

## Chapter 1 : MxMo CXIV “ Digestifs | Doc Elliott's Mixology

*The drinks that rotate around your food consumption like some kind of drunken rings of Saturn are aperitifs and digestifs. The aperitif is the spirit that is consumed before your meal. It is designed to propel your appetite into overdrive.*

Think beyond cognac Simon Ford September 13, You have just had a leisurely four-hour dinner with friends, and while the conversation and food have been fantastic, you find yourself terribly full. You have just had a leisurely four-hour dinner with friends, and while the conversation and food have been fantastic, you find yourself terribly full. This drink is best enjoyed away from the dining table. Find a comfortable seat and bring out your finest bottle of cognac or something else , perhaps a cigar if everyone approves, sit back and let the boozy elixir course through your body like a welcome hug. The digestif was created for precisely what it sounds like “ to aid digestion. One key difference between aperitifs and digestifs is that while dry and bitter helps create an appetite , a little bit of sweetness helps end the meal. Take the bartender-favorite brand of Fernet Branca , for example. It is an Italian amaro made of a secret blend of herbs and spices, many of which are known to aid digestion. You know those ones. For port, stick with the big names: Some other great digestif spirits to think about Calvados: Named after part of the Lower Normandy region of France, this apple brandy tastes every bit of distilled cider and is a perfect digestif for a cold evening. Coquerel VSOP is a nice floral light calvados with big flavors of green and yellow apples and is a great introduction to the category. It also mixes really well with apple cider, either hot or cold. These are go-to after dinner drinks and fine French restaurants usually have a trolley filled with brandies ready for the moment the meal ends. Cognac is a grape-based brandy that comes from the Cognac region of France. It follows an evening of wine quite well and is a great traditional digestif: Treat yourself and start with a VSOP. It is also a grape based brandy and comes from the Armagnac region , comprising up to 10 different grape varieties and usually made in alembic stills. It is a very floral and elegant cognac with a good balance between grape flavors and hints of oak with some nice warm winter spices on the finish. Although it is pricey, Reserve de Martell is still one of the best buys in cognac. It is full flavored and floral, has a similar age to the XO's and is made only with grapes from the Borderies region of Cognac. A coffee cream liqueur makes sense after dinner and ticks off two boxes: Galliano is a great Italian herbal liqueur that you may know as a key ingredient to the Harvey Wallbanger, but it is also a great digestif and pairs well with coffee. Go Italian You can always look to the Italians to follow a good eating or drinking ritual. Sambuca is anise and elderberry flavored, tastes excellent with coffee after dinner and is actually often served with coffee beans. Anyone who has ever dined with an Italian family may recall being given a glass of homemade grappa, which is an eau de vie made from fermented grape juice and pulp. While house-made grappa has quite a kick, there are some great brands on the market, such as Sarpa di Poli. Another great Italian tradition is the sweet but refreshing limoncello, which is a lemon liqueur made with lemon zest, sugar and neutral spirit. This drink is also often homemade, but there are plenty of brands available for purchase. Actor Danny DeVito launched one a few years back, and it is very good. Eau de vie An eau de vie is basically a fruit brandy. Other than grappa, there are plenty of hard-hitting ones from around the world. Try out Slivovitz, which is often found in the Balkans, or aquavit from Scandinavia. Naturally, any of the flavors made in France are also sure to do the trick. Some great bitter finishes Fernet Branca: Not for the faint hearted, this aromatic spirit hits you in the face with bitterness. There is some brief compensation of slight sweetness but the herbs and spices show in abundance. There is a strong presence of anise, some saffron and hints of mint. Boasting a crazy color, it is the only spirit to have a color named after it. It is quite strong, features over herbs and is made by monks that do not talk. Oh, it is also one of the most complex liqueurs that you will ever taste. This is the national spirit of the Czech Republic and has been around since It has winter spice flavors like cinnamon and anise with hints of pear and orange. I could not write this piece without mentioning Underberg. My grandmother first gave me this German bitter as a child as a seasickness remedy when we would take rough boat trips to France. I started drinking it again recently after a trip to Prime Meats in Brooklyn and it has become my new favorite herbal digestif. Digestif cocktails Milk punches, fizzes and flips all have their place in the digestif hour. Here are a few simple drinks you should keep in mind should you

desire a cocktail after a big dinner. The Brandy Alexander 1 oz. Garnish with grated chocolate. The Grasshopper The Grasshopper is a personal guilty pleasure. It is basically an alcoholic chocolate mint.

### Chapter 2 : Best cocktails and mixed drinks - Digestif

*Compared to some of the more decadent creamy cocktails out there, the White Russian can appear restrained. But what it lacks in wow-factor, it makes up for in flavor and simplicity. The stirred mix of vodka, coffee liqueur and cream is the most socially acceptable way to drink your dessert.*

