



Homemade Nocino Walnut Liqueur



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



2345 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 30 walnuts green english with a knife cut
- ☐ 2 cinnamon sticks
- ☐ 5 cloves whole
- ☐ 1 inch vanilla pod
- ☐ 1 lemon zest cut into strips using a vegetable peeler
- ☐ 2.5 cups granulated sugar
- ☐ 1 liter vodka

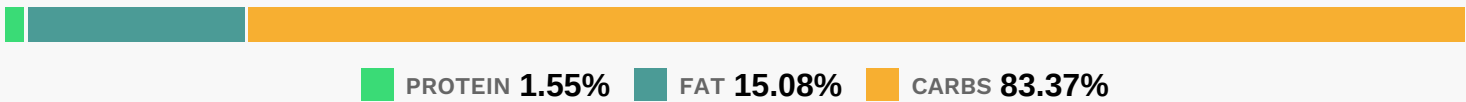
Equipment

- ☐ cheesecloth
- ☐ chefs knife
- ☐ cleaver

Directions

- ☐ Prepare the green walnuts: Rinse and pat dry the walnuts.
- ☐ Cut them into quarters with a sharp chef's knife or cleaver.
- ☐ Be careful as you are cutting them; if you've waited too late in the season to pick them, their shells may have begun to harden and cutting through them may be a little dicey. Watch your fingers.
- ☐ Put walnuts, spices, zest, sugar, and vodka into a large glass container. The vodka should cover the walnuts. Cover and shake to mix well.
- ☐ Store for 6 weeks, shaking daily. As the days go by you will notice that the color of the nocino gets darker and darker.
- ☐ Bottle the nocino: When you are ready to bottle, remove the walnuts and solids with a slotted metal spoon. (Be CAREFUL where you do this as the walnuts and the nocino will stain.)
- ☐ Strain the liquid through several layers of cheesecloth into glass bottles. (I've seen recipes that call for straining the liquid through coffee filters which I think would work fine too.)
- ☐ Cork tightly. According to David, nocino will last for several years if stored in a cool, dry place.
- ☐ The nocino will initially be rather bitter, but it will mellow over time. It's best at least a year after it was first bottled.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:174.99, Inflammation Score:-9, Nutrition Score:10.763043346612%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

Nutrients (% of daily need)

Calories: 2344.77kcal (117.24%), Fat: 20.67g (31.8%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 257.06g (85.69%), Net Carbohydrates: 252.7g (91.89%), Sugar: 250.5g (278.33%), Cholesterol: 0mg (0%), Sodium: 10.09mg (0.44%), Alcohol: 169.41g (100%), Alcohol %: 26.99% (100%), Protein: 4.77g (9.55%), Manganese: 1.95mg (97.31%), Copper: 0.56mg (28.08%), Fiber: 4.36g (17.42%), Phosphorus: 132.28mg (13.23%), Magnesium: 51.24mg (12.81%), Vitamin B1: 0.13mg (8.73%), Vitamin B6: 0.17mg (8.69%), Iron: 1.42mg (7.91%), Vitamin B2: 0.13mg (7.82%), Folate: 30.13µg (7.53%), Calcium: 74.15mg (7.41%), Zinc: 1.04mg (6.9%), Vitamin C: 4.39mg (5.33%), Potassium: 167.36mg (4.78%), Selenium: 3.14µg (4.48%), Vitamin K: 2.61µg (2.49%), Vitamin E: 0.34mg (2.29%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.2mg (1.96%)