

# Mixology





# Mocktails: You Won't Miss the Booze

A NielsenIQ survey in 2021 showed that 22% of consumers said they were cutting back on consuming alcohol.

They said they don't go out as much as they once did and are working to have a healthier lifestyle. In 2023, NielsenIQ reported that no- and low-alcohol sales were at \$565 million, up 35% from the year before.

If you're interested in lowering your booze intake, here are some mocktail recipes that refresh.



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## BLOOD ORANGE MOCKTAIL SPRITZER

Makes one drink. Recipe is from Delish.

### Ingredients

- Ice
- 3 ounces blood orange juice
- 2 ounces ginger beer
- 1/2 ounce fresh lemon juice
- Sliced blood orange, sliced ginger and fresh mint, for garnish

### Directions

1. Fill a rocks glass with ice. Add the juice, ginger beer and lemon juice. Stir gently to combine. Garnish with sliced blood orange, sliced ginger and mint.

## WATERMELON NOJITOS

Makes eight servings. Recipe is from Taste.com.

### Ingredients

- 1/2 cup sugar

- 3 1/3 pounds cubed watermelon
- 2 limes, sliced
- 2 cups chilled soda water
- 1/3 cup lime juice
- 1 small bunch of fresh mint, sprigs picked
- 1 tablespoon sugar, set aside
- 2 teaspoons finely grated lime rind
- Ice cubes

### Directions

1. Place 1/2 cup of sugar and a cup of water in a small saucepan

over medium heat. Cook, stirring, for five minutes or until the sugar dissolves. Increase the heat to high. Bring to a boil and boil, without stirring, for five minutes. Remove from heat and set aside to cool completely.

2. Place the watermelon in a blender and blend until smooth.
3. Place the lime slices in a large jug. Crush the lime slices slightly to release juice. Add the watermelon puree, soda water, lime juice and cooled sugar syrup. Stir to combine

and add mint.

4. Combine the extra sugar and lime on a small plate. Place 1/4 cup of water in a bowl. Dip the rim of a serving glass into the water and then into the sugar mixture.

5. Divide ice among glasses, pour the watermelon mix over. Serve immediately.

## SPICY LEMON GINGER SWITCHEL

Makes one serving. Recipe is from Allrecipes.

- 1 cup water
- 2 tablespoons unfiltered apple cider vinegar
- 1 tablespoon fresh lemon juice
- 4 teaspoons honey
- 1 teaspoon grated fresh ginger
- 1 pinch ground cayenne pepper

### Directions

Place water, apple cider vinegar, lemon juice, honey, fresh ginger and cayenne pepper in a glass jar. Stir or shake well to combine. Serve chilled or over ice.



# Refreshing Summer Cocktails

Hot days call for cold drinks. Try these on to keep your summer buzzing.

## BANANA RUM OLD-FASHIONED

Makes one drink. Recipe is from Food & Wine.

### Ingredients

- 1 ounce 100-proof bourbon
- 1 ounce light rum
- 1/2 ounce creme de banana
- 1 dash Angostura bitters
- 1 orange peel strip

### Directions

1. Fill a tall mixing glass with ice cubes. Add the bourbon, rum, creme de banana and bitters. Stir for five seconds, then strain into a rocks glass over a large ice cube.
2. Twist the orange peel over the cocktail to express the oils and tuck into the glass or discard.

## LAND OF HAPPY

Makes one drink. Recipe is from Liquor.com.

To make the shrub:

### Ingredients

- 1 whole honeydew
- 1 cup fresh basil
- 4 cups white sugar
- 4 cups cold water
- 1 1/2 cups white balsamic vinegar

### Directions

1. Cut off the rind and remove the seeds from the honeydew, then cut it into chunks. Combine it in the blender with the basil and blend until smooth.



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2. Pour into a saucepan and add the sugar and water. Simmer until the sugar has dissolved, but don't get it too hot. Remove it from the heat and cool, then strain through a chinois cloth. Add the vinegar and refrigerate for up to two weeks.

To make the cocktail:

### Ingredients

- 1 1/2 ounces gin
- 1 1/2 ounces shrub
- Prosecco
- Lemon wedge, for glass
- Basil

Coarse salt

### Directions

1. Chop the basil and combine with coarse salt. Rub the lemon wedge on the rim of a coupe glass, coat with the basil salt mixture and set aside.
2. Add the gin and shrub to a cocktail shaker with ice. Shake until chilled. Double strain into the prepared glass. Float the prosecco on top.

