

Herbal Mixology Winter 2017

# 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



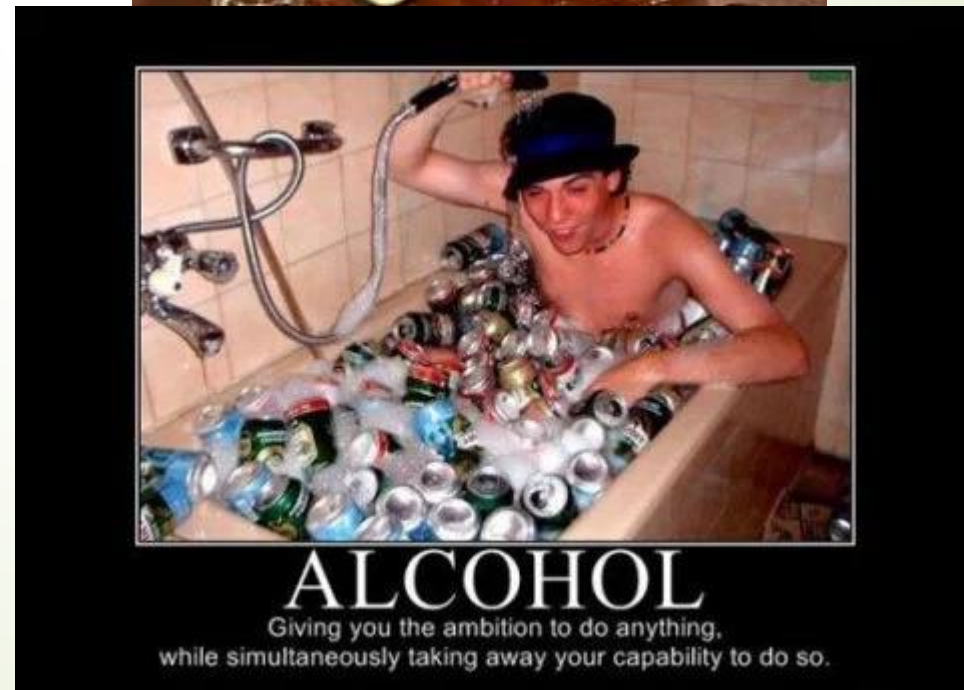
# Herbal Mixology : Defined as

- 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?



- **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](http://MedicalDaily.com)

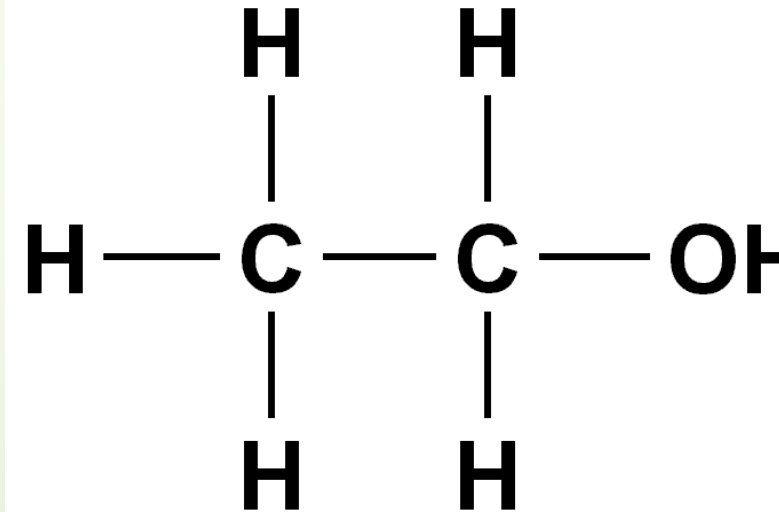
**Anemia**  
**Cancer**  
**Cardiovascular disease**  
**Cirrhosis**  
**Dementia**  
**High blood pressure**  
**Infectious disease**  
**Nerve damage**  
**Pancreatitis**  
**Addiction**

