

WHISKING THROUGH TIME :

A TWIG'S JOURNEY





SOMETIMES 18TH-CENTURY KITCHEN EQUIPMENT WORKS JUST AS WELL - AND SOMETIMES EVEN BETTER THAN - MODERN DEVICES. IN THIS ZINE WE WILL BE USING A FAMOUS COOKING UTENSIL: A BUNDLE OF STICKS / TWIGS! IT IS ALSO KNOWN AS A WOODEN WHISK.

THE MAGIC OF THIS TOOL LIES IN THE FACT THAT IT DOES A BETTER JOB OF WHIPPING AIR INTO FOOD THAN THE METAL OR PLASTIC ONES.

THE BEST WOODEN WHISKS ARE MADE FROM EITHER BIRCH OR HAZEL (SILVER). BECAUSE THEY REMAIN FLEXIBLE WHEN DRY. BUT FOR THIS ZINE THE BEST IS FRESHLY PICKED HERB TWIGS.

SO RUN INTO YOUR GARDEN, FOREST OR ANY OTHER NATURE NEARBY FOR SOME FRESH LOVE ♡!

HISTORY

BUNDLES OF TWIGS, TYPICALLY APPLE, HAVE LONG BEEN USED AS WHISKS. OFTEN THE WOOD USED WOULD LEND A CERTAIN FRAGRANCE TO THE DISH. A 18-TH-CENTURY "SHAKER" RECIPE CALLS TO "CUT A HANDFULL OF PEACH TWIGS WHICH ARE FILLED WITH SAP AT THIS SEASON OF THE YEAR. CLIP THE ENDS AND BRUISE THEM. BEAT THE CAKE AND BATTER WITH THEM. THIS WILL IMPART A DELICATE PEACH FLAVOR TO THE CAKE."

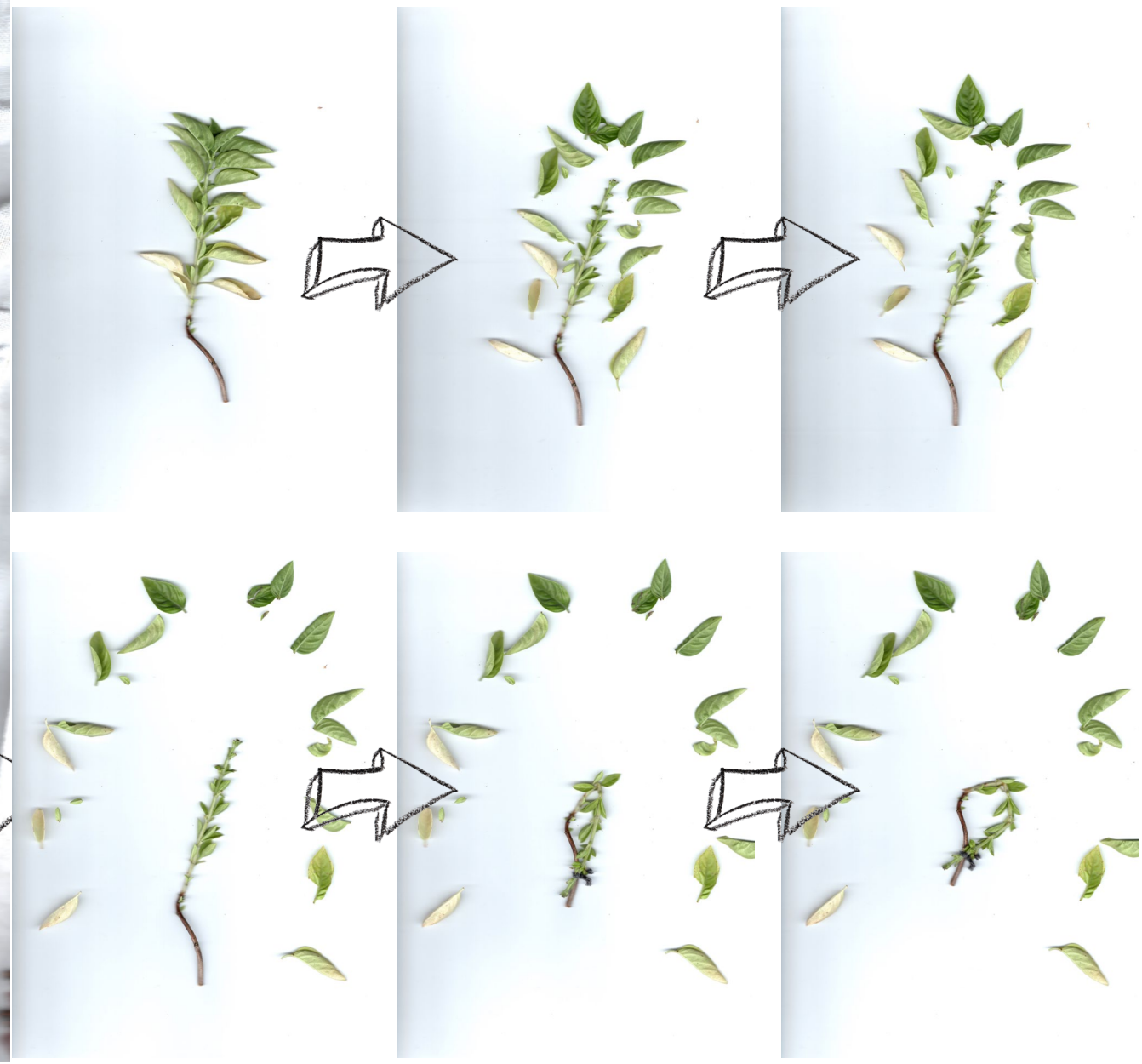
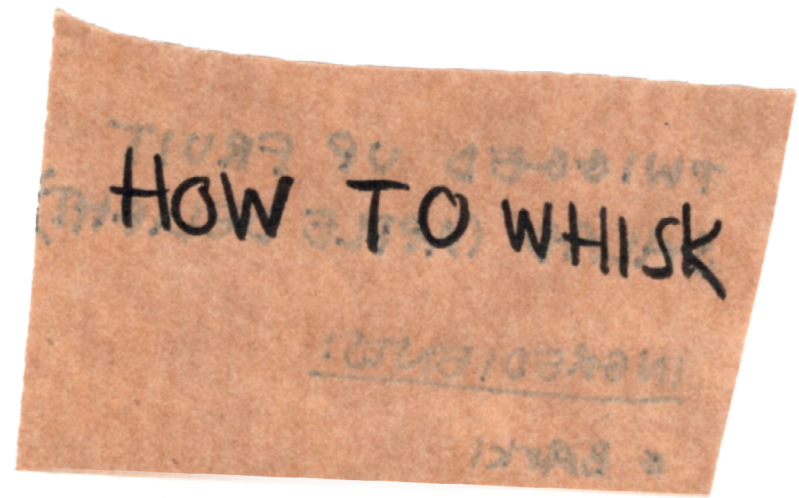
IN THE UNITED STATES, CRANKED EGG BEATERS BECAME MORE POPULAR THAN WHISKS IN THE 20TH-CENTURY. JULIA CHILD IS CREDITED WITH RE-INTRODUCING THE WIRE WHISK IN HER FIRST EVER TELIVISED APPEARANCE, IN 1963.



