



Guide to  
**Mixology**  
TRENDS

# Best Summer Drinks

Summer is as synonymous with cocktails as it is with baseball, barbecue and sunscreen. No matter how hot the weather, a whisky concoction on the rocks can make you forget about the humidity.

Daiquiris, mai tais and summer shandies also can go a long way toward relieving some of the sun's glare, whether you're at an outdoor wedding, a festival or just a casual summer party.

The key to finding a summer cocktail that really hits the spot is in finding out what kind of drinks you prefer. Follow our guide below to uncover the cocktail profile that fits you best.

## SWEET & SOUR

Both the daiquiri and the mai tai feature a perfect balance of sweet and tart that will leave you looking for a refill. Sangria is another popular option to beat the summer heat and features wine, sour mix and all sorts of fresh fruit — basically whatever is lying around your kitchen.

## A BIT OF THE BUBBLY

Many classic summer drinks contain champagne. This drink makes a bubbly addition to any mixed master-

piece, as do mixes containing ginger ale or lemon-lime soda. Mix up your own champagne cocktail and let the bubbles take away your longing for cooler weather.

## FRESH FRUITS AND HERBS

The perfect way to freshen up any mixed drink is by adding fruits or herbs. This can include tossing a few strawberries into your daiquiri or a couple of mint leaves into your bourbon mix. Try adding watermelon to a white spirit or cucumber to your gin and tonic. Think creatively when it comes to incorporating real foods into your drinks.

## SPICE THINGS UP

Cocktails don't always have to include hard liquor. Try adding hot sauce and clam juice to your light beer to make your own version of a Mex-style brew. A summer shandy is a lovely treat, combining your favorite dark lager with half a glass of lemonade.



# Classic Recipes



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Looking for a dynamite recipe for your cocktail party this summer? With so many variations possible, finding your favorite option may take a little trial and error.

Cocktails can be spiced up with pepper vodka or smoked whiskey. They also can be sweetened with bitter mixers and flavorful garnishes.

The key to finding a cocktail that works for you and your guests is starting with a basic recipe — a few provided below — and then letting your imagination take over. Enjoy!

## MAI TAI

The classic rum cocktail, the mai tai can take you away on your own personal island in the sun. Start by filling a shaker with ice cubes. Add 1 ounce of dark rum, 1 ounce of white rum, 1

ounce of fresh lime juice and two dashes of bitters. Shake it up and strain it into a glass filled with cracked ice. Garnish this with any of your favorite island delicacies, such as pineapple or coconut.

## DAIQUIRI

The daiquiri is the frozen treat of preference for many people. It's a simple drink with a dynamic flavor that will leave you feeling chilled and warm at the same time. Again, fill a cocktail shaker with ice. Add 2 ounces of white rum, 3/4 ounce fresh lime juice and 3/4 ounce simple syrup. Shake well and

strain into your favorite daiquiri glass.

## ORIGINAL MARTINI

The original martini is a mainstay. Fill a pint glass with ice. Add 3 ounces gin and 1 ounce dry vermouth. Stir well and strain into a chilled martini glass. Garnish with a lemon twist for a special touch.

## MARGARITA

The recipe for today's margarita varies from bar to bar, but to do it at home, start by filling a cocktail shaker with ice, adding 1 1/2 ounces tequila, 1 ounce triple sec and 3/4 ounce fresh lime

juice. Shake well and strain into a chilled glass — after, of course, you wet the rim of the glass and dip it into some salt.

## MOJITO

The mojito is as refreshing as it is delicious. In a cocktail shaker, muddle 8 mint leaves using a muddler or the back of a spoon. Add ice and 2 ounces of white rum, 3/4 ounce fresh lime juice and 1 ounce simple syrup. Shake well. Strain into an ice-filled glass before stirring in 1/2 ounce chilled club soda. Garnish with a mint sprig for that extra bite.

# Diabetes and Drink Planning



**D**uring the spring and summer party season, people with diabetes may wonder if enjoying a few cocktails is safe.

According to the American Diabetes Association, most people with diabetes can have a moderate amount of alcohol, as research has shown that there can be some health benefits, such as reducing the risk of heart disease.

