

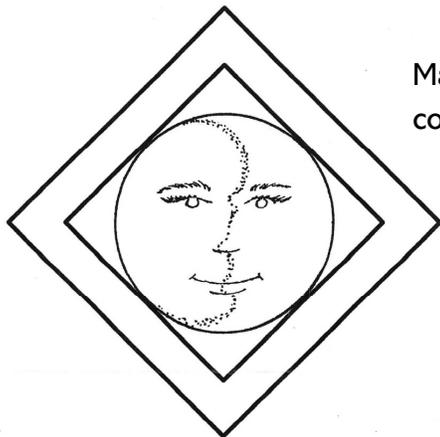
# Moonstone



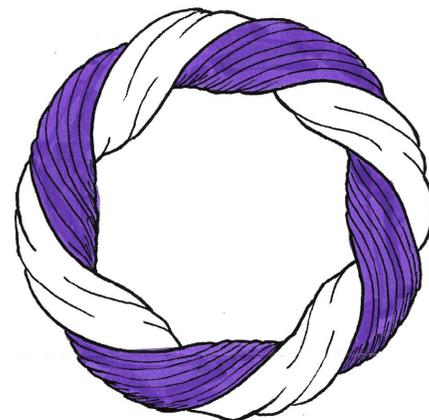
The Province of Malagentia is a local chapter of the Society for Creative Anachronism. The Society for Creative Anachronism (SCA) is an inclusive community pursuing research and re-creation of pre-seventeenth century skills, arts, combat and culture. The lives of participants are enriched as we gain knowledge of history through activities, demonstrations, and events. Malagentia is a branch of the East Kingdom, located in Southern Maine. If you are new to the SCA or just want to learn more about this non-profit organization please contact the Chatelaine at [chatelaine@malagentia.eastkingdom.org](mailto:chatelaine@malagentia.eastkingdom.org) for more information or visit the newcomer's website at [eastkingdom.org](http://eastkingdom.org). Malagentia holds monthly business meetings on the first Thursday of the month at Doughboy's, 57 Bridge St, Westbrook, ME. Meetings start at 7:00; however many members arrive early to revel in the company of other like-minded people and have a bite to eat. Please be sure to check the calendar at [malagentia.eastkingdom.org/main/calendar](http://malagentia.eastkingdom.org/main/calendar) for more activities taking place in the province.

Greetings to the populace of Malagentia from Alexander, your Provincial Herald.

Months ago, I submitted three populace badges, and two of them were accepted by the College of Heralds on August 26, 2020.



Malagentia, Province of. Badge for populace. (Fieldless) A moon in her complement within and conjoined to a mascle argent.

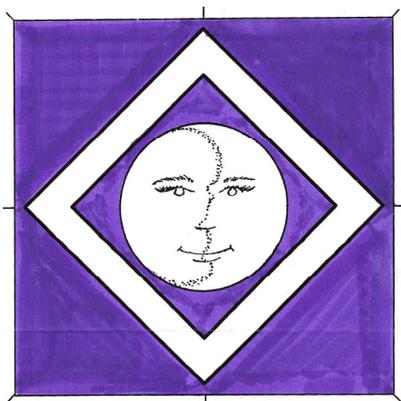


Malagentia, Province of. Badge for populace. (Fieldless) A torse in annulo wreathed argent and purple.

During the period when heraldry was used in medieval Europe, badges were used to mark things that "belong" to the badge owner. Including on the livery of servants, on possessions, and to show allegiance on war banners. In the SCA, many groups and kingdoms continue in that tradition by having both Arms and one or more Populace Badges. The Arms are generally restricted to use by those who are officially speaking for the group; so Seneschal, Herald, Landed Nobility, etc. Populace Badges are intended to be used anyone who wishes to show some level of allegiance to the group.

With these badges now official, please use them to show your Provincial pride! Both are "fieldless", which means they can be displayed with **any** color or pattern behind them. Or they could be crafted as pewter badges to be pinned on anything. Note that for the moon-in-mascle badge, the corners between the moon and inner edge of the mascle are "empty space".

