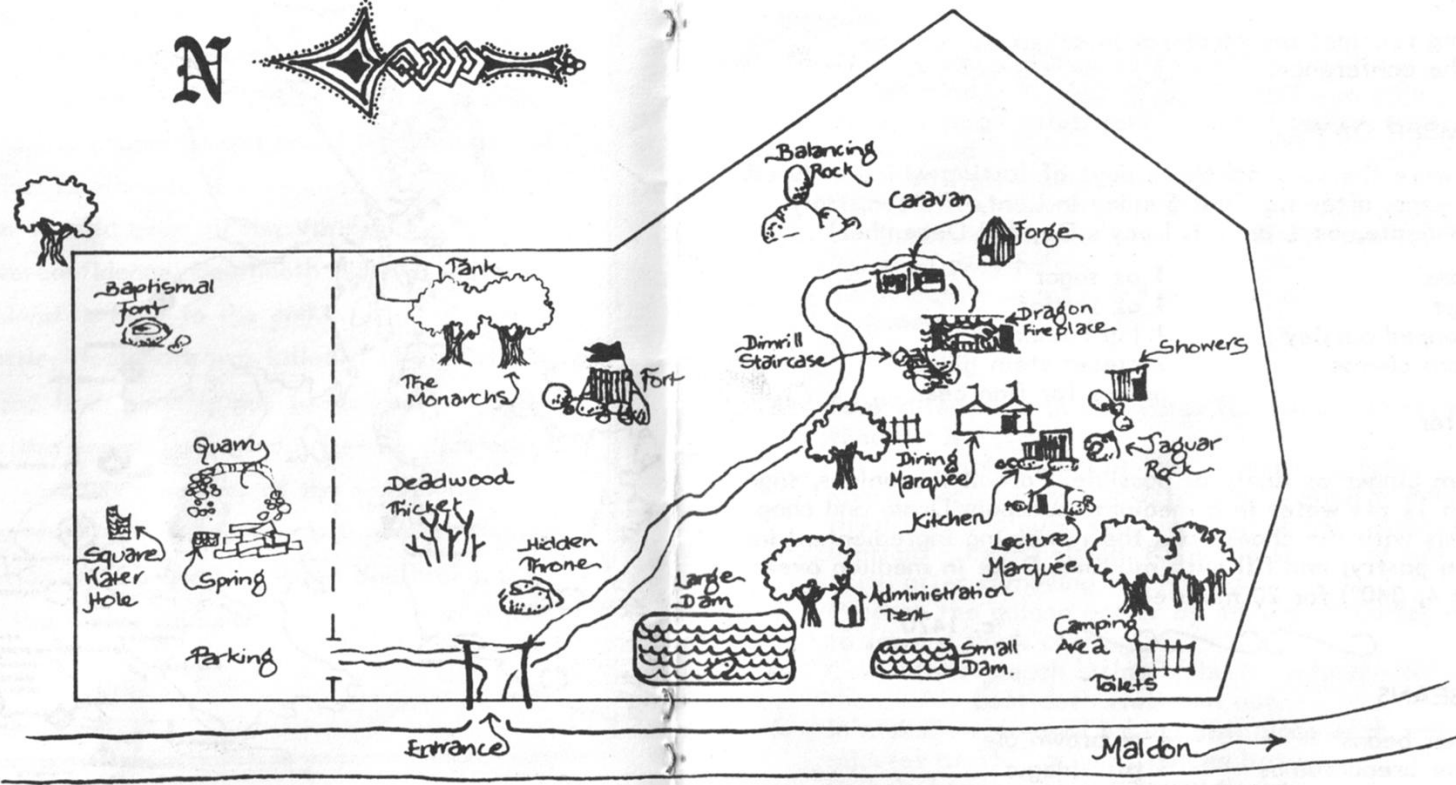
The Isle of Northey was connected to the Saxon mainland of England by a narrow causeway. At low tide the Vikings attempted to cross the causeway and found the Essex fyrol commanded by Earl Beothnoth. It is reputed that three of his men were able to hold back all the Vikings. Later, probably due to overconfidence, Beothnoth allowed them to cross to the mainland to fight to the end.

