



# Medieval Herald

*The Official Newsletter of Men of Iron*

**Summer 2024**

Bakers and Chefs Guild

The Bread of Life

Making Bread

Household Leadership

Building a Table Shield





Connect with us!

Website

[www.Men-of-Iron.org](http://www.Men-of-Iron.org)

Email

[MenofIronKnights@gmail.com](mailto:MenofIronKnights@gmail.com)

Facebook

@KnightsOfMenOfIron

Instagram

MenofIronknights



Medieval Herald– Volume 2 Issue 2

Published quarterly by

Men of Iron

Van Buren, AR 72956

[www.Men-of-Iron.org](http://www.Men-of-Iron.org)



Medieval Herald



## Membership Opens Opportunity!

Being a member of Men of Iron has benefits for you! The Premium Membership package changes each year to provide you with special gear that cannot be purchased until the next year. It also gives you access to restricted materials, the ability to compete in tournaments and bead challenges, advancement opportunities, participate in Men of Iron events like the Quest for the Cross and many other things that only a member of Men of Iron can access.

Become an official member of Men of Iron and enjoy the benefits!

Full membership details can be found on the Men of Iron website at [www.Men-of-Iron.org](http://www.Men-of-Iron.org)



Men of Iron

# Bakers and Chefs Guild

Cooking is a an art form unique unto itself. There are so many small details that can only be known through experience that separate beginners in the kitchen from a master cook and baker.

For Men of Iron, this skill is developed from apprentice to Master in the Bakers and Chefs guild.

The members of this guild are those who have a deep interest in the culinary arts, whether it be baking, cooking full meals for feasts or developing new recipes from ancient records. Food was an important part of the society of the middle ages and continues to be so today.

The feasts that each household holds each year are usually coordinated and conducted by members of the Bakers and Chefs guild making their presence in Men of Iron quite valuable.

When considering a guild to become a member of, remember the Bakers and Chefs guild!







Bread has had a long and interesting history in the story of man. The first mention of bread in scripture is in Genesis 31. In this passage, Jacob has made a sacrifice and then called his relatives to come and eat bread. Later scripture records that the king of Egypt had a baker that was in the same prison as Joseph when he was wrongly imprisoned. Later, mention is made of there being no bread anywhere but in Egypt, making bread symbolic of having plenty in Egypt.

Bread plays an enormous part of the Jewish Passover meal. The Jews were to eat unleavened bread during the Passover feast and then for seven days following as a celebration of the exodus from Egypt. When the Jews were wandering in the desert for 40 years, God rained down manna or “bread from heaven” to sustain the nation of Israel (Exodus 16:4). In the tabernacle, show bread was a key part of the worship of the Lord within the holy place.

In antiquity, if a traveler was to arrive unexpectedly at your home, it was common practice to offer him bread and drink as a showing of hospitality. This practice would continue for thousands of years in almost every culture. Over and over again throughout scripture and history, bread has been shown to be an important part of life, as having bread meant having life.

Considered a staple food, bread has always been a standard dietary item for life. A person can survive quite some time on only bread and water. Bread is such a basic food item that it has become a term for food in general. Later terminology used even today associates bread with success as those who work for wages are called the “bread winners” in our society.

Because of its universal place as a food item, we use the phrase “breaking bread together” to signify that we have shared a meal with someone.

When Jesus burst onto the scene and began to preach to the people of Israel, he called himself many things. One of those titles was “the bread of life”.

Jesus had just fed a crowd of five thousand with five barley loaves and two fish. He prayed over the small portion and then began to break it up and fill the baskets. Supernaturally the bread and fish multiplied to feed every person there until they were satisfied. When they were done,



there was still so much left over that they filled twelve baskets with what was left. Afterward, scripture tells us that Jesus and His disciples crossed back to the other side of Galilee. When the crowd sees that Jesus has left, they follow Him again. It was here that Jesus takes this moment to teach them a lesson.

He accuses the crowd of ignoring His miraculous signs and only following Him for the “free meal.” Jesus tells them in John 6:27, “Do not labor for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.”

In other words, they were so enchanted with the food, they had missed the fact that the Messiah had come and he was before them. So what then do the people do? They ask Jesus for a sign that He was sent from God (Keep in mind he has just fed a crowd of five thousand from almost nothing and walked on the water only the day before). They tell Jesus that God gave them manna during the desert wandering. Jesus responds by telling them that they need to ask for the true bread from heaven that gives life. When they ask Jesus for this bread, Jesus startles them by saying, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.” (John 6:35)

This was startling statement by Jesus with huge implications! He was comparing himself with bread, basically saying that he is essential for life. What Jesus was trying to help them to understand was that the life he was referring to is not physical life, but eternal life. Jesus is trying to get the people to begin thinking beyond the physical realm and in terms of the spiritual realm. He is contrasting what He brings as the Messiah with the bread He miraculously created the day before. That was physical bread that perishes. He is spiritual bread that brings eternal life.



