

# FLIPPOUR™

Spring | 2023

N° 01







## FREE FLOW

### 11 JUST DRINKS

Elevate your palate and your being through these pours with purpose.

### 14 STEEP GOALS

To get your best cup of tea, you might need to let loose.

### 16 THE HISTORY OF BOCK

An animated look at the origins of the classic German beer style.

### 18 HIGH TIDE

Get ready to go green with a new breed of seltzers here to keep you cool year round.

### 20 GOUAIS GOT AROUND

Cross pollinations with the promiscuous grape Gouais Blanc created Chardonnay, Gamay and nearly 80 other varieties.

### 24 GIN-VOLUTION

Despite a long history of juniper-heavy offerings, a rapidly expanding world of botanical-forward gins is reshaping the future of this historic spirit.

### 26 ADAPTO-WHAT?

There's a new(ish) buzz in the drinks world, but what the heck is an adaptogen, anyways?

### 28 POUR ONE WITH LAUREN "LP" PAYLOR O'BRIEN

The Ultimate Drink Master reflects on reality tv, rethinking hospitality, mindful consumption and the power of intention.

### 32 CHOCOLATE RENAISSANCE

How a fourth-generation chocolatier is helping to bring back Puerto Rico's cocoa tree heritage.

### 34 HOP ON THE TROLLEY

Take an easy ride into the world of cannabis cuisine with this approachable recipe from The Nomad Cook, Chef Travis Petersen.

### 36 BUILD YOUR BEV FAM

When leveling up your drinks knowledge, never underestimate the power of community. Here's how to create it.



## FEATURES

### 38 FINDING FIVI

Embrace Italy's handcrafted grower-producer wines by turning to bottles from members of the Federazione Italiana Vignaioli Indipendenti.

### 46 BOTTLE ROCKET

Stylish shops for non-alcoholic spirits, wines and more are changing what and how we drink.

### 52 FUNK & SOUL

When wines lose their funk in exchange for cleanliness or consistency, does the soul go too?

### 60 DRAMS TO GRAMS

Meet the infused drink makers who are elevating cocktail culture beyond the spirit realm.

### 68 WOODINVILLE'S WAREHOUSE GARAGISTES

How western Washington's wine hub germinated in the seediest of places.

### 78 SALUTE, AMARO

A look at why we embrace this traditional digestive liquor and the myriad benefits it has to offer.

### 84 FANTASTIC PHANTASM

The true story of how a brewery owner turned to wine grapes to create the beer world's most innovative new ingredient.

### 90 SPÄTBURGUNDER'S STORY

From uncertain beginnings to a modern-day renaissance, a look at the long, complex story of German Pinot Noir.



COVER ILLUSTRATION BY STEVE MARTINEZ

#### FULL POUR

MAGAZINE: 115 Pocono Road/P.O. Box 659, Brookfield, CT 06804

EDITOR & PUBLISHER: Lauren Buzzeo

CONTRIBUTING EDITOR: Alexander Peartree

CONNECT WITH US: [info@full-pour.com](mailto:info@full-pour.com); [www.full-pour.com](http://www.full-pour.com); [@fullpourmag](https://www.instagram.com/fullpourmag)

The information and opinions included in Full Pour is for general informational purposes only. Content is not intended to act as an endorsement or recommendation for use of any product. Full Pour cannot and does not contain medical/health or legal advice or endorsement; any medical/health information provided is for general informational and educational purposes only and is not a substitute for professional advice. Full Pour features content about alcohol and cannabis, and is intended for mature audiences only. Readers should follow any and all legal market regulations and restrictions. All information is provided in good faith; under no circumstances shall Full Pour have any liability for any loss or damage of any kind incurred as a result of the use or reliance on any information provided herein—any use and reliance on any information herein is solely at your own risk. © All rights reserved.

Xcalibre







# SALUTE, AMARO

A LOOK AT WHY WE EMBRACE THIS TRADITIONAL  
DIGESTIVE LIQUOR AND THE MYRIAD BENEFITS  
IT HAS TO OFFER.

