

A REGENCY HOLIDAY TREAT RECOMMENDATION FROM

Sabrina Jeffries

Ratafia

A cordial or liqueur of uncertain origins. It came to denote any alcoholic or aromatic water. Flavors ranged from cherry to herbal.

Some ratafias were distilled; others were made by an infusion of spices, herbs and fruits suspended in brandy.

During the Regency, Ratafia Cakes often accompanied dessert after dinner.

Ratafia

(From *Robert's Guide for Butlers and Other Household Staff*, published in 1828.)

Ingredients

1 quart brandy	White pepper, a few grains
½ pint cherry juice	Green Coriander, two grains
½ pint currant juice	Cinnamon, a stick or two
½ pint raspberry juice	Cherries
Cloves, a few	Apricots

Into one quart of brandy pour half a pint of cherry juice, as much currant juice, as much of raspberry juice, add a few cloves, and some white pepper in grains, two grains of green coriander, and a stick or two of cinnamon, then pound the stones of cherries, and put them in wood and all. Add about twenty-five or thirty kernels of apricots. Stop your demijohn close and let it infuse for one month in the shade, shaking it five or six times in that time at the end of which strain it through a flannel bag, then through a filtering paper, and then bottle it and cork close for use; you can make any quantity you choose, only by adding or increasing more brandy or other ingredients.