

High Cocktails

Psychoactive Non-Alcoholic Cocktails

high
C U I S I N E

Presenting High Cocktails



7

A Word from the Team

What's Your Poison?



21

12,000 years of High Drinks

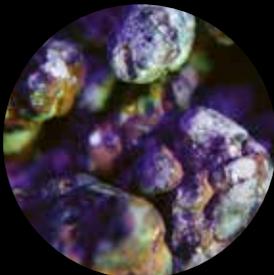
Mixologists & Recipes



39

Let's Get Down to Drinking

Spirit Plants



119

A Taste of Mind-Altering Plants

Just a Dash



151

Pick-Me-Ups, with a Twist

Too Much of a Good Thing



167

Dosage Do's & Don'ts

The Art & Science of Getting High



179

Entourage Effects, Combinations & Safety

Last Call



191

The Last Word



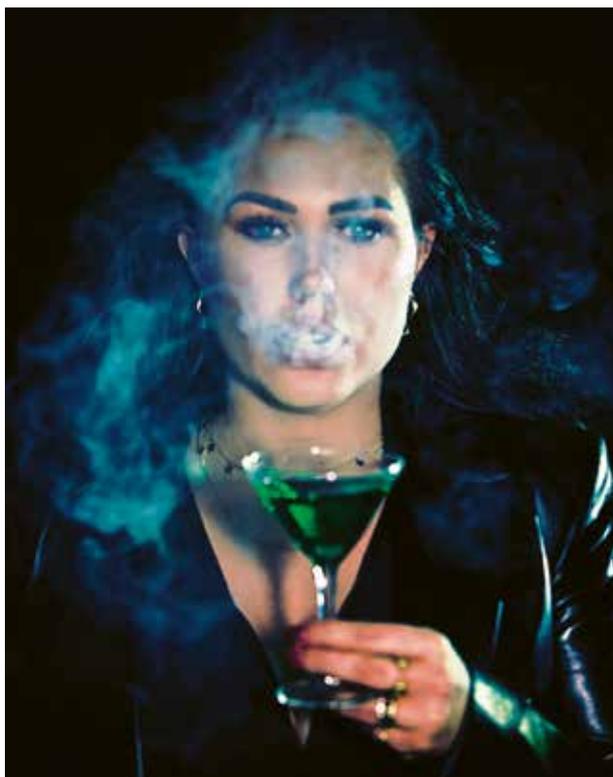
Fungi Fans

From Vice to Forbes, various media dubbed 2020 the ‘Year of the Mushroom’, thanks to successful campaigns to decriminalise herbal psychedelics in several US cities, the explosion of university studies and new companies taking advantage of this fresh chapter in plant-human relations.

While not without its own challenges, this popularity is testimony to the increasing recognition and celebration of these ancient allies’ role for most of human history. It’s an old story, with fresh plot twists yet to come.

Check out our recipes, get your like-minded friends together, compile a cool playlist and who knows, you might even generate your own state of high spirits, that “feeling of lightness, happiness or even euphoria”.

We’ll drink to that.



THE BULLDOG

THE NAME WITH A HEART!

Founded:
17-12-1975



THE
BULLDOG

NO MINORE
EN MINDERJARIGEN
MENORES DE EDAD



The Bulldog

You've probably heard of The Bulldog even if you've never been to Amsterdam. It's the original coffee shop, established in 1975 in the city's Red Light District, and has since transcended its cannabis roots to become an international brand and cultural icon.

The Dutch tolerance for soft drugs has enabled this unique institution - the "Dutch Coffee Shop". But it only came about thanks to the stubbornness and idealism of Bulldog founder Henk de Vries and a handful of fellow maverick entrepreneurs.

By braving regular arrest and never ducking controversy, their civil disobedience forced the government to change the rules. Forty-five years later, they were proven correct as cannabis decriminalisation spread around the planet.

Henk is the last of the old guard founders who built a legitimate international business empire around an illegal product. A man of honour and integrity, cut from the kind of cloth you don't find anymore. It took profound entrepreneurial talent, stubborn persistence, principle and a willingness to break the rules to achieve what he has. He's an icon for all Amsterdammers.

Besides his flagship bar in a former police station and other Amsterdam establishments, there are Bulldog coffee shops in Barcelona and Ibiza, bars in Rome and Aruba, a ski resort in British Columbia, Canada and a resort in Ubud, Bali, plus Bulldog stores in 20 other countries.