It was also in that moment that Jesus is making a claim as to his deity. This statement is the first of the “I AM” statements in John’s Gospel. The phrase “I AM” is the covenant name of God (Yahweh, or YHWH), revealed to Moses at the burning bush (Exodus 3:14). The phrase speaks of self-sufficient existence which is an attribute only God possesses. When we as modern believers hear “I AM” it doesn’t hit the same as it would for a first century Jew. Jesus knew that the Jews who were listening to him would have instantly understood his words as a claim to his deity.

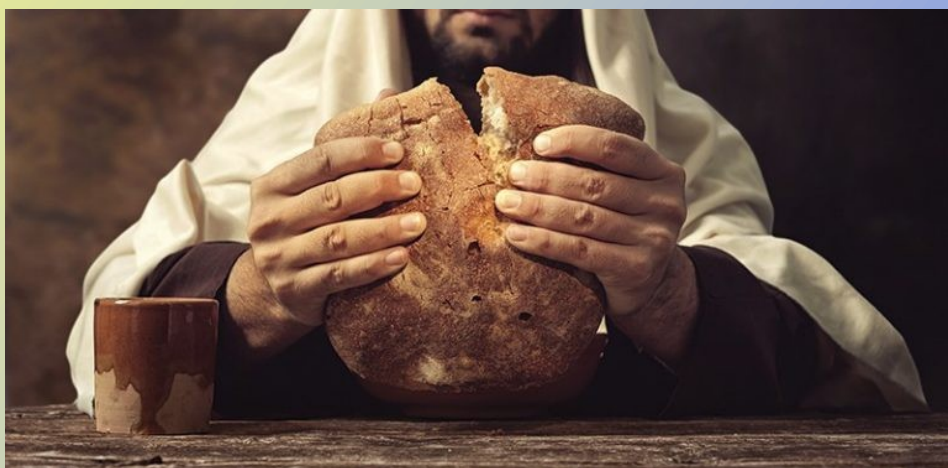


Jesus was also making an invitation to those he was speaking to. He asked them to “come” and “believe.” This was a call for those listening to place their faith in Jesus as the Messiah and Son of God. This invitation to come is found throughout John’s Gospel. Coming to Jesus involves making a choice to forsake the world and follow Him. Believing in Jesus means placing our faith in Him that He is who He says He is, that He will do what He says He will do, and that He is the only one who can.

What then should we as modern believers take away from this?

John reminds us as Christ followers where our strength and sustenance comes from both physically and spiritually. Through the lens of history, we are able to understand what Jesus was trying to drive home to the people he was speaking to and how the application of his words should change our perspective on who he is and what he came to do.

Jesus did not come to make our physical lives easy. He came to give us life in the spirit that will last forever and all we need to do is believe that he is the son of the Most High God, follow him and trust in his words. It is that simple.



We should also take this passage as a reminder to keep the focus on what he has called us to do. We can get so wrapped up in programs and physical things that we can easily overlook the command that Jesus us gave to go out and spread the gospel. We must discipline ourselves to obedience to his word and his calling on our lives. Make sure that we don’t lose sight of what he has asked us to do. How do we do that? By making sure that we keep our eyes on him.

Like the bread that we eat to sustain our physical bodies, we must align ourselves with Christ and serve him only so that our spirits are sustained by Jesus as the bread of life.

Jesus is our bread of life. Our need for Him is desperate and the hope we find in Him fully satisfies our soul.

Jesus, The Bread of Life, fully satisfies our every hunger.

-Sir Anthony the Valiant .....







Join us for this historic event  
As we conduct the first ever  
**Men of Iron Quest for the Cross**

**October 4-5, 2024**

Camp Eagle Rock, Eagle Rock, Missouri

\$40.00 per person,

Participants must be current Members

Visit [www.men-of-iron.org](http://www.men-of-iron.org) for details





# Making Bread

A medieval manuscript illustration showing two men in a kitchen. One man is kneeling and tending to a large brick oven with a fire inside. The other man is standing at a wooden table, kneading dough. The scene is set in a rustic kitchen with various items hanging on the wall.