## SEA BREEZE

Makes one drink. Recipe is from Gray Goose Vodka.

### Ingredients

- 1 1/2 ounce vodka
- 2 ounces pink grapefruit juice
- 1 ounce cranberry juice
- Lime wedge, for garnish

### Directions

1. Add the vodka and juice to a highball glass. Add cubed ice and stir.
2. Top with the cranberry juice and garnish with a lime wedge.

## SUMMER MULE

Makes one serving. Recipe is from Patron Tequila.

### Ingredients

- 2 ounces silver tequila
- 3 ounces ginger beer
- 0.75 ounce simple syrup
- 0.75 ounce fresh lime juice
- 3 strawberries and 10 mint leaves, for garnish

### Directions

1. Muddle strawberries, mint and simple syrup together in a cocktail shaker. Add the tequila and shake.
2. Strain into a Collins glass with ice and top with ginger beer. Garnish with the strawberries and mint leaves.

# Say Aloha to Pineapple Drinks

Pineapple, the prickly, bright yellow fruit of Hawaii, plays well with any spirit, but is especially at home with rum drinks.

Here are some recipes to add tropical flavor to your sips.

## PINEAPPLE POTION

Makes one drink. Recipe is from Bacardi.

### Ingredients

1 1/2 ounce spiced rum  
3 ounces pineapple juice

### Directions

Fill a glass with ice to chill. Add the spiced rum and top with chilled pineapple juice. Serve immediately.

## JUNGLE BIRD

Makes one drink. Recipe is from Liquor.com.

### Ingredients

1 1/2 ounce blackstrap rum  
3/4 ounce Campari  
1 1/2 ounce pineapple juice  
1/2 ounce lime juice, freshly squeezed  
1/2 ounce demerara syrup  
Pineapple wedge, to garnish

### Directions

1. Add the rum, Campari, pineapple juice, lime juice and demerara syrup into a shaker with ice and shake until well-chilled. Strain into a rocks glass over fresh ice. Garnish with a pineapple wedge.

## COCO COLADA SPRITZ

Makes one drink. Recipe is



from Bacardi.

### Ingredients

1 1/2 ounce coconut-flavored rum  
1/2 ounce pineapple juice  
1/4 ounce pineapple syrup  
1/2 ounce lemon juice  
2 ounces club soda

### Directions

Fill a highball glass with ice. Add all the ingredients and stir to combine. Garnish with a pineapple wedge and leaf, if desired.

## JAMAICAN RUM PUNCH

Makes eight servings. Recipe from Allrecipes.

### Ingredients

2 1/2 cups pineapple juice  
2 1/2 cups orange juice  
1 cup 151-proof rum  
1/2 cup dark rum  
1/4 cup coconut-flavored rum  
1/4 cup fresh lime juice  
3 tablespoons grenadine syrup  
1 orange, sliced

1 lime, sliced  
1 lemon, sliced

### Directions

In a punch bowl, stir together the juices, rums and grenadine syrup. Float in the fruit slices. Chill the punch until ready to serve and ladle into ice-filled glasses.

## MALIBU PINEAPPLE BAY BREEZE

Recipe is from Malibu Rum.

### Ingredients

1 part pineapple rum  
1 part cranberry juice  
1 part pineapple juice

### Directions

Add ice to the glass or pitcher, then add the rum and juices. Stir to combine.

## PINEAPPLE MINT DAIQUIRI

Makes one drink. Recipe is from Ten to One Rum.

### Ingredients

2 ounces white rum  
1 ounce fresh lime juice  
3/4 ounce pineapple simple syrup  
6 mint leaves

### Directions

1. To make pineapple simple syrup, bring 1/2 cup sugar, 1/2 cup water and 2 cups of fresh, chopped pineapple to a boil. Remove from heat and cool to room temperature. Strain and gently press the pineapple to release the juice. Store in an airtight container.

2. Pour all the ingredients into a shaker and lightly muddle the mint. Fill with ice and shake vigorously. Fine strain the beverage into a coupe glass.



# Scotch 101

Scotch whisky is a malt or grain whisky, or a blend of both, made in Scotland. In Gaelic, it's called uisge-beatha na h-Alba, which roughly translates to water of life.



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Keep reading to learn more about Scotch.

## HISTORY

The earliest record of distillation in Scotland is in 1494, when the Exchequer Rolls of Scotland recorded eight bolls of malt given to Friar John Cor to make aquae vitae (also water of life) the previous year. That would be enough for about 1,500 bottles, suggesting that although this was the first mention, distillation of Scotch whisky was already commonplace.

