

La Croisière Folk – A Collection of Hot Drinks

Set sail where melodies meet the sea, and every cup carries the warmth of a song.



Set sail for a voyage where every cup rings out like a song, between salty sea spray and folk melodies.



This e-book is a gift from the show “*La Croisière Folk*”. Not for sale or copying. Offenders will be fed to the sharks—or marooned on a desert island, equipped with a ukulele and a *How to Survive with 12 Chords* manual. Photos: © Envato.

La Croisière Folk : A Musical Journey Through Traditions

Since its launch in September 2019 by journalist Eric Cooper, *The Folk Cruise* has become a beloved and distinctive music program for folk enthusiasts and curious listeners alike. Broadcast across Belgium and France, the show offers a panoramic view of the many faces of folk music — a genre that thrives on diversity, blending cultures, eras, and influences from around the world. Each one-hour episode is built around a simple yet powerful idea: there is no single definition of *folk*.

“There’s no such thing as Folk with a capital F,” says Eric Cooper. Folk is fluid, adaptable, and universal — a living tradition that crosses borders and generations. Passed down through oral heritage, it evolves over time, shaped by the people who play and share it. Every culture brings its own colors and rhythms to this ever-growing mosaic of sound.

An Eclectic, Borderless Soundtrack

With its carefully curated selections, *The Folk Cruise* takes listeners on a weekly voyage through space and time. Each episode features a rich variety of folk traditions — from Belgium, France, Brittany, and Québec to the United States, Canada, Australia, England, Scotland, and Wales, and beyond. The show also embraces related genres such as folk rock, bluegrass, and Americana, painting a vibrant portrait of what folk means today. Cooper’s programming strikes a perfect balance between timeless classics and fresh contemporary voices, paying tribute to the past while celebrating the creativity of today’s artists. His philosophy is simple: play *good music* — without labels or borders. This open approach makes the show both accessible to newcomers and deeply satisfying for long-time folk devotees.

Highlights and Signature Segments

The Folk Cruise offers much more than a playlist — it’s a musical experience. A popular segment, “1 2 3,” invites listeners to (re)discover an album through three essential tracks, featuring both recent releases and classic gems worthy of revival. Twice a month, Eric Cooper dedicates a special “All-Female Edition” to highlight the essential contribution of women in folk music, past and present. Every episode also includes a poetic interlude, featuring a reading from Jean de La Fontaine — a moment of reflection that adds depth and poetry to the journey.

A Loyal, Intergenerational Audience

The audience of *The Folk Cruise* mirrors the universal appeal of folk music itself. Listeners range from 30 to 60 years old, a mix of long-time enthusiasts and curious newcomers eager to explore the richness of the folk universe. One of the show’s defining features is its accessibility: *The Folk Cruise* is available free of charge to any radio station wishing to broadcast it. This openness reflects the very spirit of folk — music meant to be shared, crossing borders and bringing people together through sound and storytelling.

Looking Ahead: A Bright Future for *The Folk Cruise*

Since its debut, *The Folk Cruise* has carved out a unique place in the radio landscape. With its eclectic, heartfelt approach, the program continues to grow and reach new listeners. For Eric Cooper, both creator and host, every episode is a labor of love — a carefully crafted balance between accessibility and artistry, where each song and segment is chosen with care and conviction. In an era where musical genres constantly blend and evolve, *The Folk Cruise* stands as a welcoming space for exploration, discovery, and celebration — honoring the timeless spirit of folk while keeping its flame alive for future generations.

Listen to La Croisière Folk → <https://hearthis.at/la-croisiere-folk/>

Contact → lacroisierefolk@yahoo.com

Facebook → <https://www.facebook.com/Lacroisierefolk/>



Embark on a journey where folk music and great sea crossings meet. Each drink is a stopover, a song to savor, a taste of adventure blended with warm notes. Through these 25 recipes, let yourself be carried away by the waves and timeless melodies that have accompanied travelers for generations. Sit back comfortably, cup in hand, and let the cruise begin...

