



# Fret Knot



1st Quarter: January - March  
A.S. LI - 2017



*Hunters in the Snow*  
Pieter Bruegel the Elder, 1565

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*Herewith follows the legal stuff:*

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# From the Chronicler

## Lord Charles Ivansen of Borreby

Greetings!

Winter is upon us, indeed has been with us for some long weeks now! And it's cold! Caid suffers under bone chilling, dark and rainy days and nights. Oh woe! Will it never end? How much longer must we endure temperatures down even to the... the... low 40s! Suddenly those overheated days during Great Western War don't seem so bad after all.

We had a great Yule this year, as is usual. The amount of wonderful food and drink was a site to behold. We are indeed fortunate to have such creative and imaginative cooks in our Barony. Look for the article in this issue featuring pictures from the event. Also in this issue: the continuing story of the persona of our lovely Baroness, Cecilia Medici! As well as an in-depth, wonderfully written article on licorice by our frequent contributor, Johnnae llyn Lewis.

The winter months can often be a slower time for our activities. Perhaps a welcome time to regroup, reorganize, practice, mend and repair, and maybe work on that craft project you've been putting off. But there are events happening! Look for the **Festival of the Rose** on February 4<sup>th</sup>, the **Gyldenholt/Calafia Friendship Tourney** on March 4<sup>th</sup>, and the **Arts and Sciences Pentathlon** on March 25<sup>th</sup> and 26<sup>th</sup>. And of course Monday night practice!

Soon this long winter will be gone and the spring will bring new life to our land of Caid. No more the shivering, miserable weather where it actually, dare I say it, RAINS! And yes, we are spoiled here in Southern California! And we truly need the rain! So - enjoy it!

*Yours in Service,  
Charles Ivansen of Borreby, Chronicler of Altavia*



*Borreby Castle, near the town of Skælskør in the south-west corner of the island of Zealand, Denmark.*

# From Their Excellencies

The honorable Lord Cristofanus Castellani  
And Mistress Cecilia Medici

## Greetings!

Happy New Year! Coronation was a celebration of wonder as we danced OZ and Marissa out of court in disco fashion. We "all hailed" as Agrippa - red face and all - and Bridget were carried in by drawn carriage, trumpets, dancers and palm-fanning ladies - a spectacular entrance! I was not well but stayed for feast and attended the festivities that followed at the Best Western. I forgot that I was sick for awhile (the ALCOHOL DID HELP).

I am sad that Queen's Championship was cancelled but was glad to get home before the storms on Sunday. Thank you to Asakura and Cristof for helping me make the tied 3-way first place in Dirty dozen for our Roman cups with bags. There were 26 beautiful entries in Dirty Dozen (many from Altavia), but it was the presentation of over 1000 pieces of largess by the Horsemen that was most impressive. It has always been Bridget's way of giving gifts to those who help and support (that's where I get it from - my great grandma Bridget). She gave all feast servers and cooks a gift to thank them and was able to do so because of all the largess given to her. Please keep the largess coming tokens, bracelets etc...

I will not be at Angels Melee which is now Queen's Championship for Heavies, Rapier Unarmored and Youth. Baron Cristof should be there with the dragon wing, work permitting. Please check with him on Friday as I will be out of town. I am planning on going to Unbelted and am looking at Venetian patterns and fabric for Festival of the Rose.

*Your Ever Grateful Baroness,*

*~Cecilia  
Baroness of Altavia*

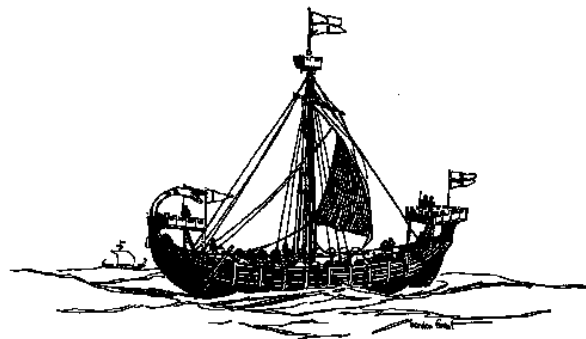




## Upcoming Events

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- February 4<sup>th</sup>: Festival of the Rose (Dun Or)
- March 4<sup>th</sup>: Gyldenholt/Calafia Friendship Tourney
- March 10<sup>th</sup>-12<sup>th</sup>: Black Oak Lodge (Darach)
- March 18<sup>th</sup>: Al-Sahid Anniversary (Al-Sahid)
- March 24-26: Arts and Sciences Pentathlon (Angels)



# Yule 2016

## Highlights from Altavia/Angels Yule!





# Yule 2016



I'd sure love some of those cookies!

# Yule 2016





# From the Baroness

## December Meeting Question: What are your Holiday plans?

Cecilia: Spending time with family and volunteer gift-giving to the needy.

Cristof: Family, parties, and cheer

Brianna: Relaxing away from work

Niko: Whatever my wife tells me!

Meliora: Flying to Florida to see family

Sherry and Suzi: Heading to Arizona to Suzy's folks home. there will be tamales, turkey, and gingerbread house building, maybe snow?

Brigid: Dinner with family and road trip with grandma and sister

Damien: Christmas with family

## January Meeting Question: Do you have a New Years Resolution?

Cecilia: Nope!

Cristof: Still Hopeful

Brianna: Learn to fight rapier

Niko: Nothing

Lynnette: Get unicorn fiber arts online presence stronger and make more sales

Anne: Do more art

Brigid: Nope

Juanica: Do things I enjoy

Gierr: Grishnak

Timotheus: Relax

Damien: Nope



# Period Cooking

## Liquorice

Contributed by THL Johnnae Ilyn Lewis, CE

Of Lyqueryce:

*Lyqueryce is good to clense and to open up the lunges  
& the brest, & to doth loose fleume.*

- Andrew Boorde. **Dyetary.** 1542

*But first he cheweth greyn and lycorys, to smellen sweete*

- Chaucer. **The Miller's Tale.**

Mention licorice today and often the images which come to mind are the hated black jellybeans of childhood Easter basket candy or the red Twizzler twists or the black Dots or possibly the black middle candy in the Chuckles package. The red we liked; the black ones, well, not so much. We know licorice today as these and other sweets comprised primarily of sugar and gelatin. We certainly know what we think the flavor of licorice is, but in reality, modern licorice sweets are mostly made with something other than the root of a true licorice. Back in the medieval period, licorice was a matter of medicinal taproots and branch roots. Sometimes one chewed the root in a raw state to extract an obvious sweetness, but more often the roots were boiled and processed into concoctions and extracts for a variety of conditions and illnesses, ranging from coughing to congestions, ulcers, and stomach ills. So how did the medicinal plant dating back to ancient Assyria, China and India and Alexander the Great become the modern sweet?

