**A cordial Cherry-water**

**Original Recipe:**

Take a pottle [quart of Aqua vitae, two ounces of ripe cherries stoned, sugar 1 pound, twenty four clovens, one stick of Cinnamon, three spoonfuls of Aniseeds bruised, let these stand in the Aqua Vitae fifteen days, and when the water hath fully drawn out the tincture, pour it off into another glass for your use, which keep close stopped, the spice and the cherries you may keep for they are very good for winde in the Stomach.

**Redaction:**

Take a pottle (2 qts) of Aqua vitae (Brandy) 2 ounces of ripe cherries pitted, 1 pound of sugar, 24 cloves, one stick of cinnamon, 3 tsp of aniseed bruised. Add the spices to the brandy and let stand for 15 days. Remove the fruit and spices and put the cordial into a glass vessel and stopper it. The fruit you may eat to help for upset tummy.

**Ingredients:**

1qt Bauer’s Obstler brandy

1.05 oz ripe cherries

1/2 lb sugar

7 cloves

1/3 stick of cinnamon

1 rounded tsp aniseed

water

**My Process and Research Notes:**

I pitted and froze the cherries a few days before so they would break down better and added the cherries and spices that I put into a linen bag for easier straining. I put the bag and the sugar in the bottom of a jar and added the brandy. Then I put the lid on and stuck in my cupboard, taking it out to shake it every day or so for 15 days. I strained the cordial twice through a piece of linen. It was my first time doing this and it came out quite clear.

Cordial making started out being medicinal and with the aid of sugar became quite tasty. This is the second time I have made this, the first I brought to the Endewearde Hunt where the clove was very strong still even halved. I know at the time the recipe was published in 1656 and prior spices were traveled in baskets and not in airtight containers to preserve the freshness as we have today so I went with a little less than before, especially the cloves where a little goes a long way.

The sugar I kept the same since Columbus took some plants to the Caribbean in 1493 and started a boom making it easier to get for the aristocracy.

Distilling has been around reputably from 800 BC for making a low percentage drink into a stronger alcoholic beverage. I had to decide which potable to use. At the time I prepared this, I had a choice of vodka, whisky, and brandy. I went with the brandy. Bauer’s Obstler is a white apple and pear brandy that is 80 proof. The water came from my well which I drink every day. I tried a few and this one was pretty smooth to a person that doesn’t drink hard liquors unmixed.

To further my understanding of cordial making and as a side note: Hugh Platt has a recipe for making a distilled alcohol from mead 1609. I distilled some of my raisin mead with the help of a friend. It came out 158 proof and, where the mead was a dark cloudy brown, this came out beautifully clear. We reduced the proof to 81 with the help of water.

Pottle (1\*). Not a very hard search. I found it equals 2 quarts which seems a right amount for the recipe (starting around the 13th century)

Aqua vitae (2\*) translated from Latin is "water of life”. The distillation of wine into brandy

Winde in the stomach (3\*) is gas and flatulence

Distillation research sources (4\*)

1\* “And y wol she have a pottel potte and a gilt potte of sylver playn.” 1903, Somerset Medieval Wills, Series II, F. W. Weaver, page 31. Excerpt from the will of Giles Daubeney, 1444.

2\* http://www.romeacrosseurope.com/?p=2985#sthash.h8dV89vF.dpbs

3\* 1655, From The Queen’s Closet Opened, WM (no full name available)

4\* https://vinepair.com/spirits-101/history-of-distilling/

https://www.worldcat.org/title/short-history-of-the-art-of-distillation-from-the-beginnings-up-to-the-death-of-cellier-blumenthal/oclc/2606668&referer=brief\_results

https://archive.org/details/culpeperscomplet00culpuoft/page/n4

1609, Delights for the Ladies, Hugh Platt