Moderation is key for those with diabetes. Obviously your first step before taking a sip should be consulting with your physician to see if it is a good choice for you.

Here are some basic tips to keep in mind from the ADA:

**Practice caution when drinking.** If you have diabetes, be cognizant of when and how much you are drinking. Do not drink on an empty stomach or when your blood glucose is low. The food you eat gets digested and broken down into a sugar your body's cells can use. This is glucose, one of the simplest forms of sugar. If you choose to drink, have it with food.

**Do not count alcohol as a carbohydrate in your meal planning.** Do not omit food from your regular meal plan and replace it with alcohol. If you use carbohydrate counting as a method of meal planning, do not count alcohol as a carbohydrate. Carbs, which get digested quickly and easily turn into glucose, are the foods that affect the blood glucose levels the most.

**Keep it light.** Try a light beer or wine spritzer made with wine, ice cubes and club soda. Avoid heavy craft beers, which can have twice the alcohol and calories as a light beer.

**Take it slow.** Sip your drink slowly to savor it and make it last. Have a zero-calorie option by your side to keep yourself hydrated. Water is best for keeping your body running at an optimal level.

**Check your blood glucose.** Alcohol can cause hypoglycemia shortly after drinking and for up to 24 hours after drinking. If you plan to drink alcohol, check your blood glucose before you drink, while you drink and for up to 24 hours afterwards. You also should check your blood glucose before you go to bed to make sure it is at a safe level.

# A Crash Course

**T**he art of mixology — creating cocktails — can be simple or complicated, depending on how far you want to take the craft.

And just like any other discipline, bartending has its own vernacular that must be learned before taking your skills to the professional level.

Are you planning to take the next step? Maybe you just want more knowledge of the lingo for your next party. Before you shake one more drink, read the following definitions as spelled out by the National Bartenders Bartending School.

**Against the wall:** Pour 1/2 ounce Galliano on top of the drink.

**Bruise or bruised:** A straight-up martini that is shaken instead of stirred.

**Double:** A drink with double the amount of liquor (same amount of mixer).

**Flaming:** Setting the cocktail or liquor on fire to enhance the flavor and look of the drink.

**Layering:** To layer or float an ingredient (cream or liqueurs) on top of one another. This can be achieved by using the rounded or back part of a spoon resting against the inside of the glass.

**Long:** Served in a tall glass.

**Mex style:** Pour 1/2 ounce tequila on top of the drink.

**Muddling:** Crushing of fresh ingredients, such as fruit or mint, to extract the most flavor. You can use a muddler or the back of your spoon.

**Multiple:** Pour 1/2 ounce Frangelico on top of the drink.

**Neat:** Served in a rocks glass at room temperature without ice.

**Screaming:** Pour 1/2 ounce

vodka on top of the drink.

**Shaking:** Using a cocktail shaker to mix and chill the ingredients at the same time.

**Short:** A drink served in a rocks glass.

**Splash:** Top with 1/2 ounce mix.

**Stirring:** The use of a metal or glass rod in a mixing glass to stir your drink.

**Topless:** A margarita without

the salted rim.

**Twist:** The peel of a lemon is twisted over the drink, then dropped into it.

**With a little English:** Pour 1/2 ounce gin on top of drink.



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# Drink Garnishes

**W**ho says cocktails have to be standard or one-size-fits-all? The more unique you make your cocktails ingredients and presentation, the better.

Whether you're sipping a Long Island iced tea on your back deck alone or setting up an open bar cocktail party for 20 guests, don't be afraid to put your creativity to the test by adding a few special garnishes.

Remember that there are a few basic rules to preparing and incorporating garnishes into your drink, including not letting them overpower what's in the glass and using thick cuts of fruit instead of flimsy ones.

Here are a few more tips to make sure you pull off great garnishes:

## THE SIMPLE

When it comes to garnishes, simple is better. You're going for style points here, not so much for complements to the taste of your drink. For the best-looking garnishes, opt for fruits and vegetables instead of plastic additions, such as umbrellas or toothpicks.

Go for authentic rather than audacious, and you'll find yourself spending more time enjoying your drink than preparing your garnish. Try to match your garnish with the color of your drink. Making an orange sherbet vodka treat? Cut a thin slice of orange peel crosswise and twist. Serve it on the side of the glass for an orange overload.