An alcoholic beverage consumed after a meal to aid digestion. Herbal liqueur Herbal liqueurs are often unique products, arising from secret, proprietary recipes. Many of these are consumed chilled and straight, often after meals to aid digestion digestifs , but they also can provide an interesting twist to many classic cocktails. See also amaro and the various anise-flavored liqueurs. Honey liqueur A liqueur flavored or blended with honey. Serve these neat or over ice, and add them to cocktails for a sweet kick. Irish cream A cream liqueur created with Irish whiskey and often other ingredients, such as coffee or vanilla. Serve Irish cream over ice, substitute it for regular cream in coffee, or mix it in cocktails such as the B Maraschino liqueur A clear, clean-tasting, dry liqueur distilled from Marasca cherries. Although sharing a common origin with the dessert-like "Maraschino" cherry, Maraschino liqueur is not sweet and fruity, but rather burnt-almond tasting, due to the infusion of fruit pits in distillation. It is an essential ingredient for such cocktails as the Martinez and the Beachcomber. Nut liqueurs A liqueur flavored or infused with nut oils. Popular nuts used in flavoring liqueurs include almonds Amaretto , hazelnuts notably, Frangelico and walnuts. Orange liqueur Among fruit flavorings, orange liqueurs are particularly numerous. These range from the bitter to the sweet, with particular flavors varying by recipe. Grand Marnier combines cognac with orange essence. Aperol has a complex, bitter flavor with strong orange overtones. Ouzo A colorless, anise-flavored liqueur originating in Greece and Turkey. It is usually mixed with water and served over ice. Pastis A liqueur flavored with anise seed and licorice root, originating in France. Sambuca A colorless, anise-flavored liqueur originating in Italy. It is often paired with coffee, or mixed with water and served over ice. Soju Made in Korea for centuries, Soju is distilled from rice as well as sweet potatoes and barley. It has a clean, neutral taste, with slightly sweet overtones. Although lower in proof, it is similar to vodka for its ability to mix well in cocktails. Traditionally it is consumed very chilled and neat in a shot glass. Triple sec A colorless, orange-flavored liqueur, made from orange peels. Triple sec can be consumed neat, and is also an essential ingredient in many popular cocktails, such as the Cosmopolitan , Margarita and B Cocktail Conversation Cordials have a romantic past. They are the result of mystics and alchemists from the Middle Ages searching for the elixir of life. Accordingly the root word for cordial is the Latin word cor for heart, the target of the medicinal tonics.

## Chapter 3 : Buying Guide for Cordials

*As the name might suggest, digestifs were originally believed to aid digestion. While aperitifs tend to be lighter in alcohol - something to stimulate the appetite but not numb the palate - digestifs are consumed on a full stomach and so tend to be on the stronger side.*

February 25, by Ryan Murdock 8 Comments One of the most interesting things about living in the Mediterranean is the culture of the aperitif and digestif. Every country seems to have its own version. The traveler side of me loves the stories behind these drinks, and their unique pedigree. The fitness enthusiast side is curious about one simple question: Is there any scientific truth to the tradition? Do aperitifs and digestifs really work? Enjoy these aperitifs before dinner! A digestif is served after a meal to aid digestion. Other categories include pomace brandies like Italian grappa and French vieux marc , fruit brandies , bitter herbal digestifs, fortified wines port and madeira , and sweet liqueurs such as Grand Marnier , Drambuie , and various irish creams. The main difference being whether you sip it before a meal” pastis in France, arak in the Middle East, raki in Turkey”or after: When it comes to firing up those taste buds, the bitter category of aperitifs wins hands-down. Bitter spirits were originally created for medicinal purposes, and were produced by doctors, apothecaries and monks to ease stomach complaints. The low alcohol content of these concoctions is meant to relax the diner and stimulate the senses rather than deliver an unwanted knockout punch. And the bitter medicinal herbs they contain encourage the release of digestive juices. Contrary to popular belief, cocktails and other strong mixed drinks are not especially suited to stimulating the appetite, and hence do not make the best aperitifs. Their typically high alcohol content and strong flavours tend to overpower and dominate rather than prepare your palate for the delicacies to come. Better save those for the occasional press reception or after work wind down. And what of that other bookend to a Mediterranean meal, the noble digestif? Herb based digestifs work best at this, and ingredients like caraway, fennel and savory are thought to be especially beneficial for the digestive system. So congratulations Jaegermeister , Chartreuse and Fernet Branca “you win. And what of other categories of digestif? Much to my surprise, drinks like brandy and whiskey have an adverse effect on digestion. It seems there really is some factual basis behind this wonderful Mediterranean tradition. I encourage you to get out there and give them a try. Aperitifs and Digestifs”A Mediterranean Tradition.

## Chapter 4 : Classes | The Mixology Wine Institute

*A digestif is an alcoholic drink served after a meal. There are many styles of digestifs, from amaros and fortified wines to brandies and herbal liqueurs. Some cocktails can also be digestifs.*

## Chapter 5 : Digestif Recipe List

*Amaro is the Italian word for 'bitter' and indeed these after dinner drinks are a relative of the kind of bitters used in cocktails, though more dilute and meant to be enjoyed on their own. Amaro begins its life as neutral grain spirit steeped with local herbs and spices, then it's sweetened and rectified down to a more quaffable proof.*

## Chapter 6 : Table of contents for Library of Congress control number

*We have hundreds and hundreds of delicious cocktail recipes from expert bartenders around the world. No matter if you're looking for a classic cocktail, a punch for a party or an original concoction, we have a cocktail recipe for every taste and occasion.*

## Chapter 7 : Do Aperitifs and Digestifs Really Work?

*Some believe that such digestifs aid digestion, as the name might suggest. A digestif generally will have a higher alcohol content. Digestifs are usually drunk neat and are most often spirits, such as cognac, armagnacs, brandies, grappas, whiskies, herb-flavored liqueurs, port, sherry, madeira, etc.*

### Chapter 8 : Apéritif and digestif - Wikipedia

*Real digestifs, however, “the drinks that are true digestive aids” are only a little sweet, often assertively bitter, and packed with spices and herbs that ease indigestion, like fennel, caraway, lemon verbena, or artichoke.*

### Chapter 9 : The Fifty Best | Digestives

*A coffee cream liqueur makes sense after dinner and ticks off two boxes: coffee and dessert. Galliano is a great Italian herbal liqueur that you may know as a key ingredient to the Harvey Wallbanger, but it is also a great digestif and pairs well with coffee.*