

Ingredient List: **Winter**

In your kits you will receive many of the ingredients necessary to make the recipes in the course -some of which are required for assignments. Additional ingredients that you will need to provide are listed below with an asterisk(*).

WEEK 1

Bitters Formula

- Chamomile
- Yarrow
- Lemon Balm
- Limeflowers
- Bogbean
- Orange peel*
- 40% alcohol* vodka ~40ml
- Sterilised glass jar* ~50ml
- 30ml glass dropper bottle*

WEEK 2

Elderflower Vinegar

- Elderflowers
- Apple Cider Vinegar*
- Sterilised glass jar* ~250ml

Elderberry Shrub

- Elderberries
- Apple Cider Vinegar*
- Sugar*
- Stainless steel saucepan*
- Sterilised glass jar* ~250ml

Cinnamon Infused Brandy

- Cinnamon
- Brandy* ~ 250ml
- Sterilised glass jar* ~250ml

Garland

- Branches of silver birch or hazel or a pre-made garland ring*
- Any local greenery, berries, and cones*
- Florist wire*
- Ribbon* (optional)

WEEK 3

Mulled Wine

- Spice Mix
- Red Wine*
- Stainless steel saucepan*

Brandy Butter

- Butter*
- Brandy*
- Sugar*

Christmas Pudding

- Spice Mix
- Pinhead Oats
- All-Purpose Flour*
- Baking Powder*
- Currants*
- Sultanas*
- Raisins*
- Candied Peel*
- Brown Sugar*
- Eggs* – 3
- Apple* – large,grated
- Vegetable suet*
- Carrot* – 2, grated
- Lemon* – 1, zest and juice
- Orange* – 1, zest and juice
- Almonds* – Chopped
- Apricots* – dried and chopped
- Maraschino or glace cherries*
- Nutmeg*
- Salt*
- Beer*
- Pudding basin* (1L)
- Parchment paper*

WEEK 4

Infusion: Cold Tea

- Elderflowers (1 tsp)
- Yarrow (1 tsp)
- Peppermint (1 tsp)
- Tea Bag (or use infuser or cafetiere)

Infusion: Relaxing Tea

- Chamomile (1 tsp)
- Rose (1 tsp)
- Lemon Balm (1 tsp)
- Tea Bag (or use infuser or cafetiere)

Deep decoction

- Nettle
- Stainless steel pot*

Bath & Shower Tea

- Chamomile (2 tbsp)
- Lemon Balm (2 tbsp)
- Elderflower (2 tbsp)
- Rose (2 tbsp)
- Cotton Bag
- Rolled Oats* (2 tbsp)
- Epsom Salts* (1 cup)

WEEK 5

Oxymel

- Bramble/Blackberries*
- Apple Cider Vinegar*
- Raw Honey*
- Sterilised glass jar* ~ 250ml

Fire Cider

- Garlic*
- Ginger*
- Onion*
- Salt*
- Peppercorns*
- Chili*
- Apple Cider Vinegar*
- Sterilised glass jar* ~500ml

WEEK 6

Oat Milk

- Cotton Nut Milk Bag
- Enzymes
- Rolled Oats* (50g)
- Maple Syrup* (optional)
- Vanilla Extract* (optional)
- Sterilised glass jar* ~500ml

Vegan Haggis

- Pinhead Oats
- Beluga lentils (tinned)*
- Plant-based butter or margarine*
- Onion*
- Carrot*
- Portobello/flat cap mushrooms*
- White pepper*
- Ground nutmeg*
- Marmite*
- Veg stock*
- Sunflower seeds*
- Loaf tin*
- Sauté pan*

Shortbread

- Rose petals
- All-Purpose flour*
- Sugar*
- Butter/vegan spread*
- Baking sheet*

Whisky Cocktail

- Bitters (Week 1)- 3 drops
- Elderflower Vinegar (Week 2) -5ml
- Elderberry Shrub (Week 2) – 5ml
- Cinnamon Infused Brandy (Week 2)- 10ml
- Juice of half a lemon*
- Fever-Tree Tonic Water*
- Whisky* ~25ml