

Homemade Fresh Mint Liqueur

From Classic Liqueurs, by Cheryl Long and Heather Kibbey:

Ingredients

- 1 1/4 cups fresh mint leaves, slightly packed
- 3 cups vodka
- 2 cups granulated sugar
- 1 cup water
- 1 tsp glycerin (optional)
- 8 drops green food coloring (optional)
- 2 drops blue food coloring (optional)

Instructions

Wash leaves in cold water several times. Shake or pat gently dry. Snip each leaf into halves or thirds, discarding stems. Measure cut mint leaves to above measurement.

Combine leaves and vodka, steep for 2 weeks. Shake occasionally. Strain out leaves. Boil sugar and water together, cool. Add to vodka mixture, add optional ingredients. Age 1 to 3 months. Yield: 1 quart.

Strain and Filter

You have to remove the things you steeped in your alcohol before aging or bottling it. Usually this is done in the two step process described here. Straining involves pouring the mixture through a strong, coarse filter. After the main liquid passes through, you should pick up the filter, with solids trapped in it, and squeeze out what liquid you can get. Don't use anything stronger than your hands, though. Mashing the fruit will have exactly the opposite effect, robbing you of liqueur by leaving it suspended in the fiber of the fruit.

After you've squeezed out what you can, discard the solids. Take the liquid yield you have so far, and pour through a finer filter, to remove the small solids that escaped the first pass. Do this as many times as it takes for you to be satisfied that the liquid is reasonably free of solids.

For Straining	cheese cloth or metal sieve
For Filtering	linen, paper towel coffee filter

Glycerin

Glycerin is called for as a thickening agent. Chemically, it is glycerol, a colorless, odorless, sweet-tasting substance with a thick, syrupy consistency. In liqueurs, it provides a certain texture to the liqueur, making it feel less thin and watery. Many drug stores have glycerin on the shelf, but there is an ominous "not for internal consumption" warning on the boxes. My best guess is that large quantities of pure glycerin might be harmful. But confirm that it hasn't been denatured or otherwise rendered harmful. Normally, glycerin is a perfectly acceptable food additive.



Camano Culinary Creations

848 Holbeck Drive,
Camano Island, WA 98282
(360) 387-1422

Camano-Culinary-Creations.com