## Medieval History of a Universal Food

Medieval bread has a fascinating history that dates back to the early times of the Middle Age period. For centuries, bread has been a staple food in many cultures and medieval society was no exception. In fact, bread was the most common food consumed during this era and played a vital role in the daily lives of people.

During medieval times, bread was made with simple ingredients such as flour, water, and yeast. The type of bread made was dependant upon the type of grains used, as different grains were produced in different regions. Availability also played a large role in what type of breads were produced. While not a complete list, some of the most common grains used were wheat, rye, barley, and oats.



Bakers produced many different types of bread that were consumed during medieval times. For example, trenchers were pieces of stale bread used as a plate for meat and other foods. Simnel bread was a type of fruitcake traditionally eaten during Easter, and rye bread was a common staple in northern Europe.

Medieval bread was significant not only for its nutritional value but also for religious and cultural reasons. The church used bread during services that the communion elements were taken. Bread was also an essential part of social gatherings, such as weddings and festivals.



There were times in the middle ages that bread was so valuable that it was often used as a form of currency. The prices of other goods were set in terms of the price of bread, making it an important commodity.

Overall, the history of medieval bread is rich and diverse, with many fascinating facts and unique types of bread. Understanding the significance of bread in medieval culture can provide valuable insights into the daily lives of people during this era.

### **Types of Medieval Bread**

Medieval bread came in a variety of shapes, sizes, and flavors, each with its distinct characteristics. A few types of medieval bread authentic to the period were manchet bread, a very simple type of white bread; rye bread, a dark bread; trenchers, a hard bread that could be used as a plate or bowl for soup and pottage bread, a bread that was added to thicken soups.

Medieval bread was usually made with locally sourced ingredients, and the availability of certain grains influenced the types of bread that were produced in different regions. Additionally, bread-making techniques varied depending on the location and skill of the baker.

There are many modern adaptations of medieval bread recipes available, but nothing compares to the taste and texture of authentic medieval bread. Whether you're trying manchet, rye, trencher, or pottage bread, you'll be taking a delicious journey back in time.

### **Ingredients and Techniques in Medieval Bread Making**

Bread was a vital part of the medieval diet, and bakers used a variety of grains to create different types of bread. Rye, barley, and wheat were the most commonly used grains. However, each grain required different techniques for processing and baking.

The first step in making medieval bread was to grind the grain into flour using a mill. Once the flour was ready, bakers mixed it with water and yeast to make the dough. Yeast was usually made from fermented fruit or beer, and it was essential in giving the bread its rise and flavor. Once the dough was ready, bakers used different techniques to shape and bake the bread. Some bread, like sourdough, was fermented overnight to develop its flavor and texture.

Other bread, like trenchers, was shaped into a thick, flat disk and used as a plate for stews and meats.

In general, the baking process was quite different from modern techniques. Bakers used





wood-fired ovens, and the temperature was controlled by opening and closing the oven's vents. The bread was baked directly on the oven's floor, which gave it a unique crust and flavor.

To create authentic medieval bread, it is important to use traditional ingredients and techniques. This will ensure that the bread tastes and feels like it did during medieval times. For enthusiasts looking to try their hand at traditional medieval bread making, there are many online resources and workshops available to guide them through the process.



### **The Cultural Significance of Medieval Bread**

Medieval bread was not just a dietary staple but also an essential part of the culture and social fabric of the time. Bakers were highly respected members of society, and bread was a symbol of hospitality, sustenance, and prosperity. Travelers would be offered bread and drink as a show of hospitality when they would arrive at a home or tavern. Bread was everywhere.

### **Bread in Medieval Society**

During the Middle Ages, bread played a significant role in the everyday lives of people, regardless of their social status. It was a staple food that formed the basis of most meals and was consumed in large quantities. Bread was so important that it was even used as a form of payment for labor and in exchange for other goods.

Bread was not only a source of sustenance but also a symbol of social status. The higher the quality of bread, the greater the prestige of the family that consumed it. The ability to produce high-quality bread was a mark of honor for bakers and a significant achievement for their families.

### **The Role of Bread in Religious Rituals**

Bread held special significance in religious rituals and ceremonies during the Middle Ages. It was used in Christian sacraments such as the Eucharist, where it was believed to represent the body of Christ. In these sacred contexts, bread was seen as a symbol of spiritual nourishment and divine grace.

Many monasteries had their bakeries, and the bread produced there was considered a



form of worship. The monks would take great care in preparing their bread, often adding special ingredients and reciting prayers throughout the process.

### **Bread and Social Gatherings**

Bread also played an important role in social gatherings and celebrations during the Middle Ages. It was customary to break bread together as a sign of friendship and hospitality. In fact, the phrase “breaking bread” is still used today to describe the act of sharing a meal with others.

