



Garden to Glass
Herbal Beverages
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Basic Tools (Non food):

- Glass Jars
- Strainer
- Funnel
- Spoon/Spatula
- Non-reactive pots
- Muddler

Apothecary Additives:

- Sugars*
 - Salts*
 - Gelatin
 - Vinegars* (Variety)
 - Bitters
 - Honey*
- Molasses
 - Flower Water
 - Syrups

*Try herb infused varieties

Tips:

- Go Seasonal
- Go Small
- Go Sweet
- Be Safe
- Know your flavors

Types of Herbal Beverages:

Infused Water

Teas

Ade's

Oxymels (Honey+Vinegar)

Shrubs (Fruit+Sugar+Vinegar)

Switchels (Molasses, ACV, Ginger)

Infused Liquor

Infused Wine

Herb Suggestions:

Anise Hyssop, Basil, Bee Balm, Garlic Chives, Mint, Sage, Thyme, Lavender, Lemon Balm, Lemon Verbena, Nasturtium, Scented Geranium, Rosemary

Flowers Suggestions:

Borage, Fennel, Honeysuckle, Jasmine, Lavender, Basil, Thyme, Rosemary, Hibiscus, Rose, Nasturtium, Bee Balm, Snapdragons, Calendula, Sage

Spices Suggestions:

Vanilla, Cinnamon, Tea, Chocolate, Peppers, Cardamon, Anise, Clove, Ginger, Licorice, Turmeric

Fruit Suggestions:

Cherries, Apple, Watermelon, Pear, Peaches/Nectarines, Berries, Mango, Pomegranate

This is by no means an all-inclusive list, and is meant to spark your imagination

Shrub: A vinegar, sugared fruit infusion (Great means of preservation)

Hot Version-

Equal parts Water, Sugar & Vinegar

Fruit (usually tangy, and roughly equal to the amount of water, depends on the fruit)

Add water and sugar to a pan under low heat until dissolved, add fruit (prepared), muddle, if desired. Allow juice to infuse into syrup to taste. Allow to cool, strain solids. Add vinegar. *Refrigerate up to 12 months

Cold Version-

Equal parts Fruit, Sugar & Vinegar

Prepare fruit, place in bowl. Cover in sugar, tossing to well coat. Cover with tea towel and allow to sit for a couple of hours up to two days. Strain. Add Vinegar. *Refrigerate up to 12 months

*Can be frozen for later use

*Can be used alone, over seltzer water, or add to a cocktail

*Mellows with time

*Great mixed with Rum, Vodka

Switchel: Sweet, Tangy, Spicy

Three main ingredients for a classic recipe are- Molasses, Apple Cider Vinegar, Fresh Ginger

Classic Recipe-

2T Molasses

1T Apple Cider Vinegar

1t Fresh Grated Ginger

1c Water

Combine molasses, acv, ginger and stir to thin molasses. Add water and stir again. Cover & refrigerate for at least 2 hours up to 24 hours. The longer the steep the spicier the ginger will be. Strain. Serve over ice

*Can be added to a cocktail

*Try infused molasses for a variety of flavors

*Can substitute honey for molasses, but will greatly vary the taste of the beverage (can use infused honey, as well).

Emily Han's Switchel Cocktail from her book Wild Drinks & Cocktails

Lime Wedge

Turbinado Sugar

2oz Classic Switchel

2oz Dark Rum

1/2oz fresh lime juice

2 dashes aromatic bitters

Ice

Moisten the rim of a cocktail glass with a lime wedge and coat with turbinado sugar. Combine the Classic Switchel, rum, lime juice, and bitters in a cocktail shaker. Add ice and shake well. Fill the prepared glass with ice and strain in the cocktail. Serve immediately

Infused Alcohols

- Go with alcohol you enjoy
- Go with flavors you enjoy
- Infusion times take hours up to 2 weeks depending on ingredients.
- Check regularly

Blending Guide

Vodka- leaves, spices, petals, roots, citrus

Gin- Takes playing with since gin itself is already infused with up to 20 botanicals, and each gin has a different taste based on recipe

Scotch- savory, salty, bitter notes

Bourbon- sweet, gentle spice

Whiskey- Tart Fruits

Brandy/Cognac- fruit, sweet, spice

Rum- spice, sweet, coffee

Tequila- fruit, citrus, tart, sweet, spice, earthy/herbaceous

Cachaca- fruit, herbs, pepper, wood, vanilla

Ratios & Infusing Times

Fresh herbs, Citrus, Pine, Fresh Ginger

1:4 Ingredient : Spirit

Dried herbs

1:8 Ingredient : Spirit

Berries, fruits, veggies

1:1 Ingredient : Spirit

Spices

1:10 Ingredient : Spirit

Strong Flavors- a couple of hours to a day

Fresh herbs, citrus zest, pine needles, fresh ginger- one to three days max

Stone fruit, berries- three days to a week

Veggies, apples, pears- five to seven days

Dried spices and mild flavors, like nuts- up to two weeks

Simple Syrup Recipe:

Equal parts water and sugar

Place water in non-reactive pan over low heat. Add sugar, and stir until dissolved.

*Use a herbal tea, decoction, or flower water in place of the water to make it flavored.

*Use infused sugar

Books-

Wild Drinks & Cocktails by Emily Han

Wild Cocktails by Lottie Muir

Herbal Kitchen by Kami McBride

Infuse by Eric Prum & Josh Williams

Shake by Eric Prum & Josh Williams

The Flavor Bible by Karen Page & Andrew Dornenburg



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If you are interested in other classes we have coming up please check out a list of upcoming events at our website.

If you have any questions, please feel free to reach out to us.