

Herbal Cordials and Liqueurs: Ancient Herbal Medicine

Herbal Mixology

May 12th 2016

Glen Nagel, ND



M.E.E.T The Herbs

My herbal philosophy

- Medicine making is a medicine.
- Experience is the best teacher, make it something to remember and experience
- Everyday practice your craft, your art.
- Taste is the teacher, the new active ingredient is Taste, smell, sight.



Herbal Mixology: The New Paradigm

- The problem with herbal medicine
- The problem with Mixed drinks
- Taste is the active ingredient
- Alcohol as medicine?
- Organoleptics: the way of senses
- Herbs as medicine
- The Bitters
- The Shrubs: Vinegar extracts
- Cordials and Herbal Elixirs
- Recipes



Herbal Mixology : Defined as

- The power of herbal phytochemicals driven into the blood stream by alcohol and wrapped in an organoleptically rich sensual experience: This is the magic and power to Herbal Mixology.
- The art and science of adding medicinal value and action to the world of tasty alcoholic drinks
- Bringing the value of medical tonics back to the roots of botanical medicine
- My path as an herbalist, naturopathic doctor
- Making medicine is medicine, DIY



What is a Cordial , Elixir or Liqueur?

It's also called an elixir or Liqueur the distinction lies in the way that these various flavors of these drinks are obtained liqueur cordial is a spirit-based drink which flavor elements have been added you should buy in fusion and the vast majority are enhanced by sweeteners.

These usually vary from 20% alcohol to 50% alcohol.

The word cordial come some from the heart and are often associated with brandies and medicinal herbs

Essentially they can be used inter changeably





History of Liqueurs, Cordials

- ▶ Cordials and the cores have their origins in practice of adding aromatic ingredients such as herbs fruits seed spices nuts roots flowers to the earliest distilled spirits in order to unmask an unappealing flavor or impurities the end result was something that had medicinal value.
- ▶ The base spirit in many of liqueurs was neutral which meant that many of these could be concocted in domestic kitchens used for cooking drinking and medicine as various proprietary liquid or a scam on the market to them course of the early 19th century homemaking liqueurs declined




History of Liqueurs, Cordials

- ▶ The science of distillation was still at its beginning in Europe there was a movement steeping certain medicinal herbs and alcohol extracted their beneficial qualities this was a very logical progression of the nonalcoholic distilling of essential oils which is practiced its ancient Egypt in classical Greece.
- ▶ Distilling as an offshoot of alchemical arts was attached with the doomed enterprise of attempting to turn metals into gold. Many of the religious orders of the time created traditional liqueurs with medicinal ingredients often with monastery gardens but a late Middle Ages the Italians had created of many liqueurs and the French made Benedictine and Chartreuse



History of Liqueurs, Cordials

- ▶ Liqueurs of the last century had an air of soothing palatability often used as dinner digestifs, often with women who are not fond of the stronger alcoholic alternatives.
 - ▶ Many these liqueurs were indeed seen as more ladylike drinks enhanced by the induction of small tiny glasses.
 - ▶ They started shedding their health claims and started producing them more for flavors and alcoholic effects
- 