Source [Webmd.com](http://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 9000 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
- ▶ Herbal drinks , Alcohol becomes the driving agent
- ▶ Alcohol will accelerate the delivery of herbal constituent's
- ▶ Alcohol will preserve the herbs or herbal extractions. Wine, Brandy, Rum, 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

# Basic Mulled Wine or Cider Recipes wheel





# Mulled Wines and Ciders

## ➤ MULLED CIDER/ WINE

### ➤ 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.



# RED HOT CIDER: Pan style

- ▶ For 2, 5 oz drinks
- ▶ 6 teaspoons sugar
- ▶ 2 ounces apple brandy
- ▶ 2 cinnamon sticks
- ▶ 6 oz hard cider
- ▶ ½ oz 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.



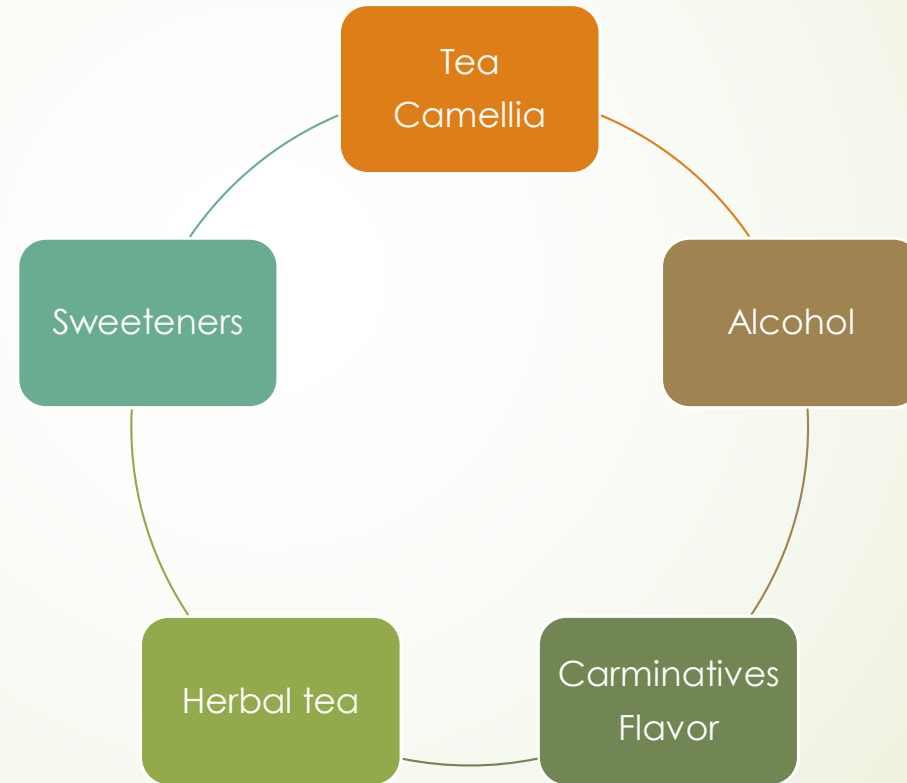
# Red Hot Ale: Pan Style

- ▶ Makes 2, 5 oz drinks
- ▶ 5 teaspoons sugar
- ▶ 2 ounces cognac or brandy ( 40% etoh)
- ▶ 6 ozs non hoppy Ale
- ▶ ½ oz of lemon juice
- ▶ 1 orange or bergamot zest
- ▶ Pinch salt
- ▶ Orange bitters





# Tea based Toddies Basic Recipe



# What is Chaga : *Inonotus obliquus*?

- Chaga has been consumed for centuries in the East, most typically as tea, where its health benefits are well established. More recently, chaga has been gaining popularity in the West, where its numerous health benefits are now being recognized by many health gurus.
- Technically, chaga is a highly-concentrated black mass of mycelium that protrudes from birch trees infected with parasitic—but non-toxic—fungus *Inonotus Obliquus*.
- The dark, hard and cracked exterior, which often appears like burnt charcoal, is called the sclerotium. The interior has a rusty yellow brown color.