Scotch was first taxed by parliament in 1644. Naturally, that led to a rise in illicit distilleries, especially from the Highlands. Highland authorities tended to turn a blind eye toward unlicensed distillers, as most of them were their tenants

and Scotch sold meant rents paid. In 1823, Parliament eased restrictions on licensed distilleries and, at the same time, cracked down on illegal stills. That year, 2,232,000 gallons of whisky had taxes paid; the next year, with new laws in effect, that doubled.

Toward the end of the nineteenth century, manufacturing was made easier by the invention and widespread use of the column still, which turned out more affordable, smoother whisky. Around the same time, there was a shortage of wine and brandy from France, leading to a surge in demand. The number of distilleries boomed all the way until they were adversely affected by World War I and the Great Depression.

## SCOTCH TODAY

Today, more than 100 whisky distilleries are operating in Scotland. Scotch comes in five categories: single malt, single grain, blended malt and blended grain. Single malt Scotch must be distilled at a single distillery as a batch process using pot still distillation and made from a mash of 100% malted barley. It cannot be blended elsewhere from other distilleries. It must have been distilled in Scotland and matured in oak casks for at least three years.

Single-grain Scotch is distilled at a single distillery in Scotland, but it may have whole grains of other malted or unmalted cereals. Single doesn't refer to the grain here; instead, it means that it came from only one distillery. Single-grain whisky can be distilled continuous-

ly in continuous stills or column stills.

Blended malt whisky used to be known as vatted malt or pure malt. It's one of the most common types of Scotch. It's a blend of single malts from two or more distilleries. It can contain no grain whisky and cannot have the word malt on the bottle. Blended grain whisky has at least two single grain Scotch whiskies from at least two distilleries, combined to create one batch of whisky.

Blended Scotch makes up about 90% of the whisky made today. These whiskies contain both malt and grain whisky, combined to make a consistent brand style. Some labels of blended whiskies include Ballantine's, Chivas Regal, Cutty Sark, Dewar's and Vat 69.

# Brew Up a Coffee Cocktail

Perk up your cocktail repertoire by adding coffee to your coupe glass. Here are some recipes to try next time you have company.

## PRAIRIE BUZZ

Makes one drink. Recipe is from Liquor.com.

### Ingredients

- 1 1/2 ounce whiskey
- 1/2 ounce vino chinato
- 1/4 ounce amaretto liqueur
- 1/2 ounce cold-brew coffee
- 1/2 ounce heavy cream
- 1 bar spoon of cinnamon syrup
- Freshly grated nutmeg, for garnish

### Directions

1. Combine the whiskey, vino chinato, amaretto, coffee, cream and syrup into a shaker and dry shake (without ice). Add the ice and shake until chilled.
2. Double strain into a rocks glass over a large ice cube. Sprinkle with nutmeg.

## COFFEE OLD FASHIONED

Makes one drink. Recipe is from Real Simple.

### Ingredients

- 1 sugar cube
- 4 dashes orange Angostura bitters
- 1 1/2 ounce bourbon
- 1/2 ounce dark rum
- 1/2 ounce Turkish coffee, chilled or room temperature
- Orange twist, for garnish

### Directions

1. Combine the sugar cube, a teaspoon of water and bitters in a cock-



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tail glass. Stir until the sugar is dissolved.

2. Fill a shaker with ice cubes, then add Bourbon, rum, Turkish coffee and sugar mixture. Stir gently to combine.

3. Serve in a rocks glass over a large ice cube and add an orange twist for garnish.

## TEQUILA ESPRESSO MARTINI

Makes one drink. Recipe is from Bar Flores, Los Angeles.

### Ingredients

- 1 ounce blanco tequila
- 1 ounce coffee liqueur
- 3/4 ounce coffee or cold-brew concentrate
- 1/4 ounce rich honey syrup
- 1/4 ounce Zucca Rabarbaro Amaro
- Lemon zest

### Directions

1. Make the honey syrup by adding a cup of honey and 1/2 cup of water to a small saucepan over medium heat. Stir until the honey is dissolved.

Allow to cool and transfer to an airtight container. Syrup will keep, refrigerated, for up to a month.

2. To make the cocktail, add all ingredients to a shaker with four ice cubes. Shake vigorously for about 20 seconds or until chilled. Double-strain through a fine mesh strainer into a chilled Nick and Nora glass.