### The Word

*Glycyrrhiza called in latin Radix dulcis is named in english Lycores,  
in duch Sueszholtz, or Lycoris or Clarish.*

- William Turner **Names of Herbes** 1548

*Of Licorise. Lycorise is so saide, especially through the Greeke word,  
for that it hath a sweete roote.*

- J. Maplet **Greene Forest.** 1567.

If we begin with the word licorice, we find it has two common spellings in modern English. **The Oxford English Dictionary** lists both liquorice and licorice. The former is the preferred version in England; the latter is used in America. The word may refer to the plant, the root, or the "sweetmeat" or candy. In terms of etymology, it derives from Anglo-Norman *lycorys* and Old French *licorice*. If one traces back far enough, one reaches the Latinized *glycyrrhiza* meaning "sweet root". Just to make things interesting with regards to research and keyword searching, **OED** lists a full paragraph of

variations with regard to how the word was spelled in Middle English and later sources. (I counted thirty-nine variations. **The Middle English Dictionary** lists perhaps half that number of variants.) For the sake of the reader, I shall try to use just licorice and liquorice, except when dealing with historical material. We'll start our exploration with a brief look at the botanical side before moving into medical remedies and sweets, primarily concentrating on English works and contributions.

## The Plant

*the root is straight, yellow within, and browne without:  
of a sweet and pleasant taste.*

- Gerard, John. **The Herball.**

*Glycyrrhiza glaba* or the licorice plant is best described as a perennial shrub, growing to be one to three feet tall. It's native to southeast Europe and western Asia and still grows wild from across southern Europe, into Russia, the Middle East, and then into Afghanistan. It's a member of the pea family but doesn't form vines. The taproot, branch roots, and runners can spread from as much as three feet to as long as twenty feet. Those roots are harvested after growing four to five years. Sources indicate it was being grown in Italy in the thirteenth century, followed by France and Spain with it appearing in Bavaria in the fifteenth century. Licorice is still grown commercially today in Spain, Turkey, Italy, and France. Concentrated licorice extracts are available as syrups, blocks, or powders. Experts or licorice connoisseurs pride themselves on being able to tell the difference between extracts from the different countries.

According to Richard Mabey's **Flora Britannica**, wild liquorice, *astragalus glycyphyllos*, may be found growing wild on rough grasslands in Britain. True liquorice, *Glycyrrhiza glaba*, was grown as a heavily mucked and cultivated plant but never grew wild in Britain. John Gerard reported it grew "wild in sundry places of Germany wilde, and France and Spaine." Gerard also reported he grew it in his garden with success. Richard Tomlinson in his translation of Jean de Renou's 1623

**Dispensatorium Medicum** writes that the roots were harvested in July, then purged and brayed, placed in water, percolated, and the juice expressed. The juice was then evaporated by sun or by the fire and kept. "That is best, which is sweetist, soft, new, pure, tenacious, blackest, and which is totally liquescible upon the tongue." He recommended the liquorice which came from Spain.

In Gerard's time, liquorice was already being grown commercially at Worksop in Nottinghamshire, at Godalming, Surrey and most famously at Pontefract, Yorkshire (**Agrarian history**, 175) A late eighteenth century agricultural report from a Mr. Hally, seedsman and nurseryman at Pontefract, described its cultivation in Yorkshire:

*"The soil most proper for liquorice, is that of a deep, light, sandy loam. It is trenched three feet, well dunged, and planted with stocks and runners in the months of February and March, on beds of one yard wide, thrown up in ridges, with alleys betwixt them, and the beds hoed and hand-weeded. The first year a crop of onions, is taken in the alleys, and the tops of the liquorice cut over every year. The ground is trenched when the liquorice is taken up, and all the fibres cut off. A considerable quantity more than 100 acres, is cultivated in this neighbourhood. It is a very precarious plant, often rotten by wetness, and also hurt by sharp frosts in the spring, and dry weather afterwards. Rent of the land, upon which it is cultivated, about 3 l. per acre." - Rennie. 1794.*



Pontefract's local liquorice production had largely ceased by WW II. Dr. Iona McCleery states the last commercial crop was grown in 1966. Production, albeit limited, was slated to return to the area according to an article in **The Guardian** in 2012. The liquorice fields and factories once provided regional employment with the local saying for generations having been 'Lads down the pits, lasses into liquorice'. The area still hosts an annual liquorice festival and produces the famous Pontefract cakes, but imported roots have been used for decades as they are cheaper.

### The Flavor and Chemistry

Famed food scientist and author Harold McGee notes the roots of licorice contain *glycyrrhizic* acid which is 50-150 times sweeter than table sugar. Most reference sources repeat this claim with most simply stating 50 times sweeter. Cookbook author Mimi Sheraton counters and notes that the acknowledged sweetness is still not enough to offset the bitterness found in true liquorice. McGee notes licorice can soothe coughs but it can disrupt "mineral and blood pressure levels." True licorice is not recommended for people with a number of chronic conditions, including liver problems, hypertension and edema. It should also be avoided by pregnant women. The US regulates it as a supplement which means it's largely unregulated as to health claims or purity. (Checking **WebMD** is a good course of action if one wants to embark upon true liquorice cookery or confectionary.) As a word of warning, not everything sold as licorice is actually true liquorice or *Glycyrrhiza glaba*. The Chinese use an offshoot of licorice, *Glycyrrhiza Uralensis*, in their herbal medicines; it's not the same plant as that used in English sources or cookery. Roots of true licorice can be purchased from a number of places, including of course Amazon.com.

It turns out that what we describe as the sought-after licorice flavor can be achieved from a number of unrelated plants. *Anethole* is the flavor molecule being sought, and it can be found in other plants including anise and aniseed, fennel, sweet cicely, hyssop, the pericarp of star anise, as well as true licorice. To no surprise, we find licorice combined with these other plants or products early on. Perhaps this was done to stretch the supply of licorice or to better enhance the sought-after flavor or humoral benefits.

