

# Stiches Get Shit Done Bitters

What you'll need:

Bittering Agents

Aromatics

12 oz Mason Jar

Mid-grade vodka or other clear spirit

Strainer, coffee press or cheesecloth

Liquid vitamin dropper

5 days of resting time for the flavors to meld together

## Bittering Agents

- Burdock Root Bark
- Dandelion Root
- Gentian Root
- Barberry Root
- Black Walnut Leaf

## Aromatics

- Allspice Berries
- Any dried fruit or vegetable
- Blackberry Leaf
- Cardamom pods
- Cinnamon sticks
- Cherry Bark
- Cocoa Nibs
- Dried Citrus Peel
- Dried Hibiscus
- Dried Lavendar
- Dried Rose
- Dried or Crystallized Ginger
- Dried Mint
- Elderflower
- Juniper Berries
- Lemongrass
- Peppercorns
- Star Anise
- Strawberry Leaf
- Vanilla Pods

Step 1: Start by having a drink. It'll make the whole process go much smoother and these following steps aren't complicated.

Step 2: Take your clean mason jar and open the lid. Put approximately 1 finger of bittering agent in the jar. You can mix and match your bittering agent, with some people choosing at least 2 different agents for a more complex flavor.

Step 3: Put one finger of aromatics in mason jar on top of bittering agent. Again, mix and match what flavor profile meetings your fancy.

Step 4: Fill mason jar with vodka. You don't want to go for the cheapest vodka for quality's sake, but you don't need to go expensive either. A nice mid-grade vodka is perfect to make a good bitter. Put the jar top on.

Step 5: Shake, shake, shake it up! Shake once a day for at least 5 days. If you want your bitters to be stronger, shake it once a day for up to a 20 days.

Step 6: At the end of your resting period, pour mixture through strainer, coffee press or cheesecloth in to a clean bowl or cup repeatedly until the liquid has no bits in it. I found that using a coffee press 2-3 times really does the trick.

Step 7: Pour liquid into a liquid vitamin dropper to effectively disperse bitters into a drink. Keep bitters in a cool place for up to a year, if they last that long!

#### Some tips:

- You can find many bittering agents and aromatics in the bulk section of your grocery store. Some specialty grocery stores/co-ops will have everything you need. If you are lucky to have an herbalist, botanical company, or natural vitamin store close to you, they could be your one stop shop. In Seattle, Dandelion Botanicals is the way to go: <http://www.dandelionbotanical.com/>
- The aromatics list above are just some popular options. Feel free to do your own online research for more aromatics.
- Go crazy with flavor combos, but go light if you are doing elderflower. That stuff packs a punch. The only recipe that I made that was undrinkable included a ton of elderflower. Big mistake. Don't make it. Trust me.
- If you choose to use a bigger mason jar, the more bitters you'll have. Make sure to buy and prepare more of less vitamin droppers based on jar size.
- Clear vitamin droppers allow for homemade labels to stand out better.
- These are great Christmas/Hanukkah gifts. Bitters can be used not only in drinks, but tea, baked goods and hot honey water if you are feelings sick.

## Recipes

The Crazy Red by Jen

Bittering agent: Burdock Root and Dandelion Root

Aromatics: Orange peel, cherry bark and juniper berries

\*Perfect for a poor man's Old Fashioned

Sheila's Special by Shelia of course

Bittering agent: Burdock Root

Aromatics: Cardamom pods, cinnamon and cocoa nibs

\*Amazing for that sweet tooth when you can't stomach a chocotini

Berry, Berry Good by Jen

Bittering agent: Gentian Root and Burdock Root

Aromatics: Strawberry leaf, blackberry leaf, cinnamon, elderflower

\*Very tasty with champagne or sparkling wine

Take me to Chai Town by Jen

Bittering agent: Dandelion Root

Aromatics: Cardamom pods, cinnamon, crystallized ginger, star anise

\*Makes a lovely nightcap with almost any cocktail