



STORMSCROLL

Monthly Newsletter of the Barony of Stormhold

July AS LX (CE 2025)



¹ Detail from The 'Carrara Herbal' *Serpion the Younger*, (ff. 263-265) Italy, N. (Padua); between c. 1390 and 1404



ALENDAR

AUGUST

3rd ★ Monthly Bash

SEPTEMBER

5th - 7th ★ Spring Crown AS LX

MONDAY NIGHTS

Please note also that there is now a fee to attend activities at Clifton Hill on Monday nights. This is separate to your membership cost, or non-member insurance fee. You still need to sign in on Monday nights as well as having your card punched.

You can now purchase this as a physical card.

Cost is \$50 for 11 visits; or for those with a valid concession / student card \$20 for 11 visits; free for under 5 year olds.

If you have to pay on the night for a single visit, it will be \$5 per visit or \$2 per concession/student.

There are three ways to pay for these cards. Please talk to the Seneschal for more information!

ANNOUNCEMENTS

CALL FOR SUBMISSIONS

Feel like Stormscroll is too short this month? Want to share your cool new project with a wider audience? If you have ideas rolling around that need a new home, Stormscroll is seeking submissions! Please reach out to me (Bastian Dandelyon) via [email](#) to talk about how you would like your submission presented!

SEPTEMBER CROWN: HOSPITALLER'S NOTICE

Need to borrow clothing or feasting gear for September Crown?

Please get your request to the Stormhold Hospitaller, Fionnghuala nic an t'Sionnaigh, ASAP.

Email: hospitaller@stormhold.lochac.sca.org.

For clothing I will always need to know your chest measurement and your height as a minimum. Stormhold does not have inexhaustible resources, and while I will always try to fulfill requests, it is on a 'first come - first served' basis. Be considerate of your baronial Hospitaller by being specific about your needs, and get your requests in soon!

SEKANJABIN

Baroness Ute von Tangermunde

Sweet and tart, Sekanjabin is an ancient Iranian (Persian) syrup with a rich history; it was mentioned as far back as the Tenth Century in Al Fihrist, a catalog of books in Arabic.

Similar to an Oxymel, Sekanjabin may have originated as a simple preparation of Vinegar (Serke) and Honey (angobin). Also in The Anonymous Andalusian Cookbook under the Simple Syrup recipe (page 15).

Drunk as either a cold drink to help cut your thirst or else in hot water when fasting. The Lemon Sekanjabin I also drink with warm water as you would a modern day Lemsip.

Although the usual syrup is made with mint and sugar or honey, many types of fruits and Flowers have been used to make different syrups. I have also experimented with Infusing Herbs and Berries and Stone fruits. Usually the Infusions are for at least a month within the vinegar and then straining out the ingredient and making the Sekanjabin in the usual way.

When infusing the Stone fruits, I would first cut and remove the stones and only the flesh is used. With the Citrus fruits the ingredients are prepared first as in the zesting and juicing and then the syrup is created and at the very end when it is taken off the heat the zest and juice are added. Much of the flavour comes from the oils within the zest.

A good serving would fill your vessel about a cm from the bottom and the rest with water, more can be added if you wish to have more flavour, although a spoon may be needed to help mix the contents together.

When reading the recipes from the Andalusian Cookbook there are two main measurements you will find used : the ratl which as well as being a unit of weight was also a measurement for liquid about 468g although through many of the different ages and regions it did vary slightly.

The other is the The ûqiya / uqiyyah (Arabic: أوقية), sometimes spelled awqiyyah, is the name for a historical unit of weight that varies between regions, as listed below. It corresponds to the historical unit ounce and was defined in Iraq as one twelfth of a ratl or in parts of Egypt as one eighth of a ratl. As the ratl

varied so did the uqiyyah as its part. For example in Aleppo, 320g, in Beirut 213.39g, in Jerusalem 240g and in Malta 26.46g.