Bakers often competed with each other to create the most elaborate and impressive bread sculptures for special occasions such as weddings and banquets. These sculptures were not only works of art but also symbols of the baker’s skill and creativity.



### **The Economic Significance of Bread**

Bread was also a crucial element of the medieval economy. Grain was one of the most important commodities, and the ability to produce bread from it was highly valued. Bakers were often organized into guilds that regulated the trade and ensured fair prices and quality standards.

Furthermore, the price of bread was often used as a political tool, with rulers using it to appease or control the population. Bread riots were a common occurrence, especially during times of famine or economic hardship, and were often a precursor to more significant social unrest.

Overall, the cultural significance of medieval bread cannot be overstated. It was much more than just a food item; it was a symbol of identity, community, and social status. By exploring the history and culture of medieval bread, we gain a deeper appreciation of the role that food plays in shaping our societies and our lives.

### **The Legacy of Medieval Bread**

Medieval bread has left a lasting impact on today’s culinary world. Its history and culture continue to influence contemporary baking practices and inspire new innovations in the kitchen. From artisanal bakeries to modern adaptations, the legacy of medieval bread is evident in various forms.

Exploring the history, types, and techniques of traditional medieval bread-making, we gain insight into the diets, lifestyles, and beliefs of our ancestors. From the humble rye bread to the elaborate trenchers, each type of bread has its unique story to tell.







# Bakers and Chefs Guild

## Basic Medieval Bread Recipe



### Ingredients

- 4 cups All Purpose Flour
- 1 1/2 teaspoons salt
- 2 teaspoons granulated sugar
- 2 1/4 teaspoons active dry yeast or instant yeast
- 2 cups lukewarm water
- Softened unsalted butter for greasing

1. Measure flour and place in a glass or wooden bowl. Wisk together flour, salt, sugar and yeast. Add the water and mix until the water is completely absorbed and the dough becomes a sticky ball.
2. Cover bowl with a kitchen towel and set aside in a warm area for 1 to 1 1/2 hours until the dough doubles in size.
3. While the dough is rising, grease a large cookie sheet. Preheat oven to 425° F
4. Use a fork to deflate the dough and form a large dough ball. Place dough ball on the cookie sheet and let the dough rise for an additional 10-20 minutes. The dough will continue to rise and increase in size. Do not cover during this time.
5. After the dough has risen, place the cookie sheet with the bread dough on the lowest rack of the oven. Bake at 425° F for 15 minutes. After 15 minutes, reduce the heat to 375° F and bake for 25 to 30 more minutes.  
Baking at a higher temperature will give the bread an immediate lift called "oven spring". When the bread is golden brown all over remove the bread and place on a cooling rack.
6. Serve with fresh made butter and honey for a medieval treat.

You can make two smaller loaves from the dough by dividing the dough into two and baking at the same temperatures. 475° F for 15 minutes and then 375° F for 15-20 minutes. The reduced size will need less time to bake.

The granulated sugar can be replaced with the same amount of honey for a more traditional flavor.







Men of Iron

HOUSEHOLD

LEADERSHIP

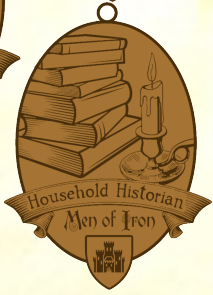
It can be presumed that the most important in an organization are those who are at the top of the organizational leadership structure. Nothing could be further from the truth!

The most important part of any organization is the leadership at the local level that are making connections with those around them.

There is a certain amount of importance in the leaders who oversee a ministry, but their role is quite different in the grand scheme of things.

In Men of Iron, the local household is the most crucial part of the realm. Without their support, Men of Iron would not exist.

It is important to understand who leads and what their job is, so let's examine each of the key six leaders for a household. Each position is identified by the medallion pictured.



**Head of Household-** The head of the household is the overall coordinator for all of the Men of Iron activities in his church. He working with his pastor ensure that all of the standards of the church and Men of Iron are upheld. He chooses and leads a team to assist him in leading his household.

**Household Chaplain-** The Household Chaplain is the spiritual leader of the household. It is he that ensures that a devotion is prepared and presented at each Men of Iron meeting. Spiritual matters of the household are his priority.

**Household Marshal-** The Household Marshal oversees all areas of martial combat and ensures that safety is the highest priority for all members of Men of Iron who are engaged in any tournament level event. It is his responsibility to coordinate a household tournament each year.

