

Herbal Mixology, Winter 2019

Hot Toddies, Mulled and Herbal Drinks

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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



The Power of Alcohol



The Power of Alcohol: Evil or Angel?

Good



Bad

- **IT CAN LOWER YOUR RISK OF CARDIOVASCULAR DISEASE**
- **IT CAN LENGTHEN YOUR LIFE**
- **IT CAN IMPROVE YOUR LIBIDO**
- **IT HELPS PREVENT AGAINST THE COMMON COLD**
- **IT CAN DECREASE CHANCES OF DEVELOPING DEMENTIA**
- **IT CAN REDUCE THE RISK OF GALLSTONES**
- **LOWERS THE CHANCE OF DIABETES**

Source : MedicalDaily.com

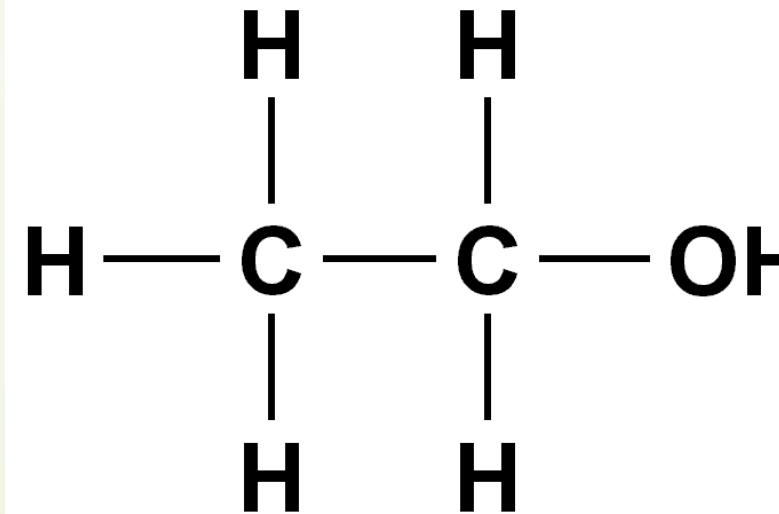
Anemia
Cancer
Cardiovascular disease
Cirrhosis
Dementia
High blood pressure
Infectious disease
Nerve damage
Pancreatitis
Addiction

Source Webmd.com

Key is Moderation !

Ethanol: By product of Yeast

- **Ethanol (EtOH)**, also called **alcohol**, **ethyl alcohol**, and **drinking alcohol**, is the principal type of alcohol found in alcoholic beverages produced by the fermentation of sugars by yeasts.
- It is a neurotoxic, psychoactive drug, and one of the oldest recreational drugs. It can cause alcohol intoxication when consumed in sufficient quantity.
- Ethanol is a volatile, flammable, colorless liquid with a slight chemical odor. It is used as an antiseptic, a solvent, a fuel, and due to its low freezing point, the active fluid in many alcohol thermometers. The molecule is a simple one, being an ethyl group linked to a hydroxyl group.





The Power of Alcohol

- ▶ Ancient historical use 9,000 years, first dating to China
- ▶ Dual action: stimulating and then relaxing
- ▶ Alcohol is quick acting and even more so when heated
- ▶ Warm alcohol is extremely warming and stimulating to circulation
- ▶ In herbal drinks, alcohol becomes the driving agent
- ▶ Alcohol will accelerate the delivery of herbal constituents
- ▶ Alcohol will preserve the herbs or herbal extractions. Wine, brandy, rum and whiskey are most commonly used.
- ▶ The bottom line: If you drink, add herbs into your mixture for therapeutic effect.

What is a Toddy?

- ▶ A toddy is a drink made typically with a spirit base, water, some type of sugar and spices. In its simplest form today, a hot toddy is usually a mixture of whiskey, cinnamon, hot water, honey and lemon. Another canonical iteration of the toddy is the use of tea as the spice (or in addition to the spice).
- ▶ The big plus is you can make hot toddies with or without alcohol





Origin of the name Toddy

- ▶ The word toddy itself stretches back to the British colonial era and is taken from the Hindi word *tārī*, which was a drink made from the fermented sap of the various varieties of toddy palm, hence the name.
- ▶ The toddy eventually made its way across the ocean to the American South where plantation owners would drink their own version of a toddy that was made with rum, spices, and locally-available sugar. This mixture was cooked, then cooled and consumed. While derived from the colonial toddy, this drink was called a bombo or bimbo



How to Winterize your Drinks?