Here is my first recipe taken from the Andalusian Cookbook and my redaction

Syrup of simple Sekanjabin

Take a ratl of strong vinegar and mix it with two ratls of sugar and cook all this until it takes a form of a syrup. Drink an uqiya of this with three of hot water when fasting:

it is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst, since sikanjabin syrup is beneficial for fevers in phlegmatic fevers: make it with six uqiyas of sour vinegar for a ratl of honey and it is admirable (Manuscrito Anonimo)

Redaction:

(For this one I have added mint as a flavouring)

468g (approx) : White Wine Vinegar (450g works as well) You can also use straight Vinegar or even Red or Apple Cider

875g : Raw Sugar (4 Cups)

½ cup : Water

½ cup : Fresh Mint or as much as you wish (can use dry mint as well)

Put onto Heat the sugar with water and stir until mostly liquified (do not let it caramelize)

Add the Vinegar and keep stirring, skim as needed and keep stirring

Bring to a rolling boil, and then reduce heat to a simmer for 10 minutes (here you may leave it for short times unless it needs more skimming done)

Turn off heat add mint

Allow to cool, strain out most of the mint and then bottle. (The cooling can be overnight for full infusion)

My hope is to spread the wonders of Sekanjabin within the borders of our Kingdom and further to the Known World. In future editions I will add more recipes made with berries, Citrus, Stone fruits and Herbs.

Yours in Service to the Dream

Baroness Ute von Tangermunde

BAY LAUREL RECIPES

Lady Luisa Schloss of The Gorge

‘Herbs are the friend of the physician and the pride of cooks’

- Charlemagne

Just prior to the turning of the last season, in Stormscroll April AS LIX, we embarked upon a journey of herbal enrichment with an introduction to the mighty, yet unassuming, Bay Laurel (Laurel nobilis). We touched on the origin myths and beliefs associated with Bay, the various applications it has been put to throughout history and the many positive health impacts, both short and long term, that we can gain today with the inclusion of this plant ally into our lives.

Which is all well and good to know but you can have access to a virtual forest of bay leaves, you’re probably not going to receive much benefit from them just by staring at them so let’s take a look at a few ways we can unlock all that splendiferousness ourselves.

Bay is one of the world’s most common culinary staples and can be found everywhere - from a vibrant backyard topiary to those cellophane wrapped leaves in the pantry that are older than your kids - their availability is proof of how easy it is to incorporate the health benefits it offers into our lives.

As a tea; Due to the anti-inflammatory, anti-spasmodic and antioxidant properties contained in bay leaves it can be useful as a tonic to promote overall health. Drinking 1-4 cups of bay leaf tea per day can be of benefit to areas such as digestion, stress reduction, insomnia, arthritis, blood sugar and cholesterol regulation, cardiovascular health, immunity and respiratory support.

2-3 bay leaves, dried, lightly crushed 🍃 1 cup freshly boiled water

Place leaves in cup or small pot, pour freshly boiled water over leaves and cover with a lid to retain steam. Steep for 6-8 minutes. Remove leaf material prior to drinking.

As an infused oil; Infusing bay leaf in a medium such as coconut or EVOO, means it can be incorporated into everyday life as both a culinary additive eg: as a cooking oil, in salad dressings, etc and as a topical application to the body as a massage oil for the relief of arthritis as well as being soothing for skin complaints such as psoriasis or eczema. Additionally, the antimicrobial properties of bay can be helpful for acne, dandruff and thinning hair.