# Chemistry of Chaga

- **1. Polysaccharides: Immune system**
- **2. Beta-D-Glucans: Immune system**
- **3. Phytosterols: Hormonal modulation, Cardiovascular**
- **4. Betulin and Betulinic Acid (Triterpenes): Anti viral , Anti Cancer**
- **5. Antioxidants: Melanin**
- **6. SODs Antioxidant**





# Chaga Decoction

- Benefits of Chai tea, warming, helps digestion, stimulating (Black Tea) and Immune Enhancing, Adaptogen (Chaga)
- Best as daily tonic tea all winter, Make a week supply at a time.
- Start with making Chage tea.
- Buy Chaga whole, not powder
- Place in pillow case and smash with hammer to quarter to dime size pieces
- Place in crock pot on high for 6 hour
- 4 quarts water to 150 grams
- Decoct for 24 hours or more.
- Drain decoction and redo mushroom.

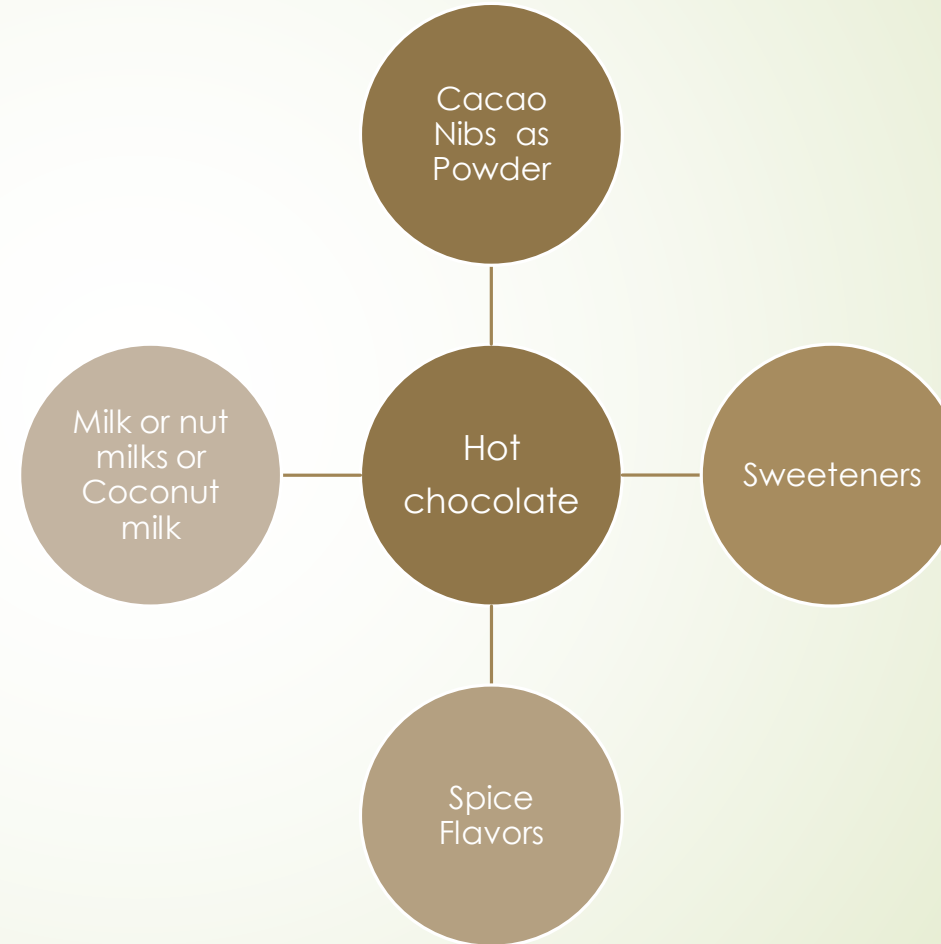


# Chaga / Chai tea

- ▶ 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
- ▶ 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 dropper fulls
- 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 NO<sub>2</sub> cartridges (500 ml)
- Coconut milk 350 mls ( can or aseptic box , high fat the better)
- 50 to 100 gr Coco palm sugar, Honey or your choice of sweetener
- Orange juice, and orange zest from 1 orange
- Add all to whipper, chill and then add 2 NO<sub>2</sub> cartridges
- Serve on top of hot or cold drinks
- Alternate emulsifying agents, raw egg whites, Seaweed gel,





# Butter (Fat)/ Emulsified drinks

- ▶ Fats don't what to dissolve in water based products, Oil and water do not mix but making emulsions with emulsifying agents are a great way to keep oil and water in suspension. I these drinks we are give a rich fat source and water based source mixed together. We will used 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.