WORDS  
LAYLA SCHLACK

IMAGES  
JOYCE CHO

**A**ccording to researchers at Penn Museum, the earliest alcoholic beverage in the world was from China and dated to 7000–6600 BCE. Chemical analysis revealed it to be a mixture of fermented rice, honey, and grapes and/or hawthorn fruit, a tart fruit sometimes used in Chinese medicine as a digestive aid.

While this ancient liquor may or may not have had any direct influence on the creation of Italian amaro, it seems to point to the idea that, for a long time, people have enjoyed a sip of something a little sweet, a little tart or bitter, and a little boozy to aid digestion.

That's fundamentally what amaro

is: a bittersweet liqueur. The category is defined as liquor infused with bittering botanicals, as amaro is Italian for bitter. It's different from cocktail bitters, which are meant to be used in small quantities in cocktails, not consumed on their own.

Amaro's base can range wildly, as can the alcohol level, and it can be made anywhere in the world, although culturally, it's become synonymous with Italy.

"It's like the Italian version of the monks' Chartreuse," says Anthony Ancona, co-owner of Fountainhead Wines in Norwalk, Connecticut. "The Italians made it palatable."

French Carthusian monks started bottling Chartreuse in the mid-1700s as a health tonic. Made with 130 botanicals, the original formulation was tough to



swallow. While Italian monks had also been infusing alcohol (usually wine) with herbs as far back as the Roman Empire, amaro as a business took off in earnest in the 1800s. That's when brands like Amaro Montenegro, Amaro Averna, Amaro Lucano and Fernet-Branca were started in Emilia-Romagna, Sicily, Basilicata and Lombardy, respectively. These all used regional botanicals and became common throughout the country.

In addition to its health benefits, amaro offered another function to the people making it: preserving herbs and botanicals in season, according to a May 2021 piece that Leigh Kunkel wrote for online food magazine *Umami*.

Now that we have more efficient ways to preserve edible plants and less expensive over-the-counter digestive aids, it's worth asking why amaro has such staying power. Some fans will say it's simply because they taste good, but there's a little more at play.

## HERBAL EFFECTS

Even today, amari are made with local botanicals, ranging from artichoke to rhubarb to cardamom. There are some commonly used ingredients that are believed to have health benefits, and for producers like Forthave Spirits in Brooklyn, New York, studying those was an important step in crafting their bottling. Founders Aaron Fox and Daniel de la

Nuez say that they shared books about the history of herbal medicine before creating their recipe. The best friends say these books helped them understand principles like solubility, as well as which herbs work well together both chemically and flavorwise.

Some of the standard botanicals have been proven to stimulate digestion. That has obvious benefits after a meal, but also, when amaro is served before a meal, this digestive stimulation encourages appetite.

Wormwood, for example, is best known as the supposed hallucinogenic ingredient in absinthe, but it's also used in amaro. In fact, it's a primary botanical in Amaro Lucano from Basilicata, which uses three different varieties of wormwood—one in an oil form for digestive benefit, and the other two for their flavor profile. There's no evidence that the plant causes hallucinations, but the National Institutes of Health reported in 2020 that its bitter compounds "can increase gastric, biliary, and intestinal secretion in humans after oral administration." In other words, it can aid digestion.

Cinchona is another botanical that stimulates digestive secretions to fight feelings of fullness and bloat. Like wormwood, it's also better known for a different benefit: Its quinine compound kills malaria.

Spanish colonizers brought the plant from the Andes back to Europe in the 1600s for its anti-malarial properties. Once its flavor profile and digestive benefits became familiar in Italy, it was incorporated into amari such as Ferro-Kina, a subcategory that was invented in 1881.

Volume 54 of the journal *Pharmacy in History* details a cinchona shortage in the late 1700s that sent

people looking for replacements. One solution was gentian root, which was probably in use before then too.

A peer-reviewed study published in 2018 by the European Medicines Agency confirms that gentian root has the same digestion-stimulating effects as wormwood and cinchona. The monks must have been hip to that effect much earlier, though: Gentian is used in most amari, from classics like Fernet-Branca, to newer American offerings, like Lo-Fi Gentian Amaro from California.

Rounding out this collection of bitter botanicals known for stimulating digestion is angelica. The mechanisms of how it works are not as well studied as the others, but Amaro Lucano lists it among its 30 botanicals, crediting it with both digestive and sedative properties.