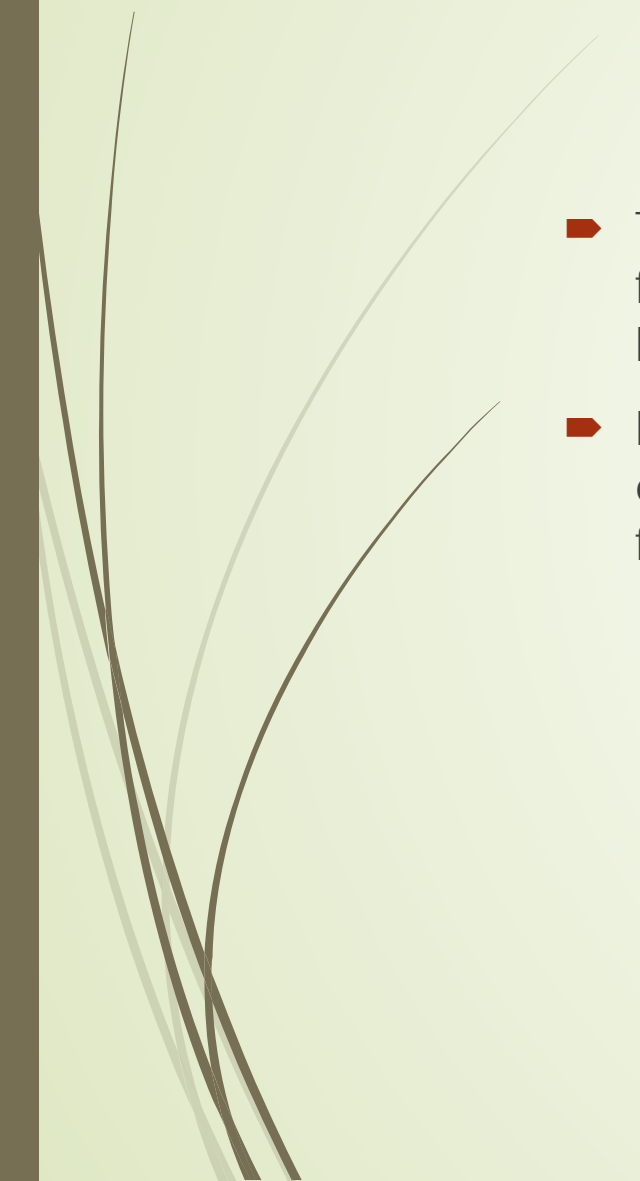


History of Liqueurs, Cordials

- ▶ The important cocktail air of the 1920s and 1930s coincided with their universal prohibition of alcohol United States but there was no such problem in London Berlin Paris.
- ▶ They were freed from the strait jacket of cultural politeness and liqueurs stoked a transformation of drinks such as punches and sours and fizzes this brought into the great cocktail era, this couldn't of happened without the homemade liqueurs and drinks.
- ▶ We are essentially rediscovering the medicinal aspect of the original creators of the elixirs and Cordials. Bringing back the beauty the mystery and the medicine. This is what I call herbal mixology



Common Liqueurs, Cordials Available

- ▶ There are many types of commercially available liqueurs are generally flavored by many things including fruits, nut liqueurs, medicinal herb Liqueurs, the cream liqueurs and a few other famous drinks.
 - ▶ But the beauty of the liqueur is actually with the home herbalist and farmer creating unique fresh vibrant ideas with locally sourced ingredients made fresh that's what were going to cover today.
- 

