



Summer Drinks



Celebrate Sobriety with Mocktails

Maybe you're watching your waistline or trying to fit in that new bikini. Maybe you've found that imbibing isn't good for your mental or physical health. Or maybe you've just made a personal choice to stay off the sauce this summer.

Good for you! Here are some mocktails so you can keep the party going without getting a buzz.

WATERMELON MINT MOCKTERITA

Recipe is from The Farmers' Almanac.

Ingredients

- 1 medium seedless watermelon, chilled
- 1/2 cup fresh lime juice
- 4 teaspoons agave nectar
- Sparkling water
- Mint

Directions

1. Cut the watermelon into chunks, then puree it in a blender. You should have about four cups. Add the lime juice and agave nectar.
2. Pour into four chilled margarita glasses

rimmed with sugar. Top each glass with sparkling water. Garnish with fresh mint.

STRAWBERRY AGUA DE FRESA

Recipe is from Allrecipes.

Ingredients

- 4 cups strawberries, chilled
- 1 cup sugar
- 8 cups cold water
- 1 lime, cut into eight wedges
- Fresh mint sprigs

Directions

1. In a medium bowl, mix strawberries, sugar and a cup of water. Cover with plastic wrap and chill for four hours.
2. Blend the chilled strawberry mixture on high until smooth. Pour through a mesh strainer over a large mixing bowl. Discard the strained pulp and seeds.

3. Add the remaining cold water and mix well. Chill for several hours or serve immediately over ice. Garnish with lime and mint.

THAI-STYLE PINA COLADA

Recipe is from McCormick Spices.

Ingredients

- 1 13.6-ounce can coconut milk
- 1 cup pineapple juice
- 1/2 cup sugar
- Splash of rum extract
- 4 cups ice cubes

Directions

1. Place coconut milk, pineapple juice, extract and sugar in a blender. Blend on high until smooth.
2. Add ice and blend until slushy.
3. Pour into chilled glasses and serve immediately.

GRAPEFRUIT ROSEMARY MOCKTAIL

Recipe is from Henry Ford Health.

Ingredients

- Juice and zest of one lemon
- 3 sprigs rosemary
- 1/2 cup grapefruit juice
- 1/2 cup water
- 1 cup club soda

Directions

1. In a cocktail shaker, muddle the lemon juice, zest and leaves from one sprig of rosemary for a minute. Add grapefruit juice and water.
2. Cover and shake until mixed well. Strain into two serving glasses. Add ice if desired. Top each glass with 1/2 cup of club soda. Garnish with a rosemary sprig.

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Gin and Bear It

Gin is a distilled liquor that gets its flavor from juniper berries. It was first made in the eleventh century as a medicine made by European monks.

It became popular in England after the introduction of a Dutch and Belgian medicinal liquor, jenever. Today, it's commonly mixed with tonic or as a base spirit for flavored liqueurs.

Gin is at home in a variety of cocktails, from the classic gin and tonic to the martini with dry vermouth. There's also the gimlet with gin and lime; the French 75 with gin, champagne, lemon juice and sugar; the gin fizz with lemon juice, simple syrup and soda water; a gin rickey with lime and soda water and more.

TOM COLLINS

Recipe from Tanqueray.

Ingredients

Gin
Lemon juice
Soda
Ice
Lemon

Directions

1. Add ice to a highball glass. Follow with 25 milliliters of gin and the same of lemon juice. Top with soda and garnish with a wedge of lemon.

DRY MARTINI

Recipe from Liquor.com.

Ingredients

2 1/2 ounces gin



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1/2 ounce dry vermouth
1 dash orange bitters
Lemon twist

Directions

1. Add the gin, dry vermouth and

orange bitters into a mixing glass with ice and stir until very cold.

2. Strain into a chilled cocktail glass.

3. Garnish with lemon twist and serve.

CUCUMBER LEMONADE

Recipe from Hendrick's Gin.

Ingredients

50 milliliters gin
20 milliliters lemon juice

20 milliliters simple syrup
Soda water
Lemon wheel
Cucumber slices

Directions

1. Combine all ingredients in a highball filled with cubed ice. Lightly stir and serve.

NEGRONI

Recipe from Taste of Home.

Ingredients

1 ounce Campari
1 ounce gin
1 ounce sweet vermouth
Orange peel for garnish

1. Combine the Campari, gin and sweet vermouth in a mixing glass with ice.

2. Stir the cocktail until it's well chilled. Strain into a rocks glass.

3. Garnish with a thin slice of orange peel and serve.

RAMOS GIN FIZZ

Recipe from The Spruce Eats.

