

“A Cure for Cholick”

~from the recipe book of Hannah Marshall Haines
(1765-1828)

“Take the rinds off four fresh China Oranges, four pints of good Spirits of Brandy, twelve or fifteen Cloves, two Nutmegs, grated fine, a quarter of a Pound of Raisins, one teaspoonful of aniseed, mix and steep the above two days, shaking it the first when made and after settling, it is fit for use. Take a tablespoonful with a little water. If that does not ease repeat it again.”

To make your own, non-alcoholic version of Hannah’s potion, use the following, slightly modified, recipe.

1. Use a zester to grate fresh orange rind into a bowl or a mortar and pestle to grind dried orange rind.
2. Use a mortar and pestle to grind the cloves and aniseed, separately, and then add to orange rind.
3. Using a fine grater, grate nutmeg into the mix.
4. Add raisins to mixture.
5. Put a teaspoonful of this mixture in the center of a coffee filter, roll it up like a burrito and fold in half to staple the ends together to form your own teabag! (Or use a pre-made teabag)
6. Steep in hot water for two minutes.
7. Add honey to sweeten.
8. Sip your tea from a cup or from a medicine spoon!