Recipes illustrating this combining of *Anethole* rich plants include a number from the sixteenth century. **The Garden of Health** from 1597 advises "Drinke powder of Licoras and Anniseedes with possit ale made with Sacke and Ale, for the stuffing of the lungs." Under fennel, we find "53 Cough extreame, seethe the roots [of fennel] with bruised Aniseed & Licoras in White wine, and drinke a good draught to bedward, and in the morning eat a Figge and a Date rosted, somewhat hote, two or three houres before meat, and doe so three or foure times." Thomas Dawson offers up a recipe for "An excellent drinke for the Tissicke well approued" which calls for "fennell roots," "half a handful of Licoris sticks scraped, brused and beaten to a fine powder," plus Anniseed and Fennell seeds.

### Medical Uses

*Carry him this sticke of Licoras,  
tell him his Mistresse sent it him, and bid him bite a peece,  
'twill open his pipes the better, say.*

- F. Beaumont. **Knight of Burning Pestle**. 1613.

The early medicinal or apothecary literature is quite vast and exhaustive; it also extended into a number of other domestic and professional guides and even into the early printed cookery books. John Partridge's cookery book **The Widowes Treasure** included licorice in recipes for "To take away the Cough or Stitche" and "Against stuffing of the Lunges, but then rather startingly to our modern senses and ears included it in this remedy "A drench to plume vp a horsse, and to expell colde, to cleare him of the Glaunders and to open the pipes." It called for licorice and ale. Finding a cough remedy for a child or senior in a recipe book is one thing, but one that also ventures into and offers up treatments for horses seems unusual even for Elizabethan times. It turns out Partridge's book is subtitled "**with many profitable and holesome medicines for sundrie diseases in cattell,**" so it shouldn't be so surprising to find either this recipe included in such a cookery book or the licorice in the recipe.

More typically and contemporary with Partridge, the 1579 **An Hospitall for the diseased** offers a variety of remedies for conditions such as: "To aid in digestion", "cough of the lunges," "syrop for a cough", "medicine for the cough", and "the whesing, to breake the steame and for the Cough", and "an easy purgation" all calling for liquorice. The ingredient also appears in this oddly titled for in this remedy:

#### **Against the corrupt ayre.**

*TAke Betanie, Centorie, and Egrimonie, of each a handfull, and stampe them and straine them with ale and with a Licoras sticke brused, and then boile it, and clarifie it, and make it pleasaunt with Sugar, and drinke thereof euery mornynge blood warme three spoonefulls, three or fower daies. - **An hospitall for the diseased. 1579** [The daies may be dates and not days. Dates and liquorice are a favorite combination.]*

Here's another representative remedy which is taken as a powder:

#### **A medicine for the cough and the whesing:**

*Take a pound of suger Candy somewhat finely beaten, halfe a pound of Licoras seared, and halfe a pound of Anniseedes seared, and an ounce of the powder of Ginger, an ounce of Elicompane rootes, made into powder and mingle these together, and take of the same powder halfe a spoonefull at a time, when you goe to bed and when you rise in the morning. - **An hospitall for the diseased. 1579.***

One of the best summaries of the medical conditions for which licorice might be used is located in the description given in William Langham's **The Garden of Health** from 1597. Liquorice also turns up in other entries in Langham (see above paragraph on flavor), but here in its own entry, Langham begins: "**Licoras.** *Licoras:* The root is good against the roughnesse of the throat and breast, it openeth and cleanseth Lunges that be stufte and loden, it ripeneth the cough, and bringeth forth flegme being chewed, and so doeth the iuice of the roote taken in like sort, and for the same cause they make a kinde of small cakes or bread against the Cough with the iuice of *Lycoras* mixt with Ginger and other spices: but the same serueth but for olde and colde Coughs & like infirmities of the Lunges." Langham's long and involved list continues with 'quenishing the thirst, good for the liver, against ulcers of the kidneys and bladder, and when mixed with honey heals sores and ulcers'. Number 9 states "The fine powder of it put into y<sup>e</sup> eares, helpeth the running & sores therof." Number 15 is "Heart burning, chewe *Licoras* and swallow downe the iuice and spit out the rest. bene sodden in." Number 18 continues "A dredge powder: take fine powder of *Licoras* and Anniseeds of ech one pound, suger candy two pound, Peper & Ginger of ech two ounces: mixe them and vse it for most inward griefes." 23 ends with "Feuers generall, seeth a quart of white vineger with Saunders and *Lycoras*, of ech one peni worth to the one halfe, and drinke a spoonefull or two at once." [Langham 1597]

By the mid seventeenth century the Countess of Kent was still calling for “powder of Licorice” in her recipes for “For an extream Cold and a Cough” and for sticks of licorice in “A most singular Sirupe for the Lungs, and to prevent the Consumption.” By the 18<sup>th</sup> century liquorice still appears often in remedies for a variety of conditions. Another key ingredient by these times seems to involve the combination of opium and liquorice. (In his **The New Age Herbalist**, Richard Mabey suggests licorice was used in many historical concoctions because it both sweetened and masked bitter tastes. My thought is perhaps this is why it was being used to mask the opium.) By 1718, the **Pharmacopœia pauperum: or, the hospital dispensatory** calls for liquorice in this remedy titled: D. M—'s Water for the Evil “which was famously said to be good for other conditions, not previously mentioned: “*This also avails considerably in Venereal and Leprous Impurities.*”

## Drinks

Liquorice was used historically and still is used in the brewing of beers, aperitifs, dark beers, porters, and stout, including Guinness. Famous drinks which taste of licorice or *Anethole* include absinthe, anis, anisette, ouzo, patis, and Sambuca. It was also an ingredient in barley waters which then subbed lemon in for the licorice and or the barley as time went on. In 1597 Langham had advised “and drinke Barley water with Licoras.” (A full survey on barley waters, including those with licorice, appears in my earlier **Tournaments Illuminated** article.) For readers here, I will just include this medicinal barley water recipe:

### XXXII. For a Cough of the Lungs, or any Cough coming of Cold, approved by many.

*Take a good handful of French Barley, boil it in several waters till you see the water be clear, then take a quart of the last water, and boil in it sliced Licoras, Aniseeds bruised, of each as much as you can take up with your four Fingers and your Thumb, Violet Leaves, Strawberry Leaves, five fingered Grass, Maidenhair, of each half a handful, a few Raisins in the Sun stoned; boil these together till it come to a Pint, then strain it, and take twelve or fourteen Jordan Almonds blanched and beaten, and when your water is almost cold, put in your Almonds, and stir it together, and strain it; then sweeten it with white Sugar Candy; drink this at four times, in the morning fasting, and at four of the Clock in the Afternoon a little warmed; do this nine or ten days together; if you please, you may take a third draught when you go to Bed; if you be bound in your body. put in a little Syrrup of Violets, the best way to take it, is to suck it through a straw, for that conveys it to the Lungs the better. Woolley*

Other drinks of sorts were the cordials and syrups. The 1608 **Closet for Ladies and Gentlewomen** includes cookery, confectionary and medicinal recipes. In the cookery section, the work includes a variety of syrups which use liquorice, including “Syrupe of Maydenhaire” which calls for “of Liquorish one ounce scraped and sliced” and a “Syrupe of Hore-Hound” which uses another ounce of Liquorish. The **Closet** also offers this recipe for

### [82] To make Syrupe of Liquorish.

*TAke your Liquorish eight ounces, and scrape it verie cleane, and briuse it verie well, and mayden haire one ounce, Anyseede, and Fennell seede of each halfe an ounce, steepe these in foure pintes of raine water halfe a day, and then boyle it to a quart, then take a pound and a halfe of clarified suger, and boyle it with that liquor, till it come to a Syrupe, and then put it vp and keepe it. - Closet for Ladies. 1608.*

The **Closet** also includes this recipe for Rosa Solis, which was an important distilled cordial of the time. This version calls for licorice.



## [65] Rosa Solis.

*TAke Liquerish eight ounces, Aniseed, Caraway, of each an ounce, Raysons stoned, Dates, of each three ounces, Nutmegs, ginger, Cynamon, Mace, of each halfe an ounce, Gallingle a quarter of an onnce, Cubebs one dram, Figs two ounces, Suger foure ounces, bruse these and destill it with a gallon of Aqua vitae as the rest: but when it is distilled, you must coulour it with the herbe Rosa Solis, or else Alkanet roote.*

Rosa Solis with licorice appears in recipe books for at least another two centuries.

## Rosa Solis.

*TAKE rosa solis, clean picked, four handfuls, nutmegs, carraway and coriander-seeds, mace, cloves, cinnamon, each half an ounce; ginger, cardamums, zedoary, calamus aromaticus, each a dram and a half; cubebs, yellow saunders, each half a dram; red saunders an ounce, liquorice two ounces, red rose-leaves dried a handful, best brandy a gallon: Infuse for some days, and strain off the clear liquor, in which dissolve white sugar twelve ounces. - Mrs. Taylor. 1795?*

## Gingerbread

*There sprung herbs great and small,  
the licorice and ginger and many a clove and nutmeg ...*

- Chaucer. **The Tale of Sir Topas.**

John Gerard summed up the use of licorice in gingerbread with these words: "Moreouer, with the juice of Licorice, Ginger, and other spices, there is made a certaine bread or cakes, called Gingerbread, which is very good against the cough, and all the infirmities of lungs and brest: which is cast into moulds, some of one fashion, and some of another."

Not all gingerbread recipes called for licorice. Here are two gingerbread recipes which do:

*To make course Ginger bread, take a quart of hony and set it on the coales and refine it: then take a penny worth of Ginger, as much pepper, as much Licoras, and a quarter of a pound of Aniseeds, and a penny worth of Saunders: All these must be beaten and searsed, and so put into the hony: then put in a quarter of a pint of Clar Iret wine or old Ale: then take three penny Manchets finely grated and strow it amongst the rest, and stirre it till it come to a stiffe Past, and then make it into Cakes and drie them gently. - Markham 1623*

## CCXXXIV. To make Ginger-bread.

*Take three stale Manchets grated and sifed, then put to them half an Ounce of Cinamon, as much Ginger, half an Ounce of Licoras and Aniseeds together, beat all these and searce them, and put them in with half a Pound of fine Sugar, boil all these together with a quart of Claret, stirring them continually till it come to a stiff Paste, then when it is almost cold, mould it on a Table with some searced Spice and Sugar, then bake it in what shape you please. - Woolley*

## Confections Then

*O the sugarcandy of the delicate bagpipe there:  
and ô the licorise of the diuine dulcimers there.*

- G. Harvey. **Pierces Supererogation** 1593

Now we come to the question of when did liquorice or licorice become merely a candy and lose its medicinal associations. Since the liquorice root can be chewed for flavor and sweetness, should it be regarded as a candy stick of sorts? Perhaps liquorice has always been a candy? References, sources, and food historians may mention the root, but then they vary as to where or when the candies, sweets, or confections began, and truthfully, there may be more than one source or place as to where it all began. Historians promoting Pontefract or Pomfret Cakes assert George Dunhill, a local apothecary, created them first by adding sugar to liquorice and thus invented liquorice confections in 1760. This ignores the fact sugar was already being added to various liquorice items prior to 1760. Sir Hugh Plat included "liquerice" as an option in his general paste recipe which appears in his 1602 **Delightes for Ladies**:

### **40. To make paste of Violets, Roses, Marigolds, Cowslips, or liquerice.**

*SHred, or rather powder the dry leaues of your flower, putting thereunto some fine powder of Ginger, Cinamon, and a little muske if you please, mixe them all confusedly together, then dissolue some sugar in Rosewater, and be ling boyled a little, put some saffron therein, if you worke vpon Marigolds, or else you may leaue out your saffron, boyle it on the fire vnto a sufficient height, you must also mixe therewith the pap of a roasted apple being first well dried in a dishe ouer a chafing dish of coales, then poure it vpon a trencher, beeing first sprinkled ouer with Rosewater, and with a knife worke the paste together. Then breake some sugar candy small, but not to powder, and with gumme dragagant, fasten it heere and there to make it seeme as if it were roch candied, cut the paste into peeces of what fashio□ you list with a knife first wet in Rosewater.*

*In licorice paste you must leaue out the pap of the pippin, and then worke your paste into drie rolles. Remember to searce the liquorice through a fine searce. These rolles□are very good against any cough or colde. - Plat. **Delightes**. 1602.*

Here is a recipe from the 1608 **Closet for Ladies and Gentlewomen** which calls for "liquorish powder" to be mixed with "suger-candy."