- **General Rules**

- More intense and spicy to match season
- Less ice, add heat, flames, smoke or fire elements
- Use what is in season, locally

- **Add flavorful and spicy herbs to make syrups,**

- Pomegranate syrup
- Thyme, oregano, sage syrups or garnishes
- Seasonal fruits or berries, such as holiday spices, cranberries.
- Use tea and tea bags as dilution ingredient instead of tonic, wine, etc.

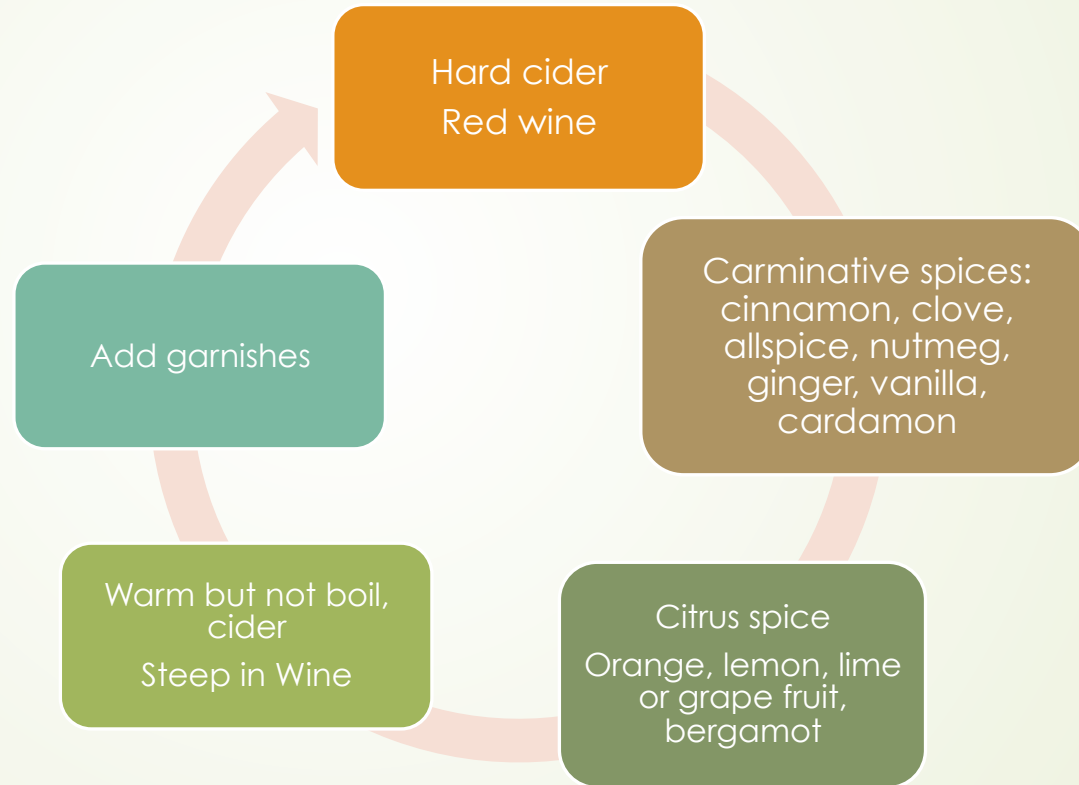
- **Serve drinks warm or hot, not on ice**

- Warm alcohol is 2x warming
- Less ice means more flavor

- **Pause on using too much citrus or floral flavors**

- Flavors are light and summer infused
- Small amounts maybe nice accents on rich drinks