Dried bay leaves, crushed or cut up 🌿 Extra Virgin Olive Oil 🌿 Clean, dry glass jar with lid

Place bay leaves into the glass jar until the jar is between $\frac{1}{2}$ to $\frac{3}{4}$ full. Pour oil over the plant material until it reaches the shoulder of the jar then use a chopstick or a knife to stir the contents to gently release any air that may be trapped amongst the plant material (We want to eliminate as much air as possible to reduce the chance of mould)

Top up the oil until it's just below the opening of the jar and seal with the lid. Invert to ensure its sealed properly and doesn't leak. Allow to infuse for between 4 - 6 weeks, giving it a gentle shake at least 3 or 4 times per week. Once infused, strain the oil through a filter such as cheesecloth, making sure to thoroughly squeeze out all the oil from the plant material, and store in an airtight jar or bottle for up to 12 months. Apply daily as a massage oil for the relief of arthritis and dermatitis and as required for the treatment of dandruff and hair health.

As a powder; Finally, in addition to the methods outlined, reducing bay leaves into a powdered form can boost their ability to be incorporated into applications, internally and externally, and provide a convenient alternative to whole bay leaves, offering a more intense flavour and easier storage. In the kitchen, whizzing some dried bay leaves in your blender or coffee grinder means you can add a subtle, aromatic depth to soups, stews and sauces, create custom spice blends to season meats and vegetables, compliment sweeter spices such as cardamom, clove and nutmeg in sweet breads etc, and add a warm, aromatic touch to porridge dishes such as oat or corn.

As a beauty additive, bay leaf powder can potentially improve skin health, reduce acne and promote a clear complexion. It can be added to a commercial product to boost it's performance or be a stand alone ingredient in homemade

face masks as well as being added to hair treatments, as an alternative to an infused oil, in the manner of a mask or rinse to help with dandruff and promote overall hair health.

You can even benefit from bay leaves - whether powdered or whole - around the home, as both a pest deterrent and room aromatic, by sprinkling it in the pantry or linen press, including it in a steaming simmer mix on the stove or making it part of a potpourri mix... the possibilities and potentials are many.

Live lively, live curiously, live well...

Luisa Schloss of The Gorge.

Disclaimer: This article is for informational purposes only. It is not intended to constitute medical advice and should not be substituted for medical advice. Always conduct your own research and please consult your health care provider before taking herbs, supplements, etc.

Disclaimer

This is the monthly magazine of the Barony of Stormhold, in the Kingdom of Lochac, within the Society for Creative Anachronism (SCA). This publication is not a corporate publication of the SCA in whatever jurisdiction the latter operates as an incorporated body. It does not delineate official SCA policies, and any opinions expressed in this publication, unless otherwise indicated, are solely those of the individuals concerned.

Acknowledgement of Country

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters, and culture. We pay our respects to their Elders past, present, and emerging.

Equity and Diversity

The SCA is an international organisation devoted to the research and re-creation of pre-seventeenth century life, encouraging its participants to employ a knowledge of history to enrich their lives and the lives of others through events, demonstrations, workshops and other educational activities. The SCA in Australia remains committed to ensuring that we reflect the best and most welcoming aspects of the modern world, committing to celebrating equity, diversity, and inclusiveness in the game we play. Researching and re-creating cultures of bygone eras does not require abandoning the values of the present. We welcome people of all ages, sexes, ethnicities, religions, sexual orientations, gender identities, and ableness, and reject anyone who will discriminate on any of these bases. The promotion of social equity and diversity in our activities remains fundamental to our game as a requirement for participation.

Contribute

To submit event notices, articles, or artwork for Stormscroll, please contact the Chronicler at chronicler@stormhold.lochac.sca.org. To assist the Chronicler, please include a written statement of permission to publish, dated and signed for all original work.

Privacy

We have endeavoured to ensure that any personal information in this publication is correct and approved for publication at the time of publication. If you are concerned about any information about you published in this publication, please contact the Chronicler.

Copyright

© Copyright 2025 Barony of Stormhold. All material in this publication, except where a third party is acknowledged, is copyright to the Barony of Stormhold from 13 June 2024. The copyright of certain portions of this publication are retained by the original contributors. Some images obtained via the Creative Commons. For information on using photographs, articles, or artwork in or linked to this publication, please contact the Chronicler at chronicler@stormhold.lochac.sca.org. They will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.