### **[70] To make pectorall rowles for the Cough.**

*TAke liquorish powder finely searsed one ounce, of the spices of Diatragacanthum frigidum ij. drams, of Gum-arabecke and Tragarant in fine powder, of each a dram, white starch halfe a dram, Aniseeds in fine powder one ounce mingle with the rest, then take of suger sixe ounces, of Pennits an ounce and halfe, Suger-candy one ounce powdred & mingled with the former powder, then take Gum-tragacant steeped in Rose water and bear it into past, and so make it into long rowles and so drie them, and keepe them. - **A Closet for Ladies and Gentlewomen**. 1608.*

As I explained in my annotated edition of the 1608 **Closet for Ladies and Gentlewomen**, "a pectoral roll is a medicinal recipe for digestive or respiratory complaints." It's an early form of a cough drop, and when is a cough drop not a candy of sorts? (Ask any schoolchild who has attended

educational institutions where sweet cough drops were allowed and even encouraged, but actual “candies” were forbidden.) Here is another recipe for a pectoral roule.

**To make Pectorall Roules for a Cold.**

*Take four ounces of Sugar finely beaten, and half an ounce of searsed Licorice, two graines of Musk, and the weight of two pence of the sirupe of Licorice, and so beat it up to a perfect paste, with a little sirupe of Horehound, and a little Gumdragon being steeped in Rosewater, then toul them in small rouls, and dry them, and so you may keep them all the whole year. - Countess of Kent.*

So is this a candy recipe since one is instructed to boil, dry, and then mould the finished product with sugar? When does the medicinal become the confection? Still later in the seventeenth century, there appears this recipe for another moulded licoras cake:

**CXXII. To make the black Iuice of Licoras.**

*Take two Gallons of running Water, three handfulls of unset Hysop, three pounds and half of Licoras scraped, and dried in the Sun and beaten, then cover it close, and boil it almost a whole day in the Water, when it is enough, it will be as thick as Cream, then let it stand all night, the next morning strain it, and put it in several Pans in the Sun to dry, till it will work like wax, then mould it with White Sugar Candy beaten and searsed, and print it in little Cakes, and print them with Seals, and dry them. - Woolley*

Professor Ken Albala in his entry on “Licorice” in *The Oxford Companion to Sugar and Sweets* mentions early licorice confections as being those of the mid eighteenth century. These 1749 recipes included ones like these:

*The Juice of Liquorice is prepared several Ways whence we have many different Sorts of it. One Sort is brought from Spain in black hard Cakes or Rolls and covered with Bay Leaves. It is extracted from the Root by boiling it in Water and evaporating the Decoction to A due Consistence. The other Sorts are prepared in the Shops. These arc white and black Juices and that of Blois. Thickness. 1749.*

*The Liquorice Juice of Blois is prepared thus: Take of Gum Arabick grossly pounded lbiv, Sugar lbijj, Liquorice dried, scraped, bruised lbij. Infuse the Liquorice for 24 Hours in lbxxx of Water. Divide strained Liquour into three Parts, in two which dissolve the Gum Arabick over a slow Fire and pass it through an Hair Sieve; boil it with the remaining Part of the to the Consistence of a Plaister, adding Sugar towards the End, and stirring it continually to make it white. Thickness. 1749.*

Albala explicitly mentions that licorice candies usually include sugar, and binders, including cornstarch, gum Arabic, gum Senegal, gelatin, and gum tragacanth, to make them chewy. If binders are needed to make the licorice items into confections, then the 1608’s *Closet’s* recipe for “pectorall rowles for the Cough” including “suger-candy,” “liquorish pouder finely searsed” along with “Gum-arabecke and Tragarant” should be a licorice candy. The Countess of Kent’s 1653 recipe for “Pectorall Roules” calls for “sugar,” “searsed Licorice,” “sirupe of Licorice,” and “a little Gumdragon.” It too has the required elements of sugar, binder and liquorice. Even Plat’s paste of 1602 mentions gumme dragant, sugar, and licorice. Are these not liquorice confections?

This may be an academic argument as there are the earlier historical confections known as comfits. Comfits are panned confections where seeds, spices, nuts, or even shaved pieces of roots are coated with the thinnest layers of sugar syrups. They are a painstaking operation as the coats of hot sugar syrup are built up slowly and allowed to dry before the next coats are added. While Sir Hugh



Plat mentions various spices being used in the creation of comfits, such as coriander, aniseed, caraway, cinnamon bits, et cetera, he does not seem to include liquorice. Other sources including the **Oxford Companion for Sugar and Sweets** mention shaved bits of licorice roots have been used as the centers of comfits for centuries. The Italian sweetmaker Amarelli, established 1731, still produces tins of licorice sweets with hard candy shells. (Les Anis de Flavigny creates a licorice flavored comfit but uses anis seeds as the centers.) Candywarehouse.com offers assortments of licorice comfits, including Tidbits.

### **Confections or Candies Now**

In the twentieth century licorice candy becomes a confused mix of types and forms, altered by mass production. It appears in a variety of penny candies and concession or theater counter candies. Poured licorice treats of an artisan nature are still made in starch lined boxes. Extruded licorice treats are created on a mass scale by extruding the candy mixture through small nozzles to form ropes, twists, and soft sticks. Licorice is also shaped into Scottie dogs, cats, cigars, pipes, coins, and buttons. There are hard licorice balls with black and white swirls, and sugar coated panned candies with licorice centers. Hammonds still creates hand pulled licorice sticks and canes. There are also a variety of licorice saltwater taffies. Chocolate licorice treats may be licorice centers dipped in chocolate or chocolate centers surrounded by soft licorice exteriors. Ingredient wise, most of the modern candies do not contain any real licorice. A look on the packages reveal the modern candies are made with natural or artificial extracts, corn starch, gums, gelatin, sugar, salt, water and flour. Flour or wheat starch and gelatin make the candy pliable. (Think extrusion.) Food scientist Richard Hartel describes them as “starch jelly candies flavored with licorice.”

Read the package if in any doubt.

