

Cordials & Elixirs with Carol Jacobs

November 7, 2007

North Country Herbalist Guild

(including the "Schizandra Challenge")

Group 1

Rest in Peach (Nervine)

1 & ¼ cup peach puree
.33 Oatstraw tincture
.33 Lemon Balm tincture
2 tsp Kava
1 & ½ tsp Vanilla
1/3 cup Agave (sweetener)

Yellow Peril (Immune Tonic)

1/3 cup Schizandra tincture
1/3 cup B & B (Angelica Liqueur)
1/3 cup Maple Syrup
1 Cinnamon Stick
1 Pear (pureed)

Group 2

Schizandra Elixir #1

1 part each Schizandra & Pasque tinctures
2 parts each Agave (sweetener) & Raspberry Puree

Schizandra Elixir #2

1 part each Schizandra & Oatstraw tinctures
½ part each Horehound & Sweet Cicily tinctures
1 part Raspberry (fresh)
1 part Raspberry preserves
½ part each Agave (sweetener) & Maple Syrup

Group 3

Gotu Rest (Berry Nervine) (aka: Gotu Salsa Lisa)

½ cup Oatstraw tincture
¼ cup Gotu Kola tincture
3 whole Cloves
¼ Crème de Cassis (Black Current Liqueur)
1 cup Red Wine (Rioja)
¾ cup Sugar
½ ounce Glycerin
1 capful Vanilla (double strength)
pinch of Cinnamon
2 pints + (?) fresh Raspberries

Group 4

Pearease (aka Pear in a Blender) Calming

1/4 cup Oatstraw tincture
1/4 cup Lemon Balm tincture
1 Pear (peeled)
1/2 cup Bailly's Creme Liqueur
1/8 cup Agave Syrup

Schazam! Berry-Bena

1 TBLS Schizandra tincture
1 tsp Lemon Verbena tincture
1/2 cup Raspberries
1/4 cup Water
1/2 tsp Mollasses
1/4 tsp Turbino Sugar

Group 5

Black Beauty Rejuvenator

¼ cup Oatstraw tincture
¼ cup Gotu Kola tincture
1 ounce St John's Wort tincture
1 tsp Lemon Extract
1 TBSP Ginseng Powder
½ cup Blackberries in Honey
½ cup Honey

very thick, so added to thin:
1 cup Vodka & water
then, also a touch of Hot Pepper Vodka (4 TBLS?)

Group 6

The Triple T: Tasty Tongue Tingler Cordial

¾ cup Schizandra tincture
1 cup Sweet Cicily tincture
¼ cup Angelica tincture
1 TBLS Orange Peel
1 TBLS Cinnamon
¼ cup Blackberry & Honey
½ cup Fructose
3 drops Lemon Extract
1 cup Strawberry Pie Filling