

THE BIBLE OF HOMEMADE



ITALIAN LIQUEURS

CARLOTTA MELZI D'ESTE

THE BIBLE
OF ITALIAN HOMEMADE LIQUEUERS

...AND THE FINEST PASTRIES TO SERVE WITH
THEM

By Carlotta Melzi d'Este

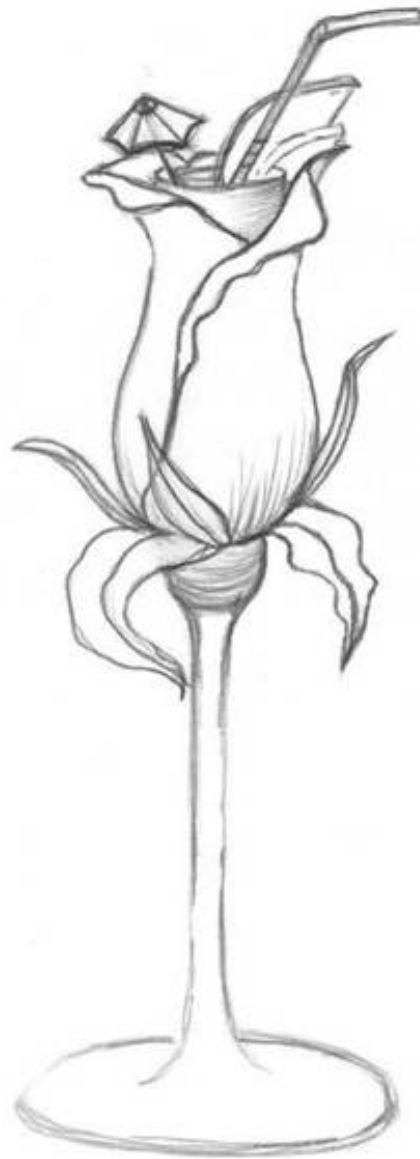


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PREFACE

Italy is famous for its sun, its cuisine and its wines.

Few people know about Italian passion for delightful homemade liqueurs. Every Italian family has a precious old cookbook, inherited by Mom who inherited it by Granma who inherited it by Great Grandmother who inherited it by...

At the end of the family cookbook there is a little section about Liqueurs, Rosolios, Ratafias and Flavored Wines.

Italian liqueurs are made by infusion, using a base of pure alcohol or Grappa.

The ingredients can vary from flower petals, to fruit, to spices and herbs. Some liqueurs use vegetables as main ingredients; there is an Artichoke, Basil and even an Onion Liqueur.

Different liqueurs have different uses.

In a pleasant ladies afternoon you can serve violet Rosolio with little almonds pastries, while in a summer evening you can prefer a prickly pear Ratafià served with marzipan stuffed dates.

Flower and fruit liqueurs are also used as ingredient for traditional pastries; this book is plenty of examples such as ricotta and tangerine pudding or Nacatuli Bruntzisi or Gueffus.

Spices and vegetable liqueurs are often used to flavor salty dishes, for example Toasted Tuna Roe Bread or Stuffed Dried Plums.

Use your fantasy and moisten a roast with Onion Liqueur give more taste to a Risotto with Porcini Mushroom Liqueur.

During the Renaissance, while French and Belgian monks were engaged in brewing strong beers, Italian monks developed the science of herbs liqueurs.

Alongside the more common Eucalyptus or Rhubarb liqueurs, Italian monasteries produced Birch or Nettle or Centerbe (one-hundred-herbs) liqueurs.

Italians drink those digestive liqueurs at the end of heavy dinners, often serving them with same taste homemade candies.

In the past most Northern Italian families used to distill their own Grappa

at

home.

Those Grappa were so tasty and alcoholic (often 70° or more) that it was quite impossible to drink them as they were.

They were so strong that it was considered rude for a woman to drink them,

so Those Grappa taste were refined using honey, fruit, vegetables, herbs.

This book will offer you some recipes to prepare delicious, soft Grappa such as Fresh Cream or Fig or Pear or Olive Grappa.

Also wines (especially Marsala) were treated to produce new flavors.

There is the fragrant Hawthorn but also the Sapa (Sardinian cooked wine) used to prepare the delicious Sapa Bread. Or the Barolo Chinato, a Piedmont recipe famous all over the world.

