

THE RECIPE

Nocino

CULTURE

07-11-2020



This is a recipe for a detoxifying and digestive elixir. A widespread belief in Italy recommends picking the walnuts on the night between the 24th and 25th of June, because this night is magical, especially its dew! (LM)

NOCINO (WALNUT LIQUEUR)

Pick 29 green walnuts (always an odd number) before the shell is fully formed and when the hull is still green, around the feast day of St John the Baptist. Chop the walnuts and put them in a container.

Add:

1½ litres of alcohol at 40°

375g sugar

10g cinnamon stick

10g cloves

Untreated lemon rind

Leave to macerate for two months. Add syrup made with 375g of sugar and 400ml of water. Filter and bottle during the autumn equinox. Consume after one year of ageing in the cellar.