

BOTTOMS UP! 🍹 HOW TO

HOW TO MAKE MEDICINAL COCKTAILS

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Photos by Keith Munyan

CONSIDERING THAT THE ORIGINAL "COCKTAIL" WAS CONSIDERED A CURE-ALL, THE CONCEPT OF MEDICINAL MIXOLOGY IS AN IDEA WHOSE TIME HAS COME. MEDICINAL MIXOLOGY IS THE PRACTICE OF CREATING COCKTAILS THAT USE MEDICINAL INGREDIENTS WITH THE GOAL OF OFFERING CURATIVE SOLUTIONS SUCH AS IMPROVING IMMUNITY AND INCREASING LONGEVITY.

MIXOLOGIST KAT VALENTINA INTENDS TO BRING A NEW LAYER OF COMPLEXITY TO COCKTAILS SO THAT THEY ARE NOT JUST INTOXICATING, BUT HEALING. "BY ADDING ELEMENTS OF HEALING PLANTS INTO THE MIX," SHE EXPLAINS, "ALONG WITH AN INTENTION FOR THE COCKTAIL, WHAT A NEW LEVEL OF CREATION WE REACH!" HOWEVER, SHE CAUTIONS, "REMEMBER, WE ARE CREATING COCKTAILS IN THE STYLINGS OF MEDICINAL MIXOLOGY ... WE ARE NOT OFFERING CURES OR MEDICAL TREATMENT!"

CHECK OUT KAT'S TIPS ON CRAFTING COCKTAILS USING HERBOLOGY THAT BRING US INTO THE REALM OF MEDICINAL MIXOLOGY.

STEP 1



Choose your intention

Decide the purpose or the intention behind the cocktail. This will help you hone your choice of ingredients. What herbs are best suited for you? Conscious imbibing involves selecting plants and herbs, along with bitters and tinctures, for personalized mixing to create cocktails for individual healing benefits.

STEP 2



Choose your herbs

Select your ingredients conscientiously. As with any "prescription," do your homework about the plants you decide to use. For instance, mix with sage for antiseptic purposes, digestion relief, and additional antioxidants. Or mix with lavender to relieve anxiety, insomnia, and headaches. Also, mix with parsley, caraway, and mint to neutralize bacteria and toxins and keep your breath fresh.

STEP 3



Choose your spirits

Keep the template simple to start. Pick a basic cocktail like a sour or an Old Fashioned and add some healing herbs or bitters. Herbs like sage mix well with gin, rye, or mezcal—anything with a bite. Lavender will mix well with all types of gin and is a calming accent to floral cocktails.

ANISE SHE SAID

Intention: To assist in digestion and relaxation.

INGREDIENTS

2 oz. St. George Terroir Gin
½ oz. lavender honey
Small handful of anise hyssop leaves
2 bar spoons anise hyssop/fennel tincture*
Italian sage (for garnish)

PREPARATION

Add gin and honey to mixing tin. Rub anise hyssop between hands to open up fragrance and toss into tin. Add tincture, then ice. Stir with love. Strain into a coupe. Garnish with Italian sage. *Anise hyssop/fennel tincture: Submerge equal parts anise hyssop leaves and fennel aerials in a high-proof neutral grain spirit for maceration (enough spirit to cover the herbs). Macerate for 3 to 6 weeks until flavors are extracted to your liking. Strain after completion and store in a cool setting.



KAT VALENTINA

Kat Valentina was raised in northern California, where she says, "from a young age, the garden was my playground." She learned to cook with farm fresh ingredients and brings the same perspective to making cocktails. After pursuing studies in traditional Chinese medicine, she discovered an interest in Planetary Herbology. The latter is a synthesis of Western, Ayurvedic, and Chinese herbs. Actively involved in the craft spirits movement, Valentina uses her skills to blend the healing elements of herbs with quality-distilled spirits.

TRANQUILI-TEA

Intention: To rejuvenate and soothe the respiratory and immune systems.

INGREDIENTS

2 oz. Spirit Works Gin
1 oz. multi-mint tea (spearmint, peppermint, chocolate, Cuban, and Persian)
½ oz. thyme honey
10 dashes of Elemental Spirits Sage Advice bitters
½ meyer lemon
Fresh mint sprig (for garnish)
Sweet marjoram (for garnish)
Nasturtium flower (for garnish)

PREPARATION

Put all ingredients into a mixing tin. Add ice and shake. Strain into a coupe glass. Garnish with fresh mint sprig, sweet marjoram, and a nasturtium flower.



TIPS

Do your research: Find a specific focus, such as a particular ailment, and match a group of plants that provide nurturing and healing properties to create unique blends.



GO PRO

Sugar in its various forms (granulated, honey, fruit) is a useful ingredient to temper the flavor of bitter herbs.