Italians use to offer something to eat with their homemade liqueurs.

This book offers you plenty of traditional recipes, from cookies to fritters to truffles from various Italian regions.

I hope you enjoy the matches I've done, but feel free to change them and to experiment different taste combinations.

This book also will teach you how to prepare cocktails the Italian way.

Most of the liqueur, in fact, can be used to prepare well known or completely new cocktails, using flowers, fruit, champagne, ice cream...

Enjoy this book, its flavor, its recipes but most of all enjoy the ancient and slow art of liqueurs making.





FLOWERS LIQUEURS



CARNATION ROSOLIO

Ingredients:

1 liter of alcohol 95°

7 oz of red carnation petals

1 pinch of red cochineal food coloring (or other scarlet food coloring)

7 oz of sugar (for the carnation)

14 oz of sugar (for the syrup)

½ liter of water.

Put the red carnation petals and 7 oz of sugar in an airtight jar.

Let soak for 4 days.

Add the alcohol and the food coloring.

Let soak for 2 weeks.

Filter.

Make a syrup with 14 oz of sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest in a dark, dry place for 1 months.

Put a green candied cherry in a Martini glass.

Put in a shaker 1 part of Carnation Rosolio, 1 part of White Rum and 1-2 drops of bitter almond extract for each serving, sprinkle a lemon zest in the liquid, shake and pour in the glass.

CARNATION FLAVORED ALMOND ICE CREAM

Ingredients:

$\frac{3}{4}$ liter almond milk

3 $\frac{1}{2}$ oz sugar

3 crushed cardamom seeds

red carnation petals

$\frac{1}{2}$ cup fresh cream

1 pinch of red cochineal food coloring (or other scarlet food coloring)

Boil the almond milk with the sugar and the crushed cardamom seeds until it is reduced to half a liter.

Let cool and filter.

Gently chop in 2-3 parts a little handful of carnation petals.

Mix the almond milk, the fresh cream, the chopped carnation petals and the food coloring.

Put in the ice cream machine for 45 minutes (or follow your ice cream machine instructions).

Put the ice cream in dessert cups and decorate with red carnation petals.

JASMINE ROSOLIO

Ingredients:

200 jasmine blossoms
1 liter of alcohol at 95°
3 ½ cups of sugar
¾ liter of water

Put the blossom and the alcohol in an airtight jar.

Let soak 15 days.

Make a syrup with the sugar and the water.

Filter the alcohol and add the syrup.

After a week, filter again, bottle and let rest for another month before serving.

Mix 2 parts of Jasmine Rosolio, 1 part of vodka and 3 parts of watermelon juice.

Pour over ice in a large glass.

Let float 3-4 jasmine blossoms on the surface

FLOWER PETALS COOKIES

Ingredients (for 60-80 cookies):

- 1 ½ cups butter
- 10 tbsp sugar
- 2 eggs
- 2 ½ cups flour
- a pinch of salt
- ½ cup of rose petals
- ½ cup of jasmine petals
- ½ cup of orange blossoms
- ½ cup of violet petals
- 2 tsp of Red Roses Rosolio
- 2 tsp of Jasmine Rosolio
- 2 tsp of Orange Blossom Rosolio
- 2 tsp of Violet Rosolio

Mix the butter and the sugar until the mixture is creamy.

Add the eggs, the flour and a pinch of salt.

Knead the dough and divide it in 4 parts.

Add the rose petals and the Red Roses Rosolio to 1st part, the jasmine petals and the Jasmine Rosolio to the 2nd part, the orange blossoms petals and the Orange Blossom Rosolio to the 3rd part and the violet petals and the Violet Rosolio to the 4th part.

Make four dough balls and let rest half a hour in the fridge.

Roll out the dough ½ cm (0.2 inch) thick.

Cut out 15-20 cookies from each part with a flower shaped cookie cutter.

Preheat the oven at 350 F.

Put the cookies on a baking tin covered by baking paper.

Bake for about 15 minutes, until the cookies are pale golden.

Serve cold.

