

The Blue Strand

Hello and welcome to the Gentlefolk of our fair shire,
I hope all of you are doing well.

<http://www.sca.org.au/kraeglas/> Is the website for our shire and it is updated regularly with events and the contact information is always there.

Now to the fun stuff!

To Make Pies that the Birds may be alive in them

- a large round cookie tin, approx. 9 1/2" diameter x 3 1/2" deep, lined with greased heavy-duty aluminium foil.
- 12 lbs. all-purpose flour, divided
- 3 1/2 pints water
- 12 ounces lard or shortening
- 3 teaspoons salt
- *Optional:* 1 egg yolk, mixed with 1 tablespoon water; cloves for garnish

Making the Dough. Boil the water and salt in a large pot. Add lard, and stir until melted. Place 6 lbs. of flour in a large bowl (reserve the remaining 6 lbs. of flour), and make a well in the center. Add the boiling water mixture to the flour, a little at a time, and stir with a wooden spoon to mix thoroughly. When all the water has been added and stirred in, and the mixture has cooled slightly, take up small handfuls of the dough and knead on a floured board until the mixture is smooth and can be formed into a ball. Set the balls aside in a large bowl, and cover them with a damp cloth until all the flour mixture has been kneaded. Let rest a few minutes. This rest will make the dough more elastic, and easier to work with.

Making the Shell. Form about half the dough into a large ball. Roll it out, at least 1/4" thick, on a lightly floured surface to form a 21" diameter circle. Line the mold with this circle, pressing it firmly into place. Trim the excess dough, leaving at least 1" hanging over the edge. Cut a 4" diameter hole in the base of the bottom crust. Take the remaining 6 lbs. of flour and fill the pie. Mound up the flour in the center. Take a little more than half of the remaining dough, and form a ball. Roll it out to form a 13" diameter circle. Cover the bottom crust. Moisten and seal the edges. Trim away the excess, leaving about 1" hanging over the edge. Crimp the edges high. Poke a steam vent in the center of the top crust. *Optional:* brush the top crust with the egg yolk wash, and garnish with whole cloves. Bake at 400 degrees F. for 50 minutes. Reduce heat to 350 degrees F. and bake 30 minutes more, or until the crust feels hard when tapped. Remove from oven and let cool.

When cool, remove the crust gently from the mold. You may separate the top from the bottom crust before service, so as not to injure the birds during presentation. The top crust can be re-attached using toothpicks. Remove the flour from the center of the pie (it will have caked, so carefully use a metal spoon to loosen it). If the bottom crust is still spongy to the touch, return the crust to the mold and bake for an additional 20 minutes at 400 degrees F. Remove from oven and cool completely.

Presentation. When the shell is completely cold, and just before you are ready to serve, you may gently insert live birds into the crust via the hole in the bottom. Place the pie on a serving platter, and garnish as you wish. Serve immediately.

Please let me know:

1. What you want to make this a good read that strengthens the Krae Glas community.
2. If there are any special pieces of interest or pictures you would like me to include in the next issue

Items to remember!

Don't forget that this summer we are running the series of Krae Glas twilight tourneys. It is a great time to invite other to come along and experience what the SCA is all about. Maybe invite some ex-SCA players in case they are interested in coming back because their lives have now simplified and they have time again.

St. Monica's is also a major part of Krae Glas and they are in need of some Chemises and other clothes for their Hospitalier. If you can help them out with either some old garb or making garb for the group then please let Tiffany know.

Please remember that the Krae Glas Wednesday night gathering is on the 4th Wednesday of every month at Gwynfor and Gwir's premises. Although we do go through some 'business' as in reports we also have time to work on our projects.

To those of you who have had their lifestyle change and cannot attend regularly, you are sorely missed and we hope that you are fit and well. Any time you want to pop in for anything you are more than welcome.

YiS

Anastasia d'A'lassio

Chronicler

Ps. Any information you wish to share would be greatly appreciated. J