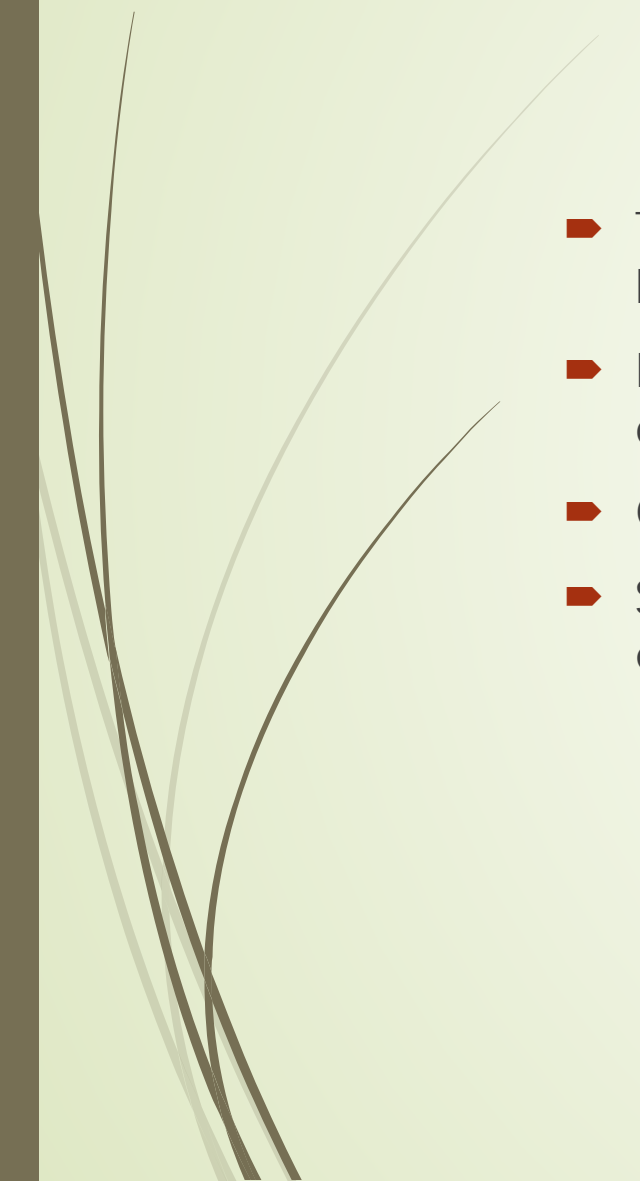


Famously Know Liqueurs

- ▶ AMARETTO: Almond flavor liqueur, made with sweet Apricot pits
- ▶ Anis or Anisette a sweet liqueur from anise seed
- ▶ Benedictine: A Bright golden herbalists pantheon of plants and spices potentially containing 75 ingredients
- ▶ Chartreuse the greener the yellow variety rated Italy and Switzerland up to 130 herbs used to flavor grape brandy
- ▶ Cream Liqueurs: Bailey's Irish cream , Cream de cacao, Cream de menthe and Cream de Cacao or Kahlua.
- ▶ Kummel: or Caraway seed digestiff.



Famously Know Liqueurs

- ▶ The famous nut liqueurs: derived from hazelnuts walnuts almonds. Frangelico, Nocino are couple examples.
 - ▶ Herbal Liqueurs are the famous Pernod, Absinthe which will talk about into detail
 - ▶ Ouzo: Which is a strong form of aniseed which will form of white precipitate
 - ▶ Sambuca: Made in Italy it is quite popular is made from the flowers of elderberry goes really well almonds lemons and citrus.
- 

The Famous Damiana Liqueur from Mexico

Is thought off to be a famous invigorating Aphrodisiac. Is used for strengthening the nervous system and people are tired and depressed comes in a seductive feminine bottle.

Made with *Turnea diffusa* a wild growing plant in Mexico which is aromatic



Liqueurs Recipes

- Generally liqueurs are made with taking 40% alcohol like five to infusing herbal flavors straining the Herbs out adding approximately 20% sugar starting dissolving and filtering
- We are going to make a classic Shiitake, Astragalus, Carrot savory cordial and a twist on Limoncello by using Bergamot oranges and hops.





Today's Projects

- ▶ **Sir Earl Grey Cordial:** A stimulating blend of fresh seasonal bergamot orange, combined with aromatic bitter Hops, with a Chinese black tea. Especially good after a rich or heavy meal, for a carminative and stimulating the feeling of wellbeing.
- ▶ Other ingredients, caraway, anise, passionfruit. Vodka 88
- ▶
- ▶ **Dark Forest Immune Elixir:** A blend of savory shiitake and Reishi mushrooms, with immune building Astragalus root, with sweet carrot and burdock root for digestive support. To be taken as a daily tonic thru out the winter. With Sesame seeds, Ginger, chipotle pepper. Alcohol Rum and Vodka or some Cacao also.