Basic Mulled Wine or Cider Recipes wheel



Mulled Wines and Ciders

➤ INGREDIENTS

- 1 navel orange
- ½ gallon apple cider (not juice) or 1 quart cider, 1 quart apple jack, or Wine (Red)
- 2 tablespoons honey
- 5 allspice whole berries
- 6 whole cloves
- pinch ground nutmeg
- 1 1/2-inch piece ginger, thinly sliced
- 8 cinnamon sticks

➤ DIRECTIONS

- Using a vegetable peeler, or zester peel the zest from the orange to create long strips.
- In a medium pot, bring the cider, honey, allspice, cloves, nutmeg, ginger, and orange zest to a simmer.
- Do not boil. Heat, uncovered, for 30 minutes. 185 degrees on induction burner
- Ladle into cups and serve warm with the cinnamon sticks.



Winter Spiced Sugar

- Use for pan-style warm drinks or add to after to sweeten and flavor
- Essential oils do not dissolve in water only in oil, high alcohol and, of course, sugar
- Supplies: Mortar and pestle, white sugar and essential oils
- Add ½ cup sugar to mortar, add essential oils
- 2 drops ginger
- 2 drops cinnamon bark
- 1 drop clove bud
- 1 drop coriander seed
- 2 drops cardamom
- 1 drop black pepper
- 1 drop turmeric
- 1 drop orange blossom
- 1 drop Bulgarian rose
- Stir well to break up oil drops, do not add any water
- Add additional ½ cup of sugar and mix well. Keep in closed jar



RED HOT CIDER: Pan style

- Makes two 5-ounce drinks
- 6 teaspoons sugar
- 2 ounces apple brandy
- 2 cinnamon sticks
- 6 oz hard cider
- ½ ounce of lemon juice
- 1 orange peel
- Dash orange bitters
- Pinch salt.
- Place the sugar in hot pan bring to caramel stage, add brandy and light to flame, (caution) add bitters to put out and then add rest of ingredients till sugar is melted add to much and top with citrus peel.



Red Hot Ale: Pan Style

- Makes two 5-ounce drinks
- 5 teaspoons sugar
- 2 ounces cognac or brandy (40% EtOH)
- 6 ounces non hoppy ale
- ½ oz of lemon juice
- 1 orange or bergamot zest
- Pinch salt
- Orange bitters