### **Quick Notes on the Candies We Grew Up With**

#### **America:**

Once the nineteenth century begins, it is somewhat easier to trace the development of modern liquorice candies or sweets. In America, licorice was taken to New England early on to be used primarily within households as a remedy or cure. By the nineteenth century, there was an increasing demand that could not be met by domestic production but that use was not confectionary. By 1876, Susan Benjamin reports it was being imported in large quantities, because it was overwhelmingly being used to flavor and mask tobacco. Twenty million pounds were being used in the tobacco trade, according to a newspaper article in 1888. (Benjamin 63)

The late nineteenth century saw the rise of licorice candies in a number of forms. Black Jack Gum dates to 1884; Black Crows date to the 1890s. Good & Plenty began in 1893. The original producer of Twizzlers, Y&S (Young & Smilie) was founded as a licorice maker in 1845. The original product was a black licorice. The Twizzler name appears in 1929. In the late 1970s the company created their popular red varieties featuring strawberry and cherry flavors. Necco Wafers date back to 1847 when the company was the New England Confectionery Company. The black Necco wafers are of course licorice flavored. Red Vines, a product of the American Licorice Company, date to 1914. Red Vines originated as black licorice sticks but the red won out over the black in the 1950s. Chuckles with its mixed jelly candies dates to the 1921. Jelly beans also date back to the 1890s, but the question with them has always been are the black ones flavored with anise, licorice, or artificial licorice extract. There are of course also the licorice pieces found in Bridge candy mixes.

For the most part, American candies are now made with artificial or synthetic flavorings and/or anise, and large numbers of licorice candies have gone by the wayside as companies been swallowed up by bigger corporations. There's even a global element to the licorice trade. Kookaburra is an Australian soft licorice which is now made in either the USA or imported from Australia. The website states "Kookaburra Liquorice uses real liquorice extract from Israel! Liquorice is also known as liquorice root, sweet root or gan zao (Chinese licorice)."

## Britain

Pontefract or Pomfret have already been discussed. The company is now owned by Haribo. Allsorts or Liquorice Allsorts, produced by George Bassett, were created in 1899. Continental Haribo, famed for its Gummie candies, was founded in 1920. It began creating liquorice candies in 1925 and bought up other companies as the century passed. Panda in Finland creates an all-natural licorice using only molasses, wheat flour, licorice extract, and aniseed oil. According to Clarissa Hyman, one kiosk in Helsinki sells an amazing 91 varieties of salmiakki. Lakerol from Scandinavia is another one, using salt for part of the sugar. Skolekridt Liitulaku still makes a licorice crayon. Ammonium chloride is used in some Scandinavian countries to create a distinctive salmiac liquorice candy. Lakerol from Scandinavia is one. Iceland makes both chocolate and marzipan covered licorice. Abomination or divine, licorice has tempted the palate with the promise of possible cure or remedy for various health problems and survives to this day in the popular form of candies or confections. A little something to think about when we next pass on those black jelly beans or munch down on those Australian licorice bits.

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Kookaburra. <http://www.kookaburralicorice.com/>

Necco Wafers. <http://www.necco.com/candy/wafers.aspx>

Taveners Licorice Comfits. <https://www.aquarterof.co.uk/pascalls-licorice-comfits.html>

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Candy Warehouse. <http://www.candywarehouse.com/flavors/licorice-candy/>

Oldest Sweet Shop in England (established 1827) sells a variety of licorice sweets, including soft, hard, sticks, and continental. <https://www.oldestsweetshop.co.uk/>

Davesgarden.com can advise as to which stores are currently carrying licorice plants or seeds for sale.





# Populace Profiles

*Profile of our very own Baroness*

## Cecilia Medici

*(continued from the previous Fret Knot, 2016, 3<sup>rd</sup> Quarter)*

Last issue you learned of my mother and how I came about and I left you with my running away... A few days into my journey I came upon a lone gentleman traveling. I approached him and asked if he could spare food. I introduced myself as Cecil (later adding Sawyer Smiter). I joined him on the road and as the months passed I worked for him as I could read and write some. He was an exceptional blacksmith and made all sorts of weapons for fighting and execution. I stayed and worked and learned much from him for the next 4 years traveling throughout Europe, always a step ahead of those who would want to harm me for who I really was. I learned all about weapons, how they were made and used in fighting and execution. It was soon apparent I was not a boy. When it got to the point where people looked at me suspiciously and began to whisper when I was around, I ran off again, this time letting myself be captured by gypsies! I was able to talk my way into not being sold off when they learned of my extensive knowledge of weapons and such. I traveled more of Europe before moving on to the Middle East. I learned their customs, language and love of dance. I no longer had to disguise myself as a boy but often still did when fighting or in any other hazardous activity. But I resumed my dress as a girl/woman when dancing and soon learned that I could use my charms to get what I wanted.



At 15 I found sanctuary in a household called Kahanas Ahana. Members were so curious of my knowledge of so many things, especially my ability to make and use weapons, that I was introduced to a sect that kept peace in the area. These ninja warriors were very intrigued with my abilities and thus my career as a secret assassin began. Once again I found myself traveling all over Europe and even into the Orient, seducing and killing, but always returning to my sanctuary in Kahanas Ahana. In the 10 years that followed, I earned a reputation and was well paid for my services, only stopping for the birth of 2 children who were cared for and kept safe by my household.

I was in my 20's when I met Nicholas Phaistos, he had been sent to kill me by my Mother. He could not do so and we became friends and parted as friends. It was many years later that I was contracted to assassinate a man by the name of Timotheus of House Zacharia. I had no idea that he had a twin, and it was that twin I found first and followed for days before realizing it was not the man I thought. So I continued to follow him for months until I finally forced a meeting between us. It was then that I fell in love with **Cristofanus Castellani** [editor's note: the Baron of Altavia!] who had no idea he had a twin that he had been separated from at birth... We courted for a short period and soon hand-fastened in a Persian ceremony in the household where I had found sanctuary in with my children. I did retire from my life as an assassin.