Other common botanicals like cinnamon and myrrh are known to have anti-inflammatory and detoxifying properties, respectively. But Fox and de la Nuez also point out the need for plants that will make the finished amaro taste good.

"The whole thing is to, you know, get all those herbs in your stomach," says Ancona, admitting he has a preference for the dark, viscous, bitter bottlings.

And for Nick Stefanelli, chef and owner of Washington, D.C.'s Officina culinary complex that includes Salotto amaro library, balance is key.

"I like it to have less sugar and a little more of the botanical flavor profile," he says. "It doesn't necessarily need to be fully bitter. It could be some more florality, it could be more citrus."

This range of preferences speaks to what amaro has grown into: a drink for pleasure.

## A CAUSE FOR GATHERING

For some, the pandemic will have proven what Italians have known for centuries: Spending time at the dining table with family, friends or even colleagues can be just as nourishing as the food we eat.

The first known printed cookbook, *De honesta voluptate et valetudine* (On honorable pleasure and health), published around 1470, was written by an Italian, Bartolomeo Platina. History nerds will note that this was before the invention of the printing press, so Platina must have really wanted this book to exist. He posits that the pleasure of a meal can be just as beneficial as the nutrients in the food. Adding an aperitif, digestif or both to a meal is a way to prolong that pleasure.

Fox and de la Nuez say that element is what got them into amaro in the first place: They wanted to linger at the table to keep talking about books, art, food and wine, and a pour of amaro provided a reason for them to do that.

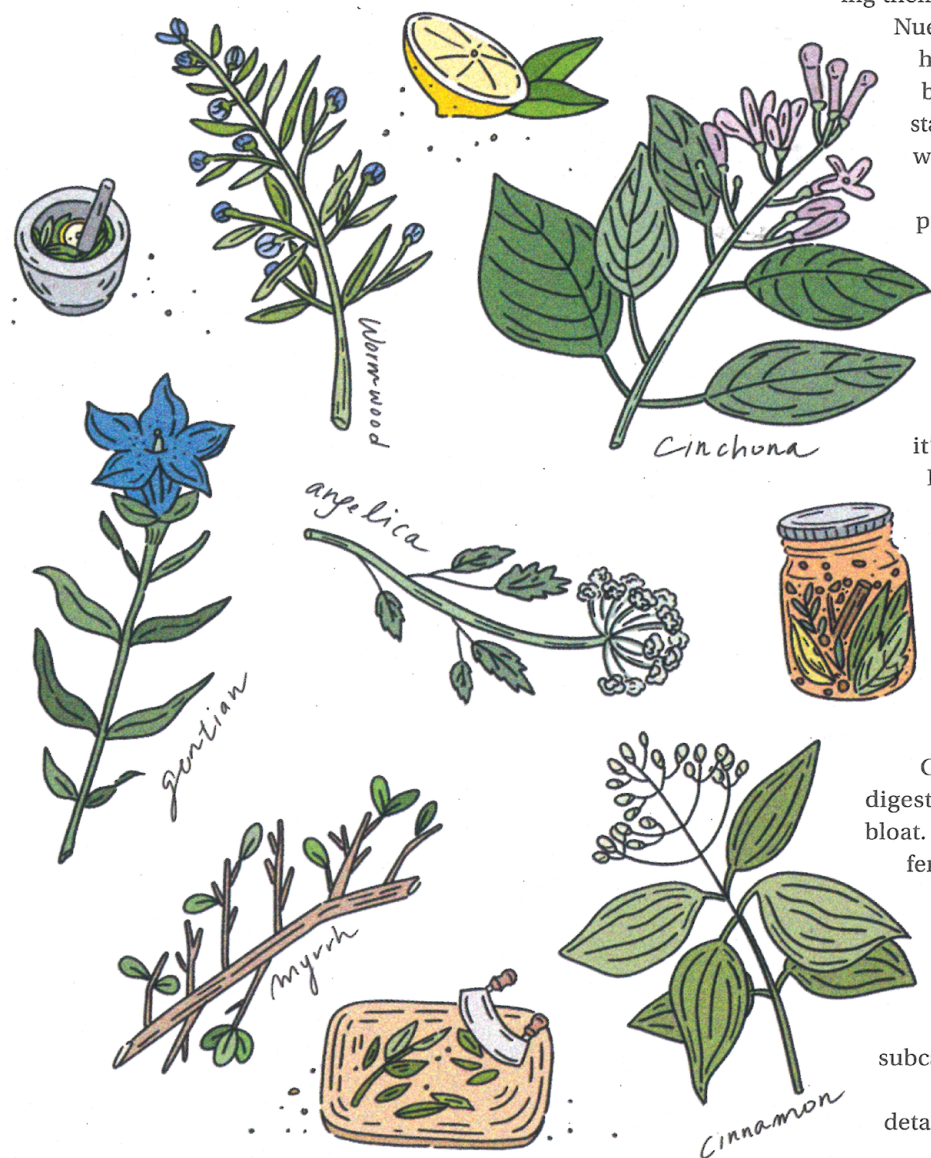
"It's all about community," says Ancona, recounting his family's Sunday dinners when he was growing up. These would start at noon. Everyone would eat, then maybe play cards, then come back to the table for an amaro or some other digestivo, like grappa. After that, more cards or possibly a nap, and then another round of food and amaro.