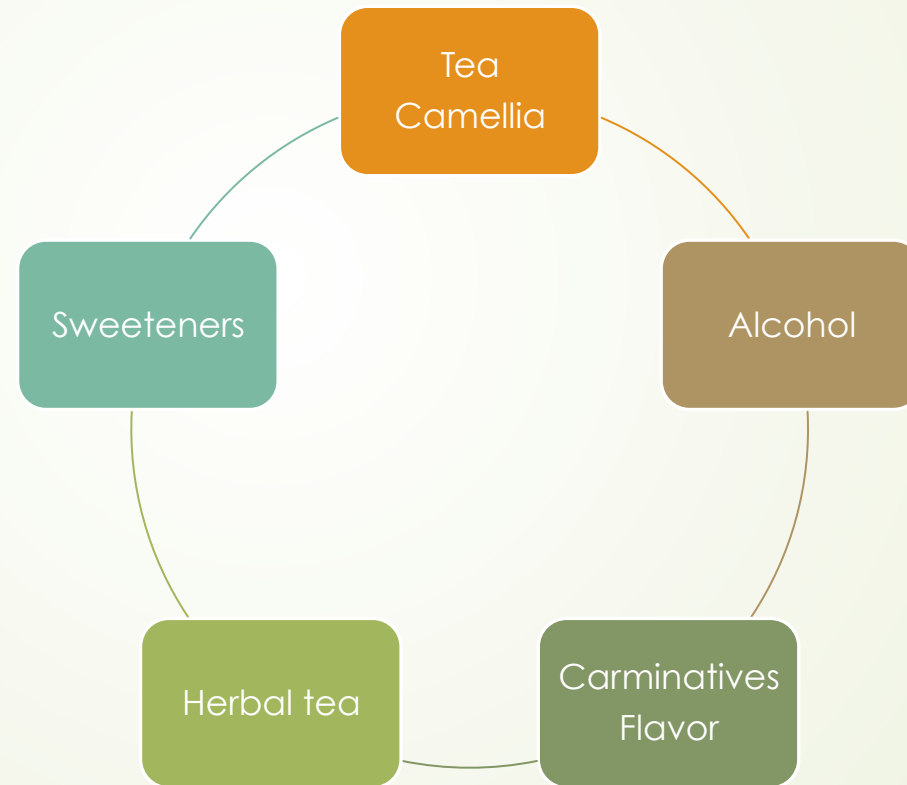


Blue Blazer: A winter light show drink

- ▶ 4 ounces high-end scotch or whiskey
- ▶ 4 ounces boiling water
- ▶ 10 grams (1 TP) winter spice sugar
- ▶ 5-6 blue pea flowers
- ▶ 2 copper, brass or metal mugs with handles, gloves
- ▶ Place boiling water in both mugs,
- ▶ Drain water when mugs are warm, add 4 ounces alcohol to one, 4 ounces boiling water, blue pea flower and sugar to other
- ▶ Wait 5 minutes and strain out the flowers
- ▶ Light alcohol and pour into hot water mixture and pour back and forth enjoying blue waterfall of flames
- ▶ Keep lights low, serve at table.
- ▶ Add twist of lemon or orange peel. Serve in clear glass mug



Tea based Toddies Basic Recipe



Chaga/Chai tea

Ingredients

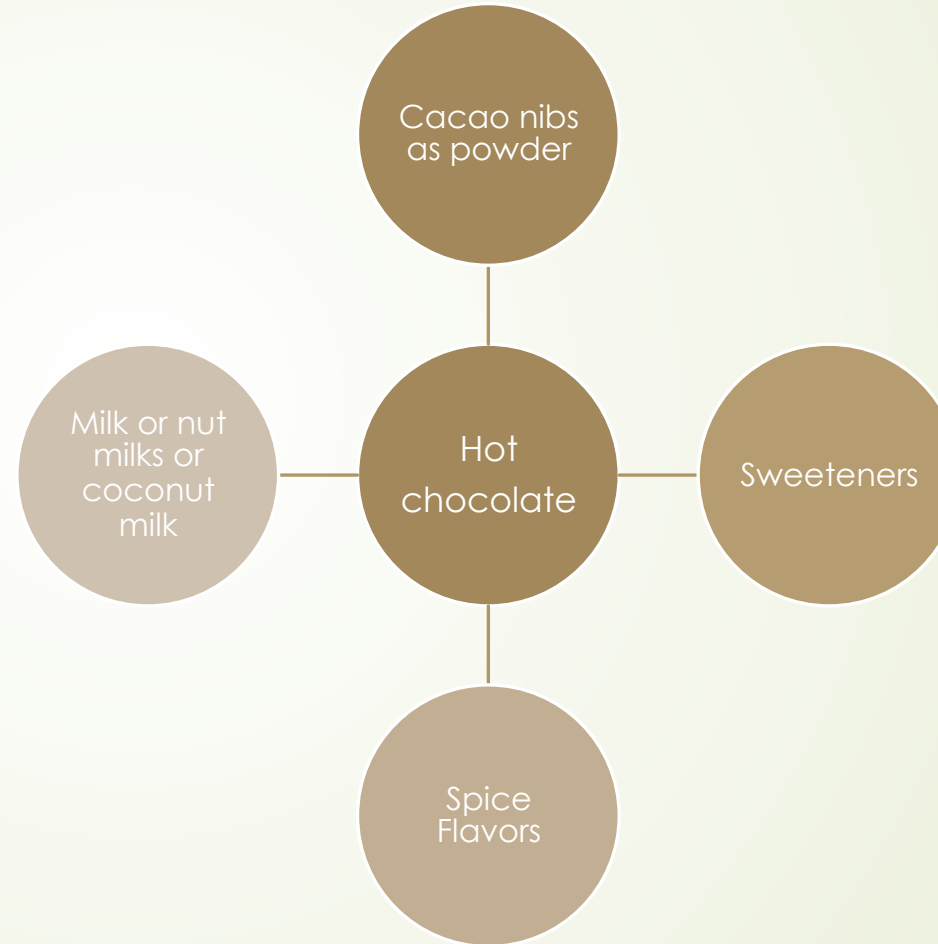
- 2 quarts chaga tea
- 4-inch piece fresh ginger, cut into thin rounds
- 4-6 cinnamon sticks
- 1 teaspoons black peppercorns
- 20 whole cloves
- 15 cardamom pods
- 1 vanilla bean
- 2-4 black cardamon pods

Directions

- Bring to boil and simmer 2 hours.
- Strain add milk or sugar/honey to taste.