Hot stuff coming through, matey !

Cocoa Ballad
Song of the Islands
Minstrel of the Waves
Mandolin Waltz
Celtic Shore
Captain's Coffee
American Reel
Prairie Espresso
Irish Traveler
Viennese Folk Ball
Vagabond's Tea
Irish Ballad
English Crossing
Old Lute Tea
Fairy of the Woods
Weary Sailor's Infusion
Fireside Vigil
Fjord Mist
Steppe Song
Stars at Sea
Titanic Cream Cocoa
France Elegance Coffee
Queen Mary Tea Time
Normandie Citrus Delight
Carpathia Herbal Tribute

Cocoa Ballad

Inspiration: A velvety hot chocolate, spiced with cinnamon and nutmeg, evoking folk evenings by the fireside.

Ingredients:

- Whole milk: 250 ml
- Unsweetened cocoa powder: 2 tbsp
- Brown sugar: 1 tbsp
- Ground cinnamon: a pinch
- Grated nutmeg: a pinch

Preparation: Heat the milk gently, add cocoa, sugar, and spices. Stir until smooth and steaming.

Tip: Top with a spoonful of whipped cream for extra indulgence.

Anecdote: In sailors' taverns, cocoa brought back from the colonies was a precious drink. This chocolate recalls those nights of ballads sung while warming up after a storm.

Song of the Islands

Inspiration: Coconut milk hot chocolate with toasted flakes, a tribute to exotic ports of call.

Ingredients:

- Coconut milk: 200 ml
- Dark chocolate: 40 g
- Cane sugar: 1 tbsp
- Toasted coconut flakes: 1 tbsp

Preparation: Melt chocolate in hot coconut milk. Sweeten lightly and sprinkle with toasted coconut.

Tip: Add a hint of vanilla for extra softness.

Anecdote: Sailors often brought dried coconuts back from their voyages. This drink recalls the flavors of the Caribbean and sea shanties set to drums and guitars.



Minstrel of the Waves

Inspiration: A deep hot chocolate, like a folk ballad.

Ingredients:

- Dark chocolate: 25 g
- Whole or plant-based milk: 200 ml
- Ground cinnamon: ½ tsp
- Honey: 1 tsp
- Dried orange zest: a few pieces

Preparation: Melt chocolate in hot milk, add cinnamon and honey, let orange zest infuse for 2 minutes.

Tip: Top with whipped cream and a dusting of cocoa for extra richness.

Anecdote: Medieval minstrels sang in ports and taverns. This chocolate recalls the warm welcome of those inns.

Mandolin Waltz

Inspiration: A light, dancing chocolate.

Ingredients:

- Milk chocolate: 20 g
- Coconut milk: 150 ml
- Grated coconut: 1 tsp
- Vanilla extract: a few drops

Preparation: Warm coconut milk, add chocolate, then vanilla and grated coconut.

Tip: Serve with a cinnamon stick as a stirrer.

Anecdote: The mandolin, beloved in folk music, inspires this delicate tropical chocolate, like impromptu seaside dances.



Celtic Shore

Inspiration: A drink that warms like an Irish pub.

Ingredients:

- Dark chocolate: 25 g
- Hot milk: 200 ml
- Whiskey (optional): 1 tbsp
- Whipped cream: 1 tbsp
- Chocolate shavings: a few

Preparation: Melt chocolate in hot milk, add whiskey if desired, top with whipped cream and shavings.

Tip: Replace whiskey with orgeat syrup for a non-alcoholic version.

Anecdote: In Irish pubs, music and hot chocolate go hand in hand. This drink evokes those nights when folk songs warmed the soul.



Captain's Coffee

Inspiration: Strong, bold, and powerful.