I encourage people to go out and use these designs freely! Some common uses in the SCA include use as belt favors, on martial surcoats, torsos on helms, painted on loaner shields or as a unit insignia, used to show group allegiance on a banner (the group badge closes to the hoist), and more.



We have one more badge still in process, which is a fielded version of the moon-in-mascle, I expect it will be accepted on next month's LoAR.

## The Whey To Make Cheeses, A Series

By Adreinne d'Evreus

In the past I wrote an article about making a simple farmer's cheese using goat's milk and lemon juice.

Now we will try a more advanced cheese with a longer process: paneer.

Nomadic dairy tribes have lived in central Asia for millennia. It is thought they developed the first paneer.<sup>1</sup>

From my reading it's about lining up the proteins in the milk correctly so it's more cohesive and less crumbly. It just takes a bit more time. Evidently buffalo milk was traditionally used and curdled with buttermilk or yogurt. Buffalo milk has a fairly high butterfat content, around 6%. I use goat milk which also has a high butterfat content. According to the farmer it's up to 8% depending on the time of year. You may also use cow's milk from the grocery store as long as it's not ultra pasteurized. Cow's milk has a butterfat content of 3 1/2 - 4 1/2%.

Begin by sanitizing all of the equipment you need and the stove top and counters.

To make this cheese you will need a non-reactive pot that will hold at least a gallon and a half of liquid.

You will also need measuring spoons (I use stainless steel ones.) and a 2 cup measuring cup, (I prefer glass.), a colander, a long spoon to stir, and a good thermometer. I simply sterilize by boiling everything (except my thermometer) in my cheese making pot: a thick bottomed stainless steel stock-pot. You will also need 1 gallon of very fresh whole milk, 1 teaspoon of citric acid or 2-4 tablespoons of lemon or lime juice, butter muslin, fine cheesecloth or a clean tea towel.

Evidently low fat milk will result in a rubbery, unpleasant cheese. While unpleasant cheese occasionally happens accidentally we don't need to waste the milk to find out on purpose.

Boil what you wish to sterilize for 15 minutes. I usually do this step the night before in my covered

stock pot and just leave it overnight to cool. Before it cools a dump some of the very hot water out into the sink so it helps clean the sink a bit.

If you sterilize your equipment the same day you'd like to make your cheese, remember to use thick, protective gloves to remove the very hot tools. Place them on a clean counter or on freshly washed towels laid on the cleaned counters.

On cheese making day slowly bring the gallon of milk to between 185 and 194°F (85 to 90°C). This can be done on the stove on medium low to medium heat, stirring occasionally, or by placing your pot in a sink full of hot water. I have not experimented with the latter but it was a recommendation from the company from whom I source my cultures and molds for more complicated cheeses I'd like to try in the future.

Here's where the paneer recipe begins to deviate from the quick farmers cheese. Now we want to hold the cheese near that temperature for 20 to 30 minutes. I find that taking it off the stove and wrapping the covered pot with two thick towels works for me.

While the milk is resting prepare your acid. Add 1 teaspoon of citric acid or 2 to 4 tablespoons of lemon or lime juice to 2 cups of water.

After the milk has rested let it cool to 170°F. Warm up your acid diluted in 2 cups of water to 170°F as well and add it to the milk. Stir to gently incorporate the diluted acid with the milk. The pot can now be covered and wrapped in towels and let rest for another 20 minutes. This is a very "do something then wait again cheese". Sorry, not sorry!

While waiting again line your colander with the butter muslin, cheese cloth, or clean towel.

Put a big pot or a bowl under your draining cheese if you'd like to save the whey. You may use it for baking, water it down to water your garden, compost it, or some people like to sip it. I tried a whole glass one day and ended up with an uncomfortably sour tummy so sip with caution or don't tell me I didn't warn you.

Now we can drain the curds!