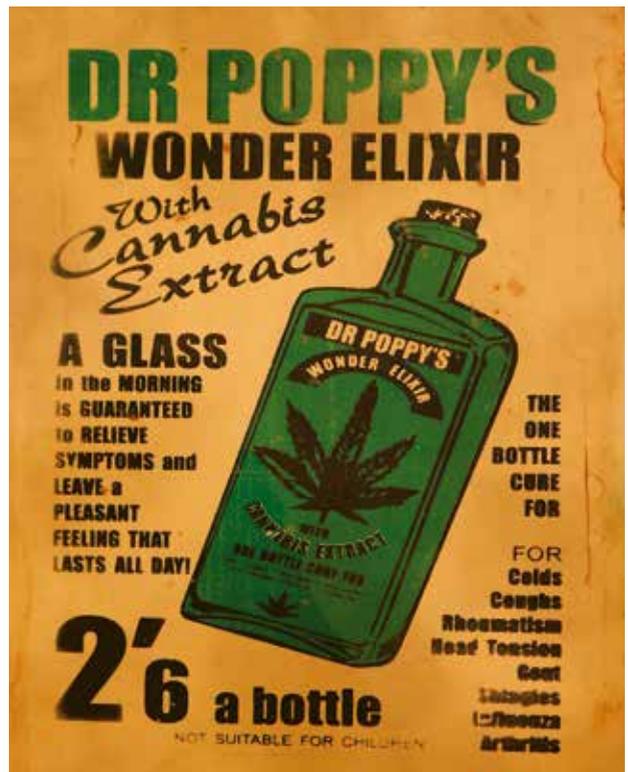
illegally in speakeasies. The poor quality of the liquor available meant honey, fruit juices, and other flavourings were used to make the booze palatable.

In and Out of Fashion

Perhaps perceived as a throwback to the square '40s and '50s, cocktails became less popular in the token late '60s and through the '70s, until returning briefly in the '80s with vodka often substituting the original gin, sugary pre-mixes and other novelties catering to fashion rather than authenticity.

Neither the Grunge nor the Rave culture of the 1990s did anything to improve the popularity of cocktails. Still, the cultural wheel seemed to come full circle in the 2000s when traditional cocktails began to make a comeback. By the middle of the decade, there was a renaissance of cocktail culture typically referred to as mixology, which draws on traditional cocktails for inspiration and uses novel ingredients and complex flavours.

With great attention placed on using the authentic healing herbs, flowers, and spices in cocktail recipes, traditional apothecary recipes and ingredients are being resurrected, and High Cocktails seen in this context are simply a natural evolution.





Tess Posthumus

Amsterdam, The Netherlands

Tess Posthumus is the epitome of modern bartending superstardom, with a cabinet full of national and international trophies, two books to her name (*Cocktails with Tess* and *Masterclass: Cocktails*) and her own range of bar utensils. When she's not running her two bars in Amsterdam, she travels the world as a freelance hospitality consultant.

While studying Media & Culture at the University of Amsterdam (a Master's in Sociology followed in 2014), Tess fell in love with the wonderful world of mixology.

Turning her side job into a career, she worked at the legendary speakeasy bar Door 74 in Amsterdam before taking the leap with fellow Door 74 barman Timo Janse to open their own place - Flying Dutchmen Cocktails. At this elegant, high ceilinged 17th-century merchant's house, Tess and her team focus on neo-classic cocktails and building up Dutch cocktail culture.

In August 2020, her second bar opened its doors, Dutch Courage on Amsterdam's Zeedijk, where the focus is on Dutch spirits and their heritage, Jenever in particular. An unrepentant history geek, Tess loves nothing more than delving into the stories behind the drinks and the spice trade pioneered by the Dutch East India Company (VOC).

"We were involved right from the beginning of booze, and the VOC spread our Jenever and liqueurs around the globe, even using them as currency."

She sees the use of home-grown exotic cocktail ingredients like cannabis and truffles as an extension of the Netherlands' trading and high-tech agricultural prowess, pointing out that the royal family once owned opium and cocaine factories.

"We've always been there, not always positively, but innovative and focussed - and we can be a bit cheeky if it makes money."

Tess is also an in-demand hospitality consultant (co-)owner of Perfect Serve Barshow Amsterdam, Difford's Guide Netherlands and Amsterdam Cocktail Week.