LIFE OF THE DELIGENT 'SHAKER'



JULIA CHILD MEASURING





TWIGGED-UP FRUIT CALAD (APPLE DELIGHT):

INGREDIENTS

- BARKLESS APPLE TWIG WHISK
- ASSORTED FRESH FRUITS
(E.G. APPLES, GRAPES, PEARS, ...)
- LEMON JUICE
- HONEY

INSTRUCTIONS

1. GENTLY TOSS THE FRESH FRUITS TOGETHER.
2. ADD LEMON JUICE AND HONEY.
3. USE THE APPLE TWIG TO WHISK AND ADD FLAVOUR.



TWIGS 'N' TONIC (CITRUS FRESH)

INGREDIENTS:

- LEMON BALM TWIG WHISK
- GIN
- TONIC
- LIME JUICE
- ICE

INSTRUCTIONS

1. ADD THE LIQUIDS TOGETHER
2. COOL IT DOWN BY ADDING ICE
3. WHISK THOROUGHLY WITH THE LEMON BALM TWIG WHISK TO ADD FLAVOR.

RUSTIC PATATO HASH (SAGE INFUSION) :

INGREDIENTS:

- SAGE TWIGS WHISK
- POTATOS
- ONIONS
- BELL PEPPERS
- PAPRIKA
- SALT
- PEPPER
- OLIVE OIL

INSTRUCTIONS

- PUT THE DICED POTATOS, ONIONS, BELL PEPPERS, PAPRIKA, SALT, PEPPER AND OLIVE OIL TOGETHER.
- WHISK WITH THE SAGE WHISK TO MIX AND ADD FLAVOR.
- ROAST FOR A DELICIOUS POTATO HASH

PEACH AND MINT ICED TEA :

INGREDIENTS:

- BARKLESS PEACH ~~TREE~~ WHISK
- FRESH MINT LEAVES
- HOT WATER
- HONEY
- ICE

INSTRUCTIONS:

- STEEP FRESH MINT LEAVES IN HOT WATER
- ADD HONEY AND STIR WITH THE PEACH TWIG WHISK
- ADD ICE TO COOL IT DOWN



HERB-INFUSED BATH SOAK (LAVENDER SERENITY) :

INGREDIENTS:

- BARKLESS LAVENDER TWIG WHISK
- EPSOM SALT
- LAVENDER BUDS
- ROSEMARY
- ESSENTIAL OILS

INSTRUCTIONS:

1. COMBINE EPSOM SALT, LAVENDER BUDS, ROSEMARY AND A FEW DROPS OF ESSENTIAL OIL.
2. STIR IT ALL TOGETHER WITH THE BARKLESS LAVENDER TWIGS.
3. USE THIS MIXTURE FOR A RELAXING BATH.

APPLE-CINNAMON PANCAKE BATTER: (GRANDMA'S LOVE)

INGREDIENTS:

- BUCKWHEAT + SPELT FLOUR
- EGGS
- PLANTBASED MILK
- CINNAMON
- GRATED APPLE
- BARKLESS APPLE TWIG WHISK

INSTRUCTIONS:

- MIX THE FLOUR WITH THE EGGS.
- WHEN SMOOTH ADD MILK.
- ADD CINNAMON AND APPLE AND GIVE IT A LAST GOOD STIR.
- BAKE THE BATTER IN A HOT PAN AND ENJOY YOUR DELICIOUS APPLE INFUSED PANCAKES.



WHISKED HERB SALAD DRESSING (ROSEMARY ELEGANCE):

INGREDIENTS:

- ROSEMARY TWIG WHISK
- OLIVE OIL
- BALSAMIC VINEGAR
- DIJON MUSTARD
- FRESH HERBS (E.G. THYME, OREGANO)
- SALT
- PEPPER

INSTRUCTIONS:

1. CUT THE FRESH HERBS.
2. PUT ALL INGREDIENTS TOGETHER
3. WHISK THOROUGHLY WITH THE ROSEMARY TWIGS FOR SUBLIME TASTE.
4. ADD TO SALAD OR STORE FOR FOODPREP PURPOSES.