**Herald-** The Household Herald is key in assisting members who are advancing the laws of heraldry when creating a coat of arms. Flags and banners are his ensuring that all of the household flags and banners are flown and properly displayed at every opportunity. He is also responsible for any announcements during meetings that need to be made for the head of household.

**Household** to understand responsibility, displayed at every opportunity.

**Household Clerk-** The Household Clerk has the responsibility of record keeping for the household. Any registration, money collection, or other related paperwork that is required by the household shall be his responsibility.

**Household Historian-** It will be the Household Historian that you will call upon to record notable events in the household. He will be responsible for recording any vital historical information, collecting artifacts related to the household and to take and collect photographs for the household. This will be collected and stored in a book maintained by the historian that the members can review at any household meeting.







## Men of Iron Table Shield

A privilege for those who have advanced to the level of knighthood is the right to display their coat of arms in different ways. When a knight sets his place at a feast, he can place his arms on a knights table centerpiece for recognition during a feast or household meeting. A smaller and less expansive way to display personal arms is by using what is called a table shield. Exactly as it sounds, it is a display of the arms of a knight on a small wooden shield that is supported by a circular base.

This can also be utilized by a household if they choose not to use candles in their household set up.

### Materials needed

1- 6"x1/2"x24" plank (Pine, Poplar, Oak, etc)

7"- 3/8" Dowel

Wood Stain and finish

Paint (color should compliment your arms)

### Equipment needed

Jigsaw, band saw or scroll saw

Miter saw

Drill press or hand held drill

Router with profile bits

12" Square, speed square or metal ruler

Compass and pencil for marking the base

Measuring tape

Standard drill bits

Wood Glue

### Instructions

Begin by creating a circle 4" in diameter. Use the pattern on page 2 or a compass with pencil to mark the circle.

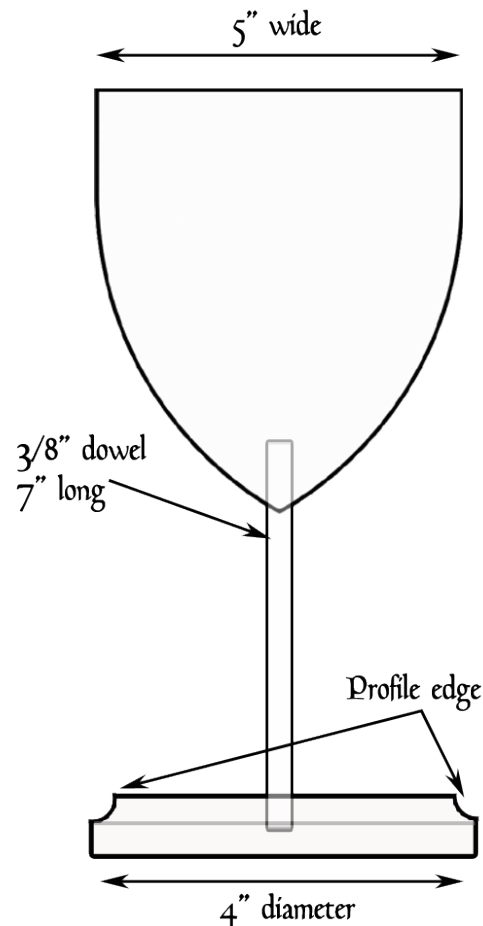
Cut out the circle and use the router to add a profile to the edge of the base. This can be a round over, ogee, cove or chamfer.

After routing the edge of the base, drill a 3/8" hole in the center of the base. Drill about 3/8" deep.

Cut out the shield pattern from page 2. Trace onto the wood and cut out. Drill a 3/8" hole in the bottom point of the shield 1/2" deep to mount the dowel to the base.

Glue the dowel in place on the base. After the glue has dried, stain or paint the base and dowel. Avoid any paint or stain on the last 1/2" of the top of the dowel rod. This will be the portion that is inserted into the shield when complete.

Paint the arms on the shield prior to mounting to the dowel and base. Complete the project by gluing the shield to the dowel.







# The Carpenters Guild

Table  
Shield Pattern

Table Shield  
Base Pattern





# Made from the Kings Own Forest

The King himself was a carpenter that understood the time and craftsmanship that needs to go into any piece to create it. In the craftsman's hands a raw piece of wood can be fashioned into a work of art.

Many of the items that are used in Men of Iron have plans that can be found on the Plans and Patterns page of the Men of Iron website.

Some of these plans are part of the Carpenters Guild set of plans that can be used to create your own work of wood art.

The King has provided the wood from his lands. Now it is up to you to provide the talent to create a masterpiece.