High Chai

Herb
Blue Lotus

High
Medium

Flavour
Spicy, Creamy,
Sweet

Blue lotus was originally found on the banks of the Nile in Egypt. Nowadays, most blue lotus comes from Thailand and India: the land of the chai. While working as a consultant for an international tea brand, they taught me how to prepare a proper cup of chai and introduced me to all the variations and options this category includes. I noticed that while there are so many different ways of preparing a chai, they also had one major thing in common: all chai's had relaxing, soothing and calming effects. It might have been the therapeutic preparation method of creating a smooth rhythm while throwing the chai. It might also have been the milky element. Maybe the relaxing effects of hot milk are the actual reason Cleopatra loved her milk baths as she did? The milk used in this High Chai is flavoured with Indonesian inspired spices, which works beautifully with the aniseed flavour notes found in the blue lotus tea. The result is this High Chai, a perfect dessert-style cocktail or before bedtime drink. Especially if you take the hypnotic-sedative and aphrodisiac effects of the Blue Lotus into consideration.

Ingredients (serves 1)

100 ml spiced chai milk · 100 ml
blue lotus tea · 100 ml Java black tea

Spiced Chai Milk

1000 ml milk · 300 ml condensed
milk · 30 gr gulu djawa (Indonesian
palm sugar) · zest of 1 orange ·
2 cm fresh ginger · 6 cloves ·
5 whole black peppercorns ·
3 green cardamom pods · 2 whole
cinnamon sticks · 1 whole star anise
· 3 green cardamom pods · 2 whole
cinnamon sticks · 1 whole star anise

Blue Lotus Tea

5 gr dried blue lotus ·
100 ml water

Add the ingredients to two chai mugs and throw or "pull" the High Chai. Pour into a large tea mug or toddy glass. Garnish with some freshly grated nutmeg on top and a mini stroopwafeltje (Dutch cookie) on the side.

Spiced Chai Milk

Crush the cardamom pods and chop up the ginger and gulu djawa. Add the cloves, black peppercorns, cardamom, cinnamon and star anise to a pan and toast over medium heat. Once the spices start to release their fragrances, add the milk, ginger and orange zest. Add the condensed milk and gulu djawa while continuing to stir. You don't want the sugar and heavy condensed milk to stay at the bottom of the pan and burn. Keep stirring until both are dissolved. Fine strain or scoop out the spices and zests before use.

Blue Lotus Tea

Brew a strong tea from the dried blue lotus flowers and boiling hot water. Steep for 5-10 minutes.



Grassy Green Machine

Herb
Kratom

High
Light

Flavour
Herbal

Kratom is a tree, and the leaves are chewed or ground up in a powder. It increases your energy, focus and boosts your brain's performance. No wonder that this herbal cocktail turns you into a euphoric powerhouse. Inspired by one of the signature cocktails from my Dutch Courage Bar (the Grassy Lowlands cocktail), this green concoction uses the bitterness of the kratom tea as a backbone to balance out its refreshing kick. Veggies and cracked black pepper will get you started, followed by a juniper berry, sage and bay leaf herbal note, while the kratom completes the experience when it takes effect.

Ingredients (serves 1)

50 ml cold kratom tea (see recipe below) · 50 ml green bell pepper juice · 30 ml lime juice · 30 ml juniper berry, sage & bay leaf syrup (see recipe below) · 1 dash black pepper tincture (see recipe below)

Juniper Berry, Sage & Bay Leaf Syrup

4 gr juniper berries · 4 gr dried sage · 1 dried bay leaf · 500 gr sugar · 250 ml water

Cold Kratom Tea

2 gr kratom powder · 100 ml water

Black Pepper Tincture

100 ml 96% neutral grain alcohol · 10 gr whole black pepper

Shake all ingredients in a cocktail shaker filled with cubed ice. Fine strain over cubed ice into a rocks glass. Garnish with sage and freshly ground black pepper on top.

Juniper Berry, Sage & Bay Leaf Syrup

Add all ingredients to a pan over medium heat and stir occasionally. Dissolve sugar into water. Don't let it come to a boil. Fine strain, cool and store in the fridge in a clean glass bottle until use.

Cold Kratom Tea

Brew a strong tea from the kratom and boiling water. Give it a good stir and let it sit until cool. Store in the fridge while preparing the rest of the cocktail ingredients.