~Cecilia



**Cristofanus Castellani** *Cristofanus Castellani, Baron of Altavia and Consort of Cecilia Medici*



# Altavia Current Champions

- ❖ Archery **Baron Paganus Grimlove** 10/23/16
- ❖ Armored Combat **Count Agrippa Morris** 5/14/16
- ❖ Arts & Sciences **Lady Cassandra de Lorain** 5/14/16
- ❖ Bardic **Xena Doombringer** 12/10/16
- ❖ Chess **Natalya Barsova** 12/12/15
- ❖ Equestrian **THL Courtney of the White Meadows** 6/28/15
- ❖ Fretted Fork **Lady Sorcha Dudb** 10/23/16,  
Period Division: **THL Courtney of the White Meadows** 10/23/16
- ❖ Rapier Combat **Master Laertes McBride** 5/14/16
- ❖ Thrown Weapons **Lord Friedrich von Stemwalde** 10/23/16
- ❖ Unarmored Combat **THL Nikolaos Phaistos** 5/28/16
- ❖ Youth Archery **Loki of the Dell** 10/23/16
- ❖ Youth Combat – Under 3: **Aibhlin of Lyondemere** and **Natalia of Altavia**, 5-7: **Jameson of Altavia**, 8-11: **Nikolai Stagghorn**, 12-15: **Sarafina di Zati**
- ❖ Youth Thrown Weapons **Lady Kora Aelfbairn** 10/25/15



# Meetings & Practices in the Barony

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## Meetings:

- **Council Meeting**

**2nd Tuesday of the month, 7:00pm**

*Location: Proto-Cathedral of St. Mary Byzantine Catholic Church,  
at 5329 Sepulveda Boulevard, Sherman Oaks 91411.*

This is the monthly business meeting for the group. There are officer reports, event reports, discussion of Baronial involvement at the Kingdom Level, choosing new officers, when necessary, and announcements. Baronial decisions are made here, and you do have a voice. **Everyone is welcome (and encouraged) to attend the meeting!**

Pre-Meeting work session and officers arrive by 7:00pm. Meeting starts at 7:30pm.

Contact the [Seneschal](#) for details

- **Newcomers' Meeting**

**Once a month, usually on the 4th Monday of the month, 7:00pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: Off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts. This is the same location as our weekly Fighter Practice.

We meet at the stone tables next to the restrooms; look for Bridget's Red Lantern!

These classes cover a general overview of the SCA and the types of events we hold in Caid. Please bring your questions and wonderful smiles. We look forward to seeing everyone there!

Contact the [Chatelaine](#) ([chatelaine@sca-altavia.org](mailto:chatelaine@sca-altavia.org)) for directions and dates.

## Combat Practices:

- **Archery Practice**

**The first and third Sunday of the month, 11:00am to 3:00pm** At Woodley Park Archery Range, directions are <http://woodleyparkarchers.org/direction>

Additional practice times are available most **Tuesday and Friday nights**. Contact the [Captain of Archers](#) to verify dates and times.

Contact ahead for loaner gear. Lord Everglad is there on most Wednesday nights and Saturday mornings for authorization tests and help in shooting.

Contact the [Captain of Archers](#) ([archery@sca-altavia.org](mailto:archery@sca-altavia.org)) for more information.

- **Equestrian Practice**

Practices are held on various Fridays of every month, 6:30-8:30PM at Conejo Creek Equestrian Park, 1350 Avenida de las Flores, Thousand Oaks, CA 91360.

Open to any participants regardless of territory of residence. Rider must bring their own mounts. Unmounted ground crew training available. Authorizations available. Jousting, mounted combat, crest combat, mounted games, marshalette/marshalette-in-training, and general riding authorizations available on site. General driving and driving games authorizations available subject to prior coordination. Mounted archery authorizations available offsite. Riders are advised to bring their normal tack and equipment. No rental horses are available. Minors must have a parent or guardian present at all times.

Please contact the [Marshal in Charge: Lady Lysette](mailto:equestrian@sca-altavia.org) (equestrian@sca-altavia.org). For more information, visit the [CAID equestrian site](http://equestrian.sca-caid.org/) (http://equestrian.sca-caid.org/) or the [Altavia Equestrian webpage](http://www.sca-altavia.org/Meetings/Equestrian/index.html). (http://www.sca-altavia.org/Meetings/Equestrian/index.html). Join the [Altavian Equestrian Email group](http://groups.yahoo.com/group/AltavianEquestrian/) (http://groups.yahoo.com/group/AltavianEquestrian/)

- **Fighter Practice -- Armored Combat**

**Every Monday, 7:00pm to 9:30pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions" off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Heavy Weapons Marshal](mailto:heavy@sca-altavia.org) (heavy@sca-altavia.org) for more information or to request to join the [practice information E-mail list](http://groups.yahoo.com/group/fretfights/) (http://groups.yahoo.com/group/fretfights/).

[Guardians of the High Road](http://wiki.caid-commons.org/index.php/Guardians_of_the_High_Road) (http://wiki.caid-commons.org/index.php/Guardians\_of\_the\_High\_Road)

- **Fighter Practice -- [Rapier](#)**

**Every Monday, 7:30pm to 9:30pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Rapier Marshal](#) for more information

- **Fighter Practice -- Youth Combat**

**Twice a month - 2nd and 4th Mondays, 7:30pm to 8:00pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Youth Combat Marshal](#) for more information

- **Thrown Weapons Practice**

**The first and third Sunday of the month, 11:00am to 2:30pm** at Woodley Park Archery Range, directions are <http://woodleyparkarchers.com/directions.html>

Contact ahead for loaner gear. Lord Everglad is there on most Wednesday nights and Saturday mornings for authorization tests and help in shooting.



Contact the [Thrown Weapons Marshal](mailto:tw@sca-altavia.org) (tw@sca-altavia.org) for more information and to verify dates and times.

#### Arts & Sciences:

- **Arts & Science Workshops (aka Craft Nights)**

**The 4th Tuesday of the month, 7:00pm to 9:00pm** location TBA. Please contact the [A&S Officer](#) or the [Seneschal](#) information on meeting locations. Bring your sewing or craft project to work on or help us make Baronial Presentations. The meetings sometimes have a project theme, which is usually published on the [Altavia E-mail list](http://groups.yahoo.com/group/altavia/) (http://groups.yahoo.com/group/altavia/).

Contact [A&S Officer](mailto:arts@sca-altavia.org) (arts@sca-altavia.org) for details.

- **Bardic Circle**

Hosted by Baron Sir Charles of Dublin at the home of Baron Sir Robear du Bois. Contact [the A&S officer](mailto:bardic@sca-altavia.org) (bardic@sca-altavia.org) for directions. The Bardic Circle will be pick, pass or play. For those who are new, this means that, as we go around the circle, you have the choice of:

1. Picking someone to perform something you like or something they want to do
2. Passing your turn to the next person
3. Performing yourself

This way you can relax & listen, perform, hear your favorites, or mix it up.