An alembic still





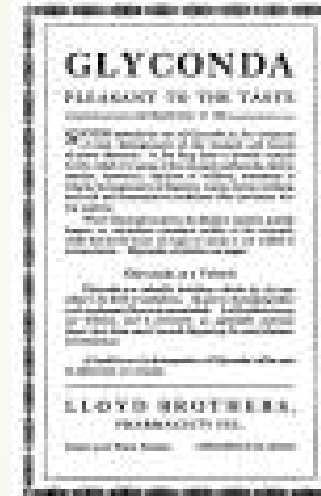
Alembic Still

- ▶ The Alembic moonshine still is a simple apparatus used for distilling. It has been used for many hundreds of years, very often related to the study of alchemy. The Egyptians were the first people to construct stills, and images of them adorn the ancient temple of Memphis. It is from Arabic that we get the word 'alembic' (al ambic) and alcohol (al cohol).
- ▶ The first means the distillation vessel, and the second, while it was used to describe a very hard lead or antimony based powder, expresses the idea of delicacy and subtlety, as in distillation vapor. The still was developed in 800 AD by the Arab alchemist Jabir ibn Hayyan. The word 'alembic' is derived from the metaphoric meaning of 'that which refines; which transmutes', through distillation.



Glyconda (Neutralizing Cordial)

➔ A combination of *Rheum palmatum* (Turkey Rhubarb), *Potassium bicarbonate*, *Cinnamomum cassia* (Cinnamon), *Hydrastis canadensis* (Goldenseal root), *Mentha piperita* (Peppermint oil), and vegetable glycerin, alcohol and water.



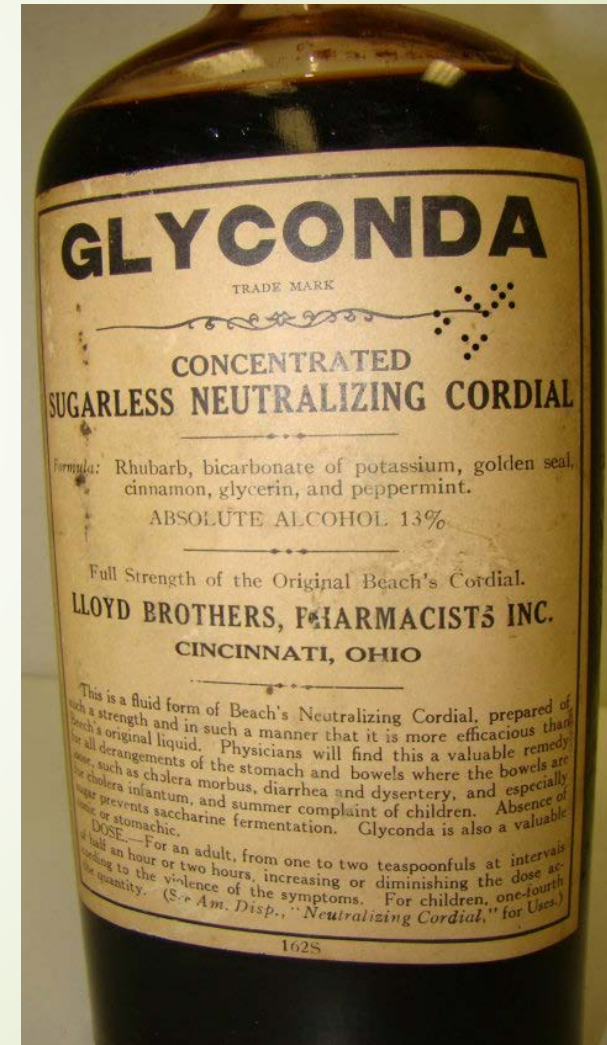


Glyconda (Neutralizing Cordial)

- *“Neutralizing cordial is the very best corrective yet devised for disorders of stomach and bowels” (Harvey Wickes Felter M.D. 1907)*
- **Traditional Clinical Uses:** Stomach upset, dyspepsia, nausea, gas, bloating, diarrhea. Adjunctive to disguise the taste of bitter medicines.
- **Dosing Directions:** Adults: 1 to 3 teaspoons as needed, Children: ½-1 teaspoon every 30 to 60 minutes as needed. As a Flavoring agent: Mix up to 25% of formula.