Black Pepper Tincture

Add black pepper and neutral grain alcohol to a clean glass bottle and leave to infuse for a minimum of 3 weeks. Shake the mixture whenever possible.

Strain after the infusion period and pour into a clean glass bottle until use.

(contd.)



Cape Kanna

Herb
Kanna

High
Light

Flavour
Warm Spice

Kanna is originally from South Africa and was used by the Zulu and San tribes to help relax and recharge after a long day of hunting. It is sedative at low doses and euphoric at higher ones, ensuring that Kanna first gives you energy, followed by a smooth feeling of relaxation. With this in mind, I wanted to create a cocktail to honour the story of Kanna and South Africa.

The combination of South African style tea, red wine, blood orange, and spices work beautifully with Kanna's liquorice flavour. Enjoy this cocktail when you're looking to recharge and relax.

Ingredients (serves 1)

45 ml rooibos tea · 20 ml mulled red wine syrup (see recipe below) · 20 ml blood orange juice · 20 ml lemon juice · 15 milligram kanna extract

Mulled Red Wine Syrup

1 whole nutmeg (grated to taste) · 1 whole cinnamon stick · 3 cloves · 1500 gr sugar · 750 ml red wine (preferably a full bodied South African wine)

Shake all ingredients in a cocktail shaker filled with cubed ice. Fine strain into a pre-chilled coupe glass.

Garnish with a blood orange slice with 15 milligram Kanna extract powder dusted on top. Eat the slice while sipping on your cocktail and enjoy the ride.

Mulled Red Wine Syrup

Add the cloves, cinnamon and nutmeg (grated to taste) to a pan and toast over medium heat. Once the spices start to release their fragrances, add red wine and sugar. Stir to dissolve the sugar into the liquid. Don't let it come to a boil. Fine strain, cool and store in the fridge in a clean glass bottle until use.

Tips & Tricks

Make sure to make a strong brew of the rooibos tea. Use 2,5 grams or one teabag per 200 ml boiling water, and steep for 5 minutes. Because the Kanna extract is drunk and eaten, instead of snorted, it will take a bit longer for it to work. Patience is key.

Kanna extract is used in this cocktail. This powdered Kanna is on average ten times stronger than normal Kanna, explaining the low dosage of 30 milligrams for this cocktail.





K R A T O M

Mitragyna speciosa

Like all herbal highs, the experience of kratom can vary from individual to individual and from occasion to occasion. There are also differences in batches of the herb and potency of different brands, plus its effects differ depending on whether the dose taken was low or high.

Like coffee, kratom is a mildly bitter pick-me-up taken at any time of the day. Rather than giving a caffeinated short-term energy boost followed by a crash, it delivers a more centred, calming experience.

At higher doses, it becomes progressively more relaxing, sedative and pain-relieving. The effects are felt both mentally and bodily and include a sense of inner warmth and happiness, pleasant thoughts, relaxed breathing and reduced mental chatter. Though not itself an opiate, it is for these opiate-like effects that it has become increasingly popular.

The overall experience is very relaxed, whether in social interactions or by oneself - some report an increased ability to focus and a calm but intense mental stimulation.

Although more than 25 alkaloids have been isolated from kratom leaves, the natural history of its use, clinical pharmacology and toxicology are poorly understood. Only a handful of scientific papers have been written about its effects and the centuries-long history of use.

Mitragynine was believed to be the primary alkaloid responsible for kratom's effects, it being the most abundant. In 2002, 7-hydroxy mitragynine was discovered to be the most significant substance. Despite being present in much smaller amounts, this minor alkaloid was found to be even more potent in its pain-relieving action than morphine.

.....

The LSA Seeds

Morning Glory (*Ipomoea violacea*) &
Hawaiian Baby Woodrose (*Argyreia nervosa*)
*Active ingredients: d-Lysergic acid amide (LSA),
Lysergic acid hydroxyethylamide (LSH)*

Most people are familiar with the famous synthetic psychedelic Lysergic Acid Diethylamide (LSD), even if only by name. Less well known is that "Acid" is just one member of the Lysergamine family of molecules. Several cousins exist naturally in plant seeds and have their own psychedelic effects. For example, d-Lysergic Acid Amide (LSA), also known as ergine, is found in the seeds of specific Morning Glory varieties and the Hawaiian Baby Woodrose (HBW) plant.