Contact [The A&S officer](mailto:bardic@sca-altavia.org) (bardic@sca-altavia.org) for dates, directions, and further information.

- **Children's Activities**

Children's activities are held at every event that Altavia sponsors.

Contact the [Children's Officer](mailto:children@sca-altavia.org) (children@sca-altavia.org) for information or offers to help.

- **Culinary Guild**

Special interest group for All Things Delicious to eat and drink, by the Barony of Altavia, the north-west Los Angeles County group of the Society for Creative Anachronism. Everyone is welcome in our discussions of recipes, historical research and events based around the food and beverages of the Middle Ages and Renaissance.

Meetings happen once a month. Contact the Guild through their Facebook page here: <http://www.facebook.com/groups/242868192471271/>

- **Dance Practice**

**Belly Dance every Monday, 7:30pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block).

Tribal style belly dance practice. We have a mixture of absolute beginners, beginners and old pros. It's outside so dress warmly. Its lots of fun!

We are near the tennis courts and, as we practice next to the Heavies Fighters, just look for the fierce men and women in armor!

- **Potters Guild of Caid**

**Meets once a month, contact [Baroness Asakura Machime](mailto:chronicler@sca-altavia.org) ([chronicler@sca-altavia.org](mailto:chronicler@sca-altavia.org)) for meeting times and location.** To provide a supportive organization for ceramic artists of all skill levels. To provide an opportunity to network and share knowledge and techniques through workshops, special events, and at Arts and Sciences displays. To provide populace awareness and appreciation for ceramic artists and their work. To promote period creation, education and high quality work among our members.

[Potter's Guild of CAID Yahoo group](http://groups.yahoo.com/group/Potters_guild_of_CAID/) ([http://groups.yahoo.com/group/Potters\\_guild\\_of\\_CAID/](http://groups.yahoo.com/group/Potters_guild_of_CAID/))



# Baronial Officers

<b>Baron</b> is THL Cristofanus Castellani	( <a href="mailto:Baron@sca-altavia.org">Baron@sca-altavia.org</a> )
<b>Baroness</b> is Mistress Cecilia Medici	( <a href="mailto:Baroness@sca-altavia.org">Baroness@sca-altavia.org</a> )
<b>Chief Lady-in-Waiting</b> is Lady Monique Marie Sauniere	( <a href="mailto:court@sca-altavia.org">court@sca-altavia.org</a> )
<b>Chief Lady-in-Waiting</b> for Communications is Baroness Asakura no Mashi	
<b>Captain of the Guard</b> is Cassandra de Lorrain	( <a href="mailto:guard@sca-altavia.org">guard@sca-altavia.org</a> )
<b>Lieutenant of the Guard</b> is Skrifá Odinson	
<b>Seneschal</b> is THL Briana MacCabe	( <a href="mailto:seneschal@sca-altavia.org">seneschal@sca-altavia.org</a> )
<b>Deputy Seneschal</b> LHS Madelena Leonor Hidalgo de Figueres	
<b>Deputy Seneschal for Social Media</b> Baroness Meliora Deverel	
<b>Captain of Archers</b> <i>This position is currently vacant</i>	
<b>Arts &amp; Sciences Officer</b> is Baroness Asakura no Mashi	( <a href="mailto:arts@sca-altavia.org">arts@sca-altavia.org</a> )
<b>Chatelaine</b> is Baroness Meliora Deverel	( <a href="mailto:chatelaine@sca-altavia.org">chatelaine@sca-altavia.org</a> )
<b>Deputy Chatelaines</b> Lady Catriona inghean Diarmada & Countess Bridget Lucia MacKenzie	
<b>Children's Minister</b> is THL Tezar of Aeolis	( <a href="mailto:children@sca-altavia.org">children@sca-altavia.org</a> )
<b>Deputy Children's Officer</b> <i>This position is currently vacant</i>	
<b>Chronicler</b> is Lord Charles Ivansen of Borreby	( <a href="mailto:chronicler@sca-altavia.org">chronicler@sca-altavia.org</a> )
<b>Constable</b> is <a href="#">THL Thorin O'Seaghda</a>	( <a href="mailto:constable@sca-altavia.org">constable@sca-altavia.org</a> )
<b>Deputy Constable</b> <i>This position is currently vacant</i>	
<b>Exchequer</b> is THL Courtney of the White Meadows	( <a href="mailto:exchequer@sca-altavia.org">exchequer@sca-altavia.org</a> )
<b>Deputy Exchequer</b> <i>This position is currently vacant</i>	
<b>Herald</b> ( <i>Sable Fret Cornet</i> ) is THL Damien von Baden	( <a href="mailto:herald@sca-altavia.org">herald@sca-altavia.org</a> )
<b>Court Herald</b> is Baroness Tezar of Aeolis	
<b>Lists Officer</b> is THL Matlens Litovka	( <a href="mailto:lists@sca-altavia.org">lists@sca-altavia.org</a> )
<b>Marshal</b> is <a href="#">Sir Thorin O'Seaghda</a>	( <a href="mailto:marshal@sca-altavia.org">marshal@sca-altavia.org</a> )
<b>Deputy Marshal</b> <i>This position is currently vacant</i>	
<b>Deputy Marshal for Equestrian</b> is Lord David Straker Whitaker	( <a href="mailto:equestrian@sca-altavia.org">equestrian@sca-altavia.org</a> )
<b>Deputy Marshal for Armored Combat</b> is <a href="#">Sir Thorin O'Seaghda</a>	( <a href="mailto:marshal@sca-altavia.org">marshal@sca-altavia.org</a> )
<b>Deputy Marshal for Rapier</b> is Don Colwyn Stagghorn	( <a href="mailto:rapier@sca-altavia.org">rapier@sca-altavia.org</a> )
<b>Deputy Marshal for Thrown Weapons</b> <i>This position is currently vacant</i>	( <a href="mailto:tw@sca-altavia.org">tw@sca-altavia.org</a> )
<b>Deputy Marshall For Youth Combat</b> is Baroness Tezar of Aeolis	( <a href="mailto:youthcombat@sca-altavia.org">youthcombat@sca-altavia.org</a> )
<b>Webwright</b> is Lady Maile Fergusson	( <a href="mailto:webwright@sca-altavia.org">webwright@sca-altavia.org</a> )
<b>Deputy Webwright</b> Dame Lynnette de Sandoval del Valle de los Unicornios	