3. Zest the lemon over the drink and serve.

## KEOKE COFFEE COCKTAIL

Makes one drink. Recipe is

from the Today Show.

### Ingredients

- 1/2 ounce brandy
- 1/2 ounce Kahlua
- 1/2 ounce creme de cacao
- 4 ounces hot coffee
- Whipped cream, for garnish

### Directions

In a warm mug or Irish coffee glass, add all the ingredients. Stir to combine, then top with whipped cream.



# All About the Daiquiri

Daiquiris are frozen or chilled cocktails that have the main ingredients of rum, citrus juice and sugar.

The word comes from the Taino language and was supposedly invented by an American mining engineer named Jennings Cox around the time of the Spanish-American War.

Originally, the drink was served over cracked ice in a tall glass. Sugar was poured over the ice, then a couple of limes were squeezed in. Rum topped it off, and it was stirred until well chilled. Later, it would be shaken. The recipe was similar to the grog British sailors drank aboard ship to ward off scurvy.

Today, the frozen daiquiri is more common than the early grog-like concoctions. These are more like alcoholic smoothies, featuring fruit juices and various alcohols. The blender revolution in daiquiris is credited to Constantino Ribalaigua Vert, The Cocktail King of Cuba and the bartender at the El Floridita in Miami.

Vert made one of Ernest Hemingway's favorite daiquiris, now often called the Papa Doble, because the rum portion is doubled.

## HEMINGWAY'S PAPA DOBLE

Makes one drink. Recipe is from ABC Fine Wine & Spirits.



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### Ingredients

1 1/2 ounce blonde rum  
1/4 ounce fresh lime juice  
1/2 ounce fresh grapefruit juice  
1 teaspoon maraschino liqueur  
1 teaspoon sugar  
Grapefruit wedge for garnish

### Directions

Pour all ingredients into a shaker

filled with ice. Shake well and strain into a chilled glass. Garnish with grapefruit.

### JFK'S DAIQUIRI

The daiquiri was a favorite drink of President John F. Kennedy. On the night he won the presidential election, he celebrated with this drink. It's

said to be Jackie Kennedy's personal recipe, which was taped to the wall of the White House kitchen.

Recipe from ABC Fine Wine & Spirits. Makes one drink.

### Ingredients

2 ounces white rum  
1 ounce fresh lime juice

2 ounces limeade  
2-3 drops Falernum  
Lime twist

### Directions

In a shaker with ice, add rum, lime juice, limeaid and Falernum. Shake 15 seconds or until the shaker is cold. Strain into a chilled glass and garnish with a lime twist.

# Mead: Not Just for Vikings Anymore

The ancient Greeks thought mead was nectar sent to humans from the gods.

After a sip or two, you might be inclined to agree. Mead, made from humble ingredients of honey, water and yeast, is possibly the oldest of alcoholic beverages. Chinese pottery dated to 7,000 BCE shows evidence of mead production, and the beverage was popular with the Mayans, Greeks, Egyptians, Romans and Vikings.

Mead is produced when honey is mixed with water and fermented. Sometimes, other ingredients, such as fruits, grains or hops are added. In England of yore, mead was mixed with herbs and spices and used as medicine. In fact, spiced herbal meads were called metheglin, derived from the Welsh word for medicine. The sweet honey brews would make the often-bitter medicinal mixtures more palatable, and metheglins were used to treat many conditions and also as a general health tonic.

Mead is sometimes called honey wine, but there are also actual wines that are distinct from mead and include the more typical ingredients of fermented grapes or other fruit. Hungary, for instance, produces a honey wine that's fermented honey-sweet pomace of grapes or fruits. So be careful asking for honey wine when you mean mead.



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The word mead itself comes from the Old English word meodu or medu. Cognates include the Middle Dutch mede and the Old High German metu, along with the Sanskrit madhu. Mead in all these cases means fermented

honey drink.

It's a diverse drink, coming in sweet, dry, still and sparkling varieties. Melomel is a mead that contains fruit or its juice, and cyser is an apple-based mead. Acerglyn is made with maple syrup and braggot

is a mead and beer combo that is brewed with hops or barley. Rhodomel is a mead tinged with roses. Tej is an Ethiopian mead flavored with the leaves and barks of the bitter gesho plant. Bilbemel is mead made with blueberries,

blueberry juice or blueberry blossom honey and pitarrilla is a Mayan drink made from a fermented mixture of wild honey, balche-tree bark and water. Sack mead is made with more honey and short mead is made with less.