## THE FANCY

What's better than a chilled mojito with a hint of peppermint? How about adding a sugar cane stick to really stir your drink? Fresh herb sprigs also make great, simple additions to your favorite mixed drink. Just be sure to use them sparingly. Too many may overpower your drink.

Consider buying oversized ice cube trays to make larger-than-life cubes, which also serve as great additions to your drink. You can add fresh herbs or berries in the trays for an extra touch of garnish that will provide a flavor burst to your drink.

## SPECIAL TOUCHES

Adding garnishes is fine and dandy, but don't forget to do it in style. Impress your guests with a collection of cocktail tools that will make you look like a legitimate bartender. Add a shaker and a hand juicer to your repertoire to add splashes of extra creativity to every drink.

Remember your jigger to make accurate measurements and a cutting board for cutting fruit and garnishes. To create a fun party atmosphere, create a drink station that lets your guests try out these tools themselves.

# Throwing a Mixer

**W**hat good is a cocktail party without the cocktail? The drinks you serve should be the focal point of any such gathering. The food, games and entertainment can wait.

Guests should be greeted with the cocktail of the night as soon as they arrive at your get-together.

Not only does a round of cocktails get the party started, it allows your guests to comfortably mingle within your group while you put together final preparations for the party. Before you even send out invitations, it's important to decide what type of cocktail party you'll be throwing to make sure your guests understand what to expect.

## Choosing your drinks.

Drinks are the most important aspect of your cocktail party. Now is the time to decide what kind of drinks you'll be serving. Your drink choices may depend on the season. Throwing a cocktail party in the dead of winter? Keep things interesting — and warm — with toasty apple pie-flavored cocktails. Margaritas make for the perfect addition to your sizzling summertime soiree, so plan accordingly to match the climate that will accompany your party.

**Don't forget to offer an appropriate amount of wine and beer at the party for your non-cocktail fans.** Sparkling water or virgin drinks also are considerate options to have at your party for those who will



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not be partaking in drinking.

**Serving your drinks.** Almost as important as the types of drinks you'll be serving is how you'll be serving them. Maybe you'll have an open bar in your

basement, giving guests plenty of options to choose from to create their perfect cocktails.

If you're looking for a scaled-down version, a signature cocktail bar can feature just

enough variety to make one or two of your favorite mixed drinks. This leaves your guests with less choice in the matter but helps keep the quality of the drinks at a high level. If

you plan to entertain a large group of people in an informal setting, consider serving pitcher-style drinks or serving from large punch bowls for more of a DIY format.

# Food Pairings

**T**here's a science to mixing wine with food, but should we put as much effort into making sure our summer shandy has a unique food partner?

The great thing about mixing fancy summer drinks with your favorite dishes is the adaptability you have. If you think your grilled romaine salad could use a little extra bite, mix it with a sweet apple spritzer to achieve a match made in mixology heaven.

Restaurants have started coupling their drinks with main courses. These food-cocktail pairings will leave you satisfied and prepared to take on the task of doing the same at home.

When you begin experimenting at home, remember there are no specific rules to concocting the perfect pairing. You will want to make sure your drink doesn't overpower your dish but works alongside it to create an enjoyable flavor profile.

The only thing that matters is the flavors working well together. Remember to share your recipes with your friends to inspire them to create their own cocktail-food combination.

Here are some interesting pairing ideas to make your dinner sing:

## CONTRASTING FLAVORS

What's more American than lighting up the barbecue for a few helpings of ribs, steaks or chops? You may think a smoked whiskey is the perfect pairing to a smoky dish, but why not think outside of the box?

Choose a spicy bloody Mary or mojito to cut the taste of the smoke, instead. This refreshing combination will unlock the flavors in both your plate and your glass, opening your palate to an incredible combination.

## DESSERT COMBINATIONS

If you choose to set off your meats with a spicy cocktail, you can save your whiskey for dessert. Your favorite rich-flavored brown will go well with a dark chocolate dessert — another unconventional drink option usually reserved for sweet cocktails. Ice cream also is the perfect partner to a whiskey drink. Watch as the two work together perfectly to create a sweet, cold symphony on your dining room table.