For others, it's an element of discovery that provides a reason to stay at the table and keep the conversation going.

"For many people, amari are a bit of a best-kept-secret," says Joanna Franchini, cofounder and chief brand officer for the online retailer Curiada. "There's a depth and nuance to amari that takes a little while to notice and appreciate for many people, but once you do, the experience is revelatory."

There's no shortage of other beverages to spend time with around the dinner table, but amaro offers an opportunity for reflection and conversation. Because so many are made using local botanicals, amari become a form of arm-chair travel. What does Sicily taste like, versus Rome, versus New York? Taste the anise-citrus balance in Averna, rhubarb-candy Amaro Formidabile and the mint and eucalyptus in Forthave to find out.

And like wine or Scotch, amari are collectable. Fox and de la Nuez collect rare and old bottles, which is another point of conversation and social connection. Stefanelli began his



**SOME OF THE STANDARD BOTANICALS HAVE BEEN PROVEN TO STIMULATE DIGESTION. THAT HAS OBVIOUS BENEFITS AFTER A MEAL, BUT ALSO, WHEN AMARO IS SERVED BEFORE A MEAL, THIS DIGESTIVE STIMULATION ENCOURAGES APPETITE.**



“FOR MANY PEOPLE, AMARI ARE A BIT OF A BEST-KEPT-SECRET. THERE’S A DEPTH AND NUANCE TO AMARI THAT TAKES A LITTLE WHILE TO NOTICE AND APPRECIATE FOR MANY PEOPLE, BUT ONCE YOU DO, THE EXPERIENCE IS REVELATORY.”

JOANNA FRANCHINI, COFOUNDER AND  
CHIEF BRAND OFFICER, CURIADA



amaro collection seeing older bottles come up at wine auctions, and for him, eventually it turned into a large enough library to structure a bar program that happens to offer vertical tastings of some bottles.

“It’s interesting to see how something that has a 40- or 50-year-old age on it, compared to what is made today,” says Stefanelli. “And then it’s trying to understand how that recipe has been adjusted or modified or modernized...Because the ingredients and the ability to get things 50, 60, 70 years ago was totally different from just ordering 20 pounds of gentian root and 10 pounds of bay leaf and 40 pounds of chamomile, and so on and so forth.”

Franchini finds in her business that while there’s certainly an interest in older bottles, a lot of the demand around collecting is driven by cocktail lovers.

“Amaro is like catnip for anyone who loves the journey of discovery,” she says. “In the U.S., it was a lesser-known category that started to peek its head above the radar during the craft cocktail renaissance of the early 2000s, notably with Amaro Nonino in Sam Ross’s instant classic, the Paper Plane. And as awareness has grown and spread amongst craft cocktail enthusiasts, demand for amari—and a greater diversity of amari than what is typically available at any given bar or shop—is definitely on the rise...We certainly find people are looking for rare bottles, but particularly those that are less widely distributed (or not distributed at all!) outside of Europe that they’ve read about or heard mentioned and would love to try.”

None of this will persuade people who don’t like the taste, of course, but hopefully deeper insight into the benefits of this centuries-old drink will fuel your next conversation as you linger around the dinner table. *EP*