

The Water Of Life

Akvavit or in Latin, aqua vitae, (literally the water of life) is a Scandinavian spirit that was first produced in the town of Aalborg, Denmark in 1843 although, its recipe can be traced back about 400 years.

This white spirit is made from potatoes or grain and then is redistilled with flavourings added later in the process. The actual defining characteristics of Akvavit are its main flavouring which is caraway and that it has an alcohol volume of at least 38%. Many other herbs, honey, whiskey and sherry have all been used to create various brands' flavourings over the years...

Isidor Henius was the manager of the first distiller to produce Akvavit for sale by the *Peter Wibroe Distillery* in the years 1843-1845. In 1846, the distillery was the second largest in the country and created a process to extract the strong smelling fusil in the spirit. He distilled these impurities and the waste that was left over was made into fusil oil. This oil was then sold as fuel for the lamps used by the postal service at the time. You can now start to get the idea of how strong this spirit is!

Like most eastern European vodka drinkers, Akvavit is commonly consumed in a frosted glass or an ice shot glass however, there are a few cocktail recipes that utilize this uncommon spirit to create various strong flavoured drinks instead of traditionally drinking it as a shot after dinner.