Ingredients:

- Strong filter coffee: 200 ml
- Brown sugar: 1 tsp
- Cinnamon: a pinch
- Dried lemon zest: a few

Preparation: Brew strong coffee, add sugar, cinnamon, and zest.

Tip: Add a splash of dark rum for a seafaring twist.

Anecdote: English sailors drank their coffee bitter, but Mediterranean stopovers introduced them to citrus. This drink recalls those exchanges and the vigor of work songs on deck.



American Reel

Inspiration: A nod to American folk.

Ingredients:

- Filter coffee: 200 ml
- Hot milk: 50 ml

- Maple syrup: 1 tsp
- Nutmeg: a pinch

Preparation: Stir milk, maple syrup, and nutmeg into hot coffee.

Tip: Swap nutmeg for cinnamon for extra smoothness.

Anecdote: In the U.S., maple syrup is a symbol of togetherness. In country cafés, folk musicians often gathered to improvise songs around a steaming cup.

Prairie Espresso

Inspiration: Intense and spicy like western nights.

Ingredients:

- Strong espresso: 30 ml
- Mild chili powder: a pinch
- Unsweetened cocoa: a pinch

Preparation: Stir chili and cocoa into espresso and serve immediately.

Tip: Add a drop of vanilla to mellow the flavor.

Anecdote: Evenings on the American plains were filled with guitar and banjo. This strong, spiced coffee captures those warm moments.



Irish Traveler

Inspiration: The marriage of coffee and cream.

Ingredients:

- Long coffee: 200 ml
- Brown sugar: 1 tsp
- Whipped cream: 1 tbsp

Preparation: Sweeten coffee with sugar, then float whipped cream on top.

Tip: Add a splash of Bailey's for a festive version.

Anecdote: Irish pubs blend coffee and music. This drink recalls those nights where human warmth matched the warmth of the cup.

Viennese Folk Ball

Inspiration: A coffee-show like those on ocean liners.

Ingredients:

- Filter coffee: 150 ml
- Hot chocolate: 50 ml
- Whipped cream: 1 tbsp
- Chocolate shavings: a few

Preparation: Mix coffee and hot chocolate, top with whipped cream and shavings.

Tip: Add a pinch of cinnamon for extra depth.

Anecdote: On 19th-century liners, Viennese coffees accompanied musical evenings filled with waltzes and sea songs.

Vagabond's Tea

Inspiration: A spiced black tea.

Ingredients:

- Black tea: 2 tsp
- Cloves: 2
- Cinnamon stick: ½
- Water: 250 ml

Preparation: Infuse tea and spices in boiling water for 4 minutes.

Tip: Add a dash of milk for a chai-style twist.

Anecdote: Traveling folk musicians warmed themselves in inns with spiced teas, recalling the hospitality offered to wandering singers.



Irish Ballad

Inspiration: A fresh, herbal green tea.

Ingredients:

- Green tea: 2 tsp
- Fresh mint leaves: a few
- Water: 250 ml

Preparation: Infuse green tea for 2 minutes, then add mint leaves.

Tip: Sweeten lightly with honey.

Anecdote: In Ireland, pubs echo with fiddles and voices, but families often share mint tea at home, simple and convivial.

English Crossing

Inspiration: Classic black tea with milk.

Ingredients:

- Earl Grey black tea: 2 tsp
- Water: 250 ml
- Milk: a dash

Preparation: Brew for 3 minutes, serve with milk.

Tip: Add a lemon slice for a refreshing variant.

Anecdote: On transatlantic liners, English tea was a must, even aboard the Titanic.

Old Lute Tea

Inspiration: A dark, mysterious tea.

Ingredients:

- Pu-erh tea: 2 tsp
- Dried orange peel: a few pieces
- Water: 250 ml

Preparation: Infuse tea and peel for 4 minutes.

Tip: Add a touch of ginger for a stronger flavor.

Anecdote: Like an old lute still resonating with forgotten songs, aged tea carries stories of journeys across time and seas.