ORANGE BLOSSOMS ROSOLIO

Ingredients:

- 1 ½ cups of orange blossoms
- 1 liter of alcohol at 95°
- 10 tbsp of sugar (for the blossoms)
- 3 ½ cups of sugar (for the syrup)
- 1 liter of water

Crush the orange blossoms with 10 tbsp of sugar in a mortar.

Put the blossom and sugar mixture and the alcohol in an airtight jar.

Let soak 15 days.

Make a syrup with 3 ½ cups of sugar and the water.

Filter the alcohol and add the syrup.

After a week, filter again, bottle and let rest for another month before serving.

Orange blossom taste is largely used in the Southern Italian cuisine.

You can add this

Rosolio to biscuits, cakes, candies, chocolates...

Put 2 tablespoons of Orange Blossom Rosolio in a frozen flute and fill with Champagne.

Decorate with half orange slice.

Pour 2 parts of Spicy Chocolate Liqueur and 1 part of Orange Blossom Rosolio in cocktail glass and stir.

with two orange blossoms and cocoa powder.

RICE COOKIES

Ingredients:

½ cup butter
8 tbsp of candied orange zest
2 eggs
8 tbsp sugar
a pinch of salt
1 ¾ cups rice flour
3 tablespoons of Orange Blossom Rosolio
sugar (for decoration)

Take out the butter from the fridge.
Coarsely chop the candied orange zest.

Cut the softened butter in little cubes.

In a large bowl whip the eggs with the sugar and a pinch of salt.

Add the butter, the chopped candied orange zest and the Orange Blossom Rosolio and mix well.

Add the rice flour and knead until the dough is smooth and blended.

Divide the dough in 8 parts.

Shape 8 cylinders about 10 cm (4 inches) long and with a diameter of 2 cm (0.8 inch).

Wrap them in transparent film and let rest in the fridge for a hour.

Put some sugar on a plate and roll the cylinders on it.

Cut the cylinders in 1.5 cm (0.6 inch) slices.

Put the slices on a baking tin covered by baking paper.

Preheat the oven at 350 F.

Bake the cookies for 12-15 minutes.

Let cool

CITRONELLA ROSOLIO

Ingredients:

- 1 liter of alcohol 95°
- 7 tbsp citronella (or lemongrass) leaves
- 1.5 liter of water
- 5 ¼ cups of sugar

Clean and wash the citronella leaves.

Put all the leaves and the alcohol in an airtight jar.

Let soak for 1 month, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Let rest for a week.

Serve a ball of this ice cream using half peach as a cup.

Sprinkle the ice cream with some Citronella Rosolio: this is the taste of the summer!

Shake 1 part of Citronella Rosolio, 1 part of Persichino (Peaches Liqueur), 2 parts of Amaretto Liqueur and serve in a cocktail glass.

orange zest.

Garnish with a stripe of

~~PEACHES AND LEMONGRASS ICE CREAM~~

Ingredients:

½ cup water

11 tbsp sugar

the juice of half orange

a little bunch chopped of lemongrass leaves

3 tbsp of Citronella Liqueur

6 white peaches

1 cup Mascarpone cheese

Make a syrup with the water, the sugar, the orange juice and the lemongrass leaves.

Let cool and add the Citronella Liqueur.

Filter the syrup.

Peel the peaches and blend them in a mixer.

Add the syrup and the Mascarpone cheese and blend again.

Put in the ice cream machine for 45 minutes (or follow your ice cream machine instructions).

RED POPPY ROSOLIO

Ingredients:

- 1 liter of alcohol at 95°
- 3 ½ tbsp red poppy petals
- 1 ½ tbsp Cinnamon
- 10 tbsp of sugar (for the poppy petals)
- 1 pinch of orange-red food coloring (optional)
- 3 ¼ cups sugar (for the syrup)
- 1 liter of water

Crush the red poppy petals with 10 tbsp of sugar and the cinnamon in a mortar.

Put the petals and sugar mixture and the alcohol in an airtight jar.

Let soak 15 days.

Make a syrup with 3 ¼ cups of sugar and the water.

Filter the alcohol and add the syrup.

After a week, filter again,

If the color isn't a beautiful poppy red, you can add a few drop of food coloring.

Bottle and let rest for another month before serving.

Put in a highball glass 3 ice cubes, pour 1 part of orange juice, 1 part of White Rum, 2 parts of Red Poppy Rosolio and stir.

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