*Cheeses continued*

Begin by ladling some of the liquid away from the curds. I use the 2 cup measuring cup I used for the acid dilution because I was smart and set that down on a sterile surface after pouring the acid into the milk, right!?

Other than boiling to sterilize things, like the counters and stove top, you may spray them with a mild bleach solution and gently wipe everything down.

The sterilization of all tools and surfaces before you make cheese is important because you need to control the bacteria in your cheese. As one of my goat farmer says, "Would you like to get listeria today?" The answer is always emphatically "NO!" So sterilize your tools and surfaces, please, listeriosis is not at all fun.

So curds, yes, we are ladling them with a sterile measuring cup into the clean butter muslin in a sterile colander. Once you have ladled some into the clean cloth you can gently pour the rest into the draining system when there is room to do so. You may save the whey or not bother to. If your colander is low like mine you'll have to find the right size pot so its handles can hold it up to let all of the whey drain. Let it drain in the colander for 30 minutes, gently stirring at the 15 minute mark to help more of the whey drain. Now pull the cloth tightly around your cheese curds.

The cheese curds you have now are called chhena, chhana or sana. Now on to pressing it into paneer!

While my cheese was draining I washed the stock pot. Because next you want to fill a clean pot with 1 to 2 gallons of warm water. Then place the pot of warm water on top of the tightly bundled

cheese. This is a precarious maneuver but essential. Once you succeed, congratulations, you have just made a primitive cheese press! The amount of time you let it press will determine how firm the final cheese is. I like to press for five minutes then mix in herbs and spices. I'll publish my favorite combinations on my blog. It is <http://scientistsscroll.blogspot.com/>

Overall, the paneer recipe recommends pressing it for 10-15 minutes. I have made paneer about 4 times now and still have not made it firm enough that it stands up to cooking like it should but I'll keep trying! Perhaps because the last two I made were a little rushed and were 2 gallon attempts. It still tasted wonderful, it just dissolved into the sauces. Try your hand at paneer and let me know how it goes. Happy cheese making!

## References:

- ◇ "Cheese Making." *New England Cheesemaking Supply Company*, [cheesemaking.com/](http://cheesemaking.com/).
- ◇ Raghavan, Aditya. "Paneer and the Origin of Cheese in India." *The Hindu*, The Hindu, 30 July 2016, [www.thehindu.com/news/cities/mumbai/Paneer-and-the-origin-of-cheese-in-India/article14516958.ece](http://www.thehindu.com/news/cities/mumbai/Paneer-and-the-origin-of-cheese-in-India/article14516958.ece).
- ◇ Woodman, Wes. "Don't Get Lysteriosis." Do you want lysteria? Do you want lysteria?, 2019. Standish, Feather and Scale Farm.



## Officers

Seneschal - Sir Edward MacGyver dos Scopus	Minister of Arts & Science - Nicol mac Donnachaidh
Chatelaine - Lady Adrienne d'Evreus	
Archery Marshal - Lord Aloysius Sartore	Minister of the Lists - Propreatrix Ilulia Baebiana
Chronicler - Lady Shyvan Floyd	
Exchequer - Mistress Molly Schofield	Quartermaster - Master Samuel Peter DeBump
Herald - Master Alexandre St. Pierre	
Knight Marshal - Matthew MacGyver	Rapier Marshal - Lord Mat Wyck
	Web Minister - Lady Tessa Maria da Siena
	Chancellor Minor - Vacant

## Ridings

Giggleswick - Seneschal Master Steffen Of Silverforge

Ravensbridge - Seneschal Don Magnus Morte

This is the September 2020 issue of the Moonstone, a publication of the Province of Malagentia of the Society for Creative Anachronism, Inc. (SCA, Inc.). Moonstone is available from Silena Preston, known in the society as Shyvan Floyd, [chronicler@malagentia.eastkingdom.org](mailto:chronicler@malagentia.eastkingdom.org). It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2012 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

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**Marginalia by Colette d'Avignon**