During the battle, Beothnoth was killed. Some of the Saxons panicked and fled, possibly due to him being killed. Unfortunately for the Saxons, one of the fleeing warriors took Beothnoth's horse and a number of the remaining warriors saw what they took to be their commander fleeing the battle. Confusion ensued and the Saxon line broke, giving the day to the Viking raiders.





"Four Winds"



Medieval Culinary Delights

There are many foods we eat today which we take for granted - potatoes, tomatoes, capsicums, and many others which were unknown to the people of Medieval times. Another aspect of their cooking was taking delight in disguising their food. What appeared to be a sweet dish, would turn out to be savoury, an egg dish would appear green, a milk dish purple. Illusion and colouring were often used at feasts and for great occasions.

The following recipes are Medieval in origin and will be used over the conference.

TART ON EMBER DAY

Ember Days were the seasonal three days of fasting which occurred four times a year, after the first Sunday in Lent, Whitsun, Holy Rood Day (14 September), and St. Lucy's Day (13 December)

$\frac{1}{2}$ lb onions	1 oz sugar
$\frac{1}{2}$ tsp sage	1 oz raisins
1 tsp chopped parsley	1 tsp cinnamon
$\frac{1}{2}$ lb cream cheese	2 pieces stem ginger
3 eggs	pastry for flan case
2 oz butter	

Chop the stem ginger as finely as possible. Parboil the onions, sage and parsley in $1\frac{1}{2}$ pts water in a medium saucepan. Drain and chop finely. Mix this with the cheese and the remaining ingredients. Line flan case with pastry, and fill with mixture. Bake in medium oven (Regulo Mark 4, 340°) for 20 minutes.

c. 1420

A DISH OF BEANS

1 lb runner beans	$\frac{1}{2}$ pt brown ale
1 oz white breadcrumbs	3 tbs vinegar
$\frac{1}{2}$ tsp pepper	pinch saffron
$1\frac{1}{2}$ tsp ground caraway seed	

Boil the beans in $\frac{1}{2}$ pt water in a medium saucepan until soft. Mix the remaining ingredients together, and put in a small saucepan, bringing just to the boil. Drain the beans, and pour the sauce over them before serving.

German, c. 1375 - 1400

HASLET - Mock entrails.

Haslet was the noble reward of the courtly hunt - the roasted entrails and genitalia of the deer or boar or other animal of the pursuer's fancy. This illusion food emulated haslet by utilizing dried fruits and nuts to imitate shapes and textures of the real thing. Noble hunters particularly favoured this feast delicacy.

Ingredients

24 very large prunes, pits removed	1 cup flour
24 very large dates, pits removed	$\frac{3}{4}$ cup milk
24 dried figs, stems removed	1 beaten eggs
24 the largest almonds and filberts available	1 Tablespoon ale
24 dried pear halves	1 teaspoon sugar
12 pineapple rings, dried and honey-dripped, cut into quarters.	$\frac{1}{2}$ teaspoon cinnamon
	$\frac{1}{4}$ teaspoon saffron
	Garnish
	$\frac{1}{2}$ cup honey

1. Soak dried fruit in hot water for $\frac{1}{2}$ hour. Drain and dry thoroughly.
2. On strings about 1 foot long of heavy butcher's thread, knotted at one end and attached to stout needles, alternate the fruits and nuts, creating two or three repeated configurations on each string. Knot the sewing end of the haslet cord, after removing the needle.
3. Prepare the golden batter by mixing all batter ingredients to form a thick coating.
4. Carefully dip each string of haslet into the batter so as to thoroughly coat each fruit and nut.
5. In a shallow greased baking dish place each string for 12 minutes at 350° or until golden brown.
6. Drizzle honey over the baked haslet.
7. Serve either one whole string or at the very least two repeated configurations of the baked fruit, preferably upon a green parsley-bread trencher.

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