Chocolate Based hot drinks



Hot Chocolate Kava with spices

Ingredients

- ▶ Max 2 cups
3 Tbsp coconut palm sugar
2 Tbsp raw cocoa nibs powder
1 cup unsweetened coconut, almond or hemp milk
- ▶ ¼ tsp (0.5 grams of Kava powder at 30% Kavalactones or
- ▶ Kava tincture to taste 2-4 droppers full

Directions

- ▶ Add to stove top pan warm and whip until creamy. Add kava at very end
- ▶ Serve with nibs on top or cinnamon stick.



Orange Coconut Cream Whipped Topping

- ▶ The power of the whipper, and making cream emulsions with fun foods
- ▶ Never will go back to whipped dairy

Ingredients:

- ▶ One whipper with NO2 cartridges (500 ml)
- ▶ 350 mLs coconut milk (can or aseptic box, higher fat is better)
- ▶ 50 to 100 grams coco palm sugar, honey or your choice of sweetener
- ▶ Orange juice, and orange zest from 1 orange

Directions:

- ▶ Add all to whipper, chill and then add two NO2 cartridges
- ▶ Serve on top of hot or cold drinks
- ▶ Alternate emulsifying agents, raw egg whites, seaweed gel,





Butter (Fat)/ Emulsified drinks

- ▶ Fats don't want to dissolve in water based products. Oil and water do not mix, but making emulsions with emulsifying agents is a great way to keep oil and water in suspension. In these drinks we use a rich fat source and water based source mixed together. We will use the gums as an emulsifying agent.
- ▶ Key emulsifiers are xanthum gum, guar gum, gum arabic (Acacia), or even the hard-to-find tragacanth gum.
- ▶ These are used in small amounts (1-4%) to keep the fat from floating to the top and give great mouth feel.
- ▶ This can create a great nutritional drink with or without alcohol.
- ▶ This class is the Hot Buttered Rum



Hot Ghee / Turmeric Golden Emulsion (Hot Buttered Rum twist)

- ▶ With coconut milk, organic ghee, turmeric, ginger, cardamom, nutmeg, coconut sugar and guar gum
- ▶ Makes 6-8 servings

Ingredients:

- ▶ 1 can coconut milk full fat 400 mls
- ▶ 400 mLs water
- ▶ 200 grams organic ghee
- ▶ 300 grams coconut sugar
- ▶ 6 grams guar or xanthan gum
- ▶ 2 tsp. turmeric powder
- ▶ 1 tsp ginger powder
- ▶ Rum, whiskey or vodka



Hot Chocolate Chaga Chai (Coconut milk emulsion)

- With coconut milk, organic ghee. Makes 6-8 servings

Ingredients

- 1 can coconut milk full fat (400 mL)
- 400 mL chaga chai tea
- 200 grams organic ghee/coco butter
- 2 bottles (8 oz) Holy Kakow chocolate syrup
- 6 grams guar or xanthan gum
- 750 mL rum, whiskey or vodka to taste

Directions

- Add gum to warm coconut milk, add in chocolate and then with stick blender drizzle in warm tea to thick mixture, then add alcohol.
- Garnish with cocoa powder and cinnamon sticks

Hot Coconut Mushroom Rum

Makes one serving


Ingredients

- ▶ 1 ounce of Shiitake, Matsutake mushroom butter
- ▶ 2 ounces of Ginger Rum by Eastside Distillery
- ▶ ½ ounce strained lime juice

Directions

- ▶ Stir in pan and warm as desired.
- ▶ Garnish with mushroom pieces and star anise or cinnamon powder





Contact

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