Neutralizing Cordial Recipe

- NEUTRALIZING CORDIAL (Modified)
- Rhubarb Tincture 80 ml
- Cinnamon Tincture 64 ml
- Hydrastis Tincture 40 ml
- Spirit of Peppermint 8 ml
- Potassium carbonate 16 grams
- Simple Syrup 250 ml
- Diluted alcohol (50%) 550 ml
-
- Step 1. Dissolve 16 grams of potassium carbonate in 250 ml Simple Syrup
- Step 2. Mix the tinctures, spirit and diluted alcohol.
- Step 3. Mix both liquids, stirring or blending until KCO_3 is dissolved.
- Step 4. Add additional diluted alcohol to the total (if necessary) to bring the
- total volume to 1000 ml.



Strega, The Witch

- ▶ **Strega** (or *Liquore Strega*), is an Italian herbal liqueur produced since 1860 by the S. A. Distilleria Liquore Strega in Benevento, Campania, Italy. Its yellow color comes from the presence of saffron in its recipe. Liquore Strega is 80 proof (40%) and among its approximately 70 herbal ingredients are mint and fennel. Strega is considered a digestif, meant for drinking after meals.
- ▶ *Strega* has a similar appearance to Galliano (though less vibrantly yellow). It is slightly sweet, semi-viscous, and has a bold, complex flavor with strong minty or coniferous notes. Strega is used for flavoring *torta caprese*, a type of cake.



Nocina: Green Walnut liqueur

- ▶ Green Walnut liqueur
- ▶ Nocino (no-CHEE-no) is the traditional walnut liqueur made throughout Italy and Southern Switzerland. The base ingredients of nocino have changed very little through the centuries. They include unripe walnuts, alcohol (typically grape brandy or grappa), sugar and spices. It is the mix of spices, which varies widely from family to family, and village to village, that gives each nocino its unique character




Bergamot Orange , *Citrus bergamia*

- ▶ Bergamot is a citrus fruit whose rind is used for [extracting the Bergamot Essential Oil](#). The scientific name of bergamot is *Citrus Aurantium* var. or *Citrus Bergamia*. It is a tropical plant, but thrives in Europe as well. Its powerful aroma makes it a popular component in many perfumes, and it is often used as the all-important “top note”. It is derived through cold compression, opposed to the steam distillation of many other essential oils. One of the most common applications that you may not be aware of is its use in black tea. The inclusion of bergamot essential oil in regular black tea is then given a different name – Earl Grey!
- ▶ The chemical composition of Bergamot Oil includes Alpha Pinene, Alpha Bergapten, Alpha Terpineol, Limonene, Linalool, Linalyl Acetate, Nerol, Neryl Acetate, Beta Bisabolene, Geraniol, Geraniol Acetate and Myrcene.





The oil of bergamot

- ▶ The components of Bergamot Oil, like Alpha Pinene and Limonene, are antidepressant and stimulating in nature. They create a feeling of freshness, joy and energy in cases of sadness and depression by improving the circulation of the blood. They also stimulate hormonal secretions, thereby helping to maintain proper metabolic rates. This stimulating effect also increases the secretion of digestive juices, bile and insulin, thereby aiding digestion, proper absorption of nutrients, assimilation and decomposition of sugar and the resultant lowering of blood sugar.
- 

Bergamotto

- ▶ The liquor Bergamot
- ▶ Bergamot Calabro is made with organic bergamot from Calabria, in January, the fresh fruits are washed and peeled, the fragrant peel is then immersed in alcohol for maceration, the fruits instead are immediately pressed and the juice added to the essence of alcoholic base.
- ▶ **It is the first of Bergamot liquor which provides for the addition in the preparation of fresh juice of Bergamot.**
- ▶ Bergamot has relaxing qualities, anti-stress, digestive and purifying the skin.
- ▶ You should drink Bergamot Calabro as a digestive alone or as an ingredient in cocktails and long drinks.





Resources:

- ▶ Glen Nagel, gsnagel@msn.com
- ▶ Books
- ▶ Encyclopedia of Spirits and liqueurs, Stuart Walton, Norma Miller
- ▶ Homemade liqueurs and infused spirits; Andrew Schloss
- ▶ Grossmans, Guide to wine, spirits and beers, Classic 1955 edition.