Fairy of the Woods

Inspiration: A floral, enchanting white tea.

Ingredients:

- White tea: 2 tsp

- Dried lavender flowers: 1 tsp
- Water: 250 ml
- **Preparation:** Infuse tea and lavender for 3 minutes.
Tip: Add honey to soften the taste.
Anecdote: Inspired by folk tales filled with fairies, this tea transports you into enchanted forests where music and mystery intertwine.

Weary Sailor's Infusion

Inspiration: A relaxing herbal tea.

Ingredients:

- Lemon balm: 1 tbsp
- Chamomile: 1 tbsp
- Water: 250 ml

Preparation: Infuse for 10 minutes, strain, and drink hot.

Tip: Add honey for extra smoothness.

Anecdote: After long crossings, sailors often turned to herbs on land for comfort.

Fireside Vigil

Inspiration: A warm, comforting herbal tea.

Ingredients:

- Verbena: 1 tbsp
- Cinnamon stick: ½
- Water: 250 ml

Preparation: Infuse for 7 minutes.

Tip: Add an orange slice for color.

Anecdote: Around folk gatherings, such tisanes warmed both hearts and voices.

Fjord Mist

Inspiration: A Nordic-style, refreshing infusion.

Ingredients:

- Peppermint: 1 tbsp
- Licorice root: ½ tsp
- Water: 250 ml

Preparation: Infuse for 8 minutes.

Tip: Add a slice of fresh ginger to wake it up.

Anecdote: Norwegian fjords, shrouded in mist, inspired this fresh yet calming drink.

Steppe Song

Inspiration: A wild, robust infusion.

Ingredients:

- Thyme: 1 tbsp
- Rosemary: 1 tsp
- Water: 250 ml

Preparation: Infuse for 5 minutes.

Tip: Add lemon juice for vigor.

Anecdote: On the great steppes, epic chants accompanied the wind — this infusion captures that raw force.

Stars at Sea

Inspiration: A dreamy, soothing tisane.

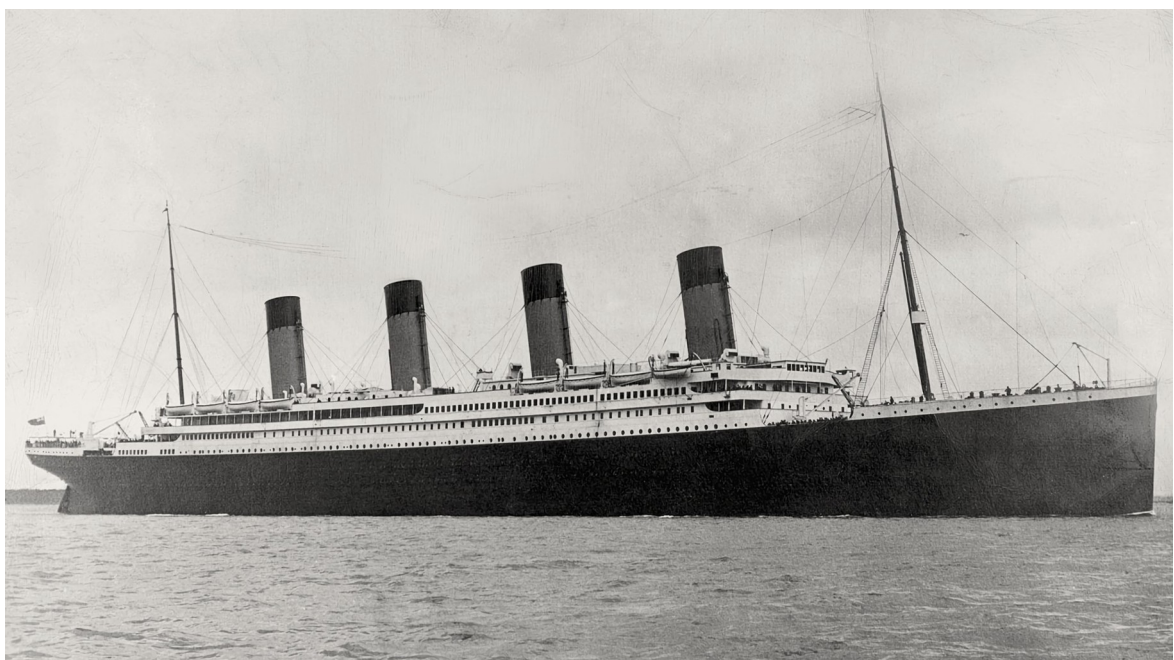
Ingredients:

- Linden flowers: 1 tbsp
- Hawthorn flowers: 1 tbsp
- Water: 250 ml

Preparation: Infuse for 8 minutes, sweeten with honey.

Tip: Add orange blossom water for a dreamy note.

Anecdote: On the ship's deck, sailors gazed at the stars. This infusion mirrors those nights of reverie.



Titanic Cream Cocoa

Inspiration: Inspired by Titanic's luxurious lounges.

Ingredients:

- Milk chocolate: 30 g
- Fresh cream: 50 ml
- Milk: 150 ml
- Vanilla: 1 drop

Preparation: Melt chocolate in hot milk, add cream and vanilla.

Tip: Serve with chocolate shavings.

Anecdote: On the Titanic, first-class passengers enjoyed rich drinks in elegant salons.

France Elegance Coffee

Inspiration: A chic, refined coffee.

Ingredients:

- Filter coffee: 150 ml
- Whipped cream: 1 heaping spoon
- Cocoa powder: a pinch

Preparation: Serve coffee topped with whipped cream and cocoa.

Tip: Add coffee liqueur for extra sophistication.

Anecdote: On the SS France, coffee symbolized refinement and prestige.



Queen Mary Tea Time

Inspiration: British tea tradition at sea.

Ingredients:

- Earl Grey tea: 2 tsp
- Water: 250 ml
- Milk: a dash
- Honey: 1 tsp

Preparation: Infuse 3 minutes, serve with milk and honey.

Tip: Add a hint of bergamot for a stronger flavor.

Anecdote: On the Queen Mary, tea time was a ritual — a moment of elegance and pause during the crossing.

Normandie Citrus Delight

Inspiration: A chic, vitamin-rich infusion.

Ingredients:

- Lemon peel: 1 tbsp
- Orange peel: 1 tbsp
- Honey: 1 tsp
- Water: 250 ml

Preparation: Infuse peels for 8 minutes, sweeten with honey.

Tip: Add dried berries for color.

Anecdote: The SS Normandie was famous for its gastronomy and citrus drinks.



Carpathia Herbal Tribute

Inspiration: A soothing herbal tea honoring the Carpathia.

Ingredients:

- Chamomile: 1 tbsp
- Lemon balm: 1 tbsp
- Spearmint: ½ tbsp
- Water: 250 ml

Preparation: Infuse for 10 minutes, strain, and drink hot.

Tip: Add lemon juice for brightness.

Anecdote: The Carpathia rescued Titanic's survivors. This calming herbal tea is a tribute to its solidarity at sea.

This journey of 25 cups is more than just a recipe book: it is an echo of folk melodies and maritime legends. Each drink is a melody, each sip a note, each recipe a story. Just like folk songs passed down through generations, these beverages are meant to be shared, adapted, and reinvented.

Next time you listen to *La Croisière Folk*, sit back, prepare one of these warm drinks, and let the music guide you toward new horizons.





Thank you to the radio stations that broadcast "La Croisière Folk"

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Radio Lycée Montessori (RLM) – (<https://www.rlmbastia.com/>)

Radio Antasia – (<https://radioantasia.fr/>)

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Radio Marseillette – FM 91.8 and FM 101.3 and on www.marseillettefm.com

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Radio Beaujolais International – (<https://radiobi.fr/>)

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