- ▶ The class is the Hot Buttered Rum

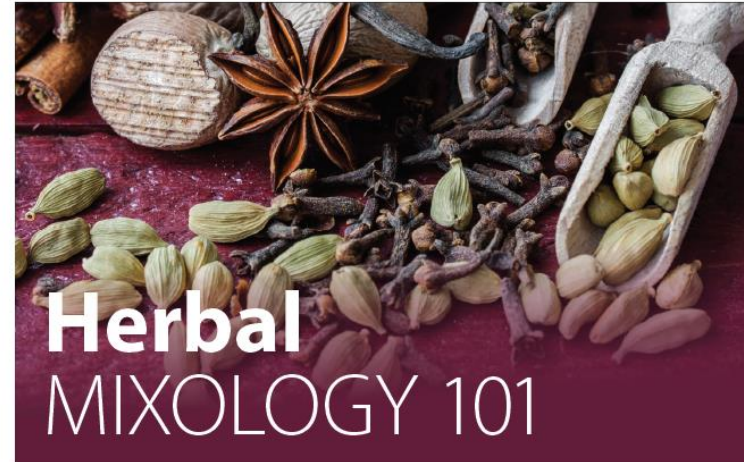


# Hot Ghee / Turmeric Golden Emulsion ( Hot Buttered Rum twist)

- ▶
- ▶ With Coconut milk, Organic Ghee, Turmeric, Ginger, Cardamom, Nutmeg, Coconut sugar and guar gum
- ▶ Makes 6-8 servings
- ▶ 1 can coconut milk full fat 400 mls
- ▶ 400 mls water
- ▶ 200 gr organic Ghee
- ▶ 300 grams coconut sugar
- ▶ 6 grams guar or xanthan gum
- ▶ 2 tsp. Of turmeric powder
- ▶ 1 tsp ginger powder
- ▶ Rum , Whiskey or vodka

Next Class  
March 13th

Contact  
Glen Nagel  
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**A three-part series on blending botanicals into tasty tonics**

*3.0 general CEUs per class pending OBNM approval*

Blending the ancient world of botanical medicine with that of the modern bar mixologist, this class develops a flavorful and healing balance between the nasty tasting tinctures of the past and cocktails loaded with sugar at your local bar. *All sessions, led by Dr. Glen Nagel, include lectures and hands-on projects with recipes to take home.*



**Hot Toddies, Mulled Wines and Heated Herbal Spirits** | Monday, Feb. 13, 6–9 p.m.

**Bitters, Digestives and Aperitifs** | Monday, March 20, 6–9 p.m.

**Herbal Root Beers** | Monday, April 17, 6–9 p.m.

**SERIES REGISTRATION**

\$215 medical professionals, \$195 general public, \$60 full-time students with ID.

**INDIVIDUAL CLASS REGISTRATION**

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