Ingredients

1 1/2 ounce gin
2 ounces cream
1 1/4 ounce simple syrup
1/2 ounce lemon juice
1/2 ounce lime juice
1 small or medium egg white
2 dashes fleurs d'orange
One 2-ounce club soda

Directions

1. In a cocktail shaker, pour the gin, cream, simple syrup, citrus juices, egg white and fleurs d'orange. Dry shake without ice.

2. Fill the shaker with ice and shake again, making sure the egg and cream are well mixed and the drink is silky smooth.

3. Strain into a chilled highball glass and top with club soda.

Infusing Vodka with Flavor

On its own, vodka is a potent blank palette, just waiting for whatever flavors you want to give it.

Infusing your vodka gives you freedom to come up with your own creative flavors rather than relying on the good folks at your favorite liquor company. Here's how to do it and some flavor combinations to get you started.

START WITH VODKA

You don't want top-shelf here. You're adding in your own flavor, so you don't need the base liquor to be all that fancy. Just be mindful if you're gluten-free that your bottle wasn't distilled from grain.

PICK A VESSEL

Unless you're working with herbs or fruit slivers, the vodka bottle isn't going to work. Grab some wide-mouth mason jars next time you're at the supermarket for a pretty and easy solution.

START CONCOCTING

Now let your mind go wild. Citrus and other fruits are a great place to start (slice them first. Do not toss in a whole orange, even if it will fit through the mouth of jar, and call it a day). Chiles are great for heat (cut them, too). Try cinnamon (toast it, it releases the flavor) and other spices, but go for the whole, not ground versions. Ground herbs and spices can give the finished product a

dark color and gritty mouth feel.

Once you've got a winning flavor combination, cap it off — if you got the mason jars, they come with lids — and leave it out on the counter for 3-7 days. The alcohol should keep your flavor-carriers from spoiling. Shake the jar about once a day and taste it to see how it's coming along.

Once you've got it where you want it, strain out the solids and toss them. Pour the vodka into a clean jar and cap it. Vodka made with perishables should be kept in the fridge. If you used shelf-stable products, like dried fruits and spices, you can store it at room temperature. You can wash and reuse your infusing jar for your next batch.

LEMON THYME INFUSED VODKA

Recipe from Love to Know.

Ingredients

1 lemon, cut into wedges
3 sprigs fresh thyme
750 mL vodka

Directions

1. Combine all the ingredients into a large, clean jar. Close and place in a cool, dark place to infuse for three days, shaking each day.
2. Strain the infusion and store in the original vodka bottle or clean jar.



Get Fresh with Aguas Frescas

In Spanish, aguas frescas translates to cool water or fresh water, and these light, refreshing infused drinks are perfect on a hot day.

Aguas frescas are made with fruits, cereals, flowers or seeds blended with sugar and water. Horchata is a great example. Aguas frescas are popular in Mexico, Central America and in parts of the United States. They're often sold by street vendors, but with a little know-how, you can whip them up right in your kitchen.

AGUA FRESCA DE PEPINO

Recipe from Allrecipes.

Ingredients

- 5 cups water
- 3 medium cucumbers, peeled and chopped
- 1/2 cup lime juice
- 1/4 cup sugar

Directions

1. Blend two cups of water, cucumbers, lime juice and 2 tablespoons of sugar in a blender until smooth.
2. Pour into a pitcher. Add the remaining water and ice. Serve.

HORCHATA

Recipe is from Food Network.

Ingredients

- 1 cup long-grained white rice, rinsed
- 1 cinnamon stick, broken into pieces
- 1/2 cup sugar, or to taste
- 1 tablespoon ground cinnamon

Directions

1. Combine the rice and cinnamon stick with 4 cups of water in a blender. Pulse until coarsely ground.
2. Transfer to a large bowl and add another 4 cups of water. Soak at room temperature for three hours.
3. Puree the rice mixture in a blender in

batches until smooth. Strain through cheesecloth or a fine sieve into a pitcher. Mix in the sugar and chill.

4. Stir the horchata well before serving. Pour into ice-filled glasses and garnish with cinnamon sticks or a dusting of ground cinnamon.

PINEAPPLE AGUA FRESCA

Recipe from downshiftology.

Ingredients

- 4 cups chopped pineapple
- 3 cups water
- 1 tablespoons sugar
- 1 lime, juiced

Directions

1. Add the fruit, water, lime juice and sugar to a blender. Puree until completely smooth.
2. Strain through a fine mesh sieve into a large pitcher. Add more sugar, if desired.
3. Serve immediately over ice or place in the refrigerator to chill. Stir before serving.

HIBISCUS AGUA FRESCA

Recipe from Bon Appetit.

Ingredients

- 1 2.5-inch piece fresh ginger
- 1 1/3 cup hibiscus flowers
- 3/4 cup plus 2 tablespoons sugar

Directions

1. Peel and thinly slice the ginger. Combine with flowers and 3 cups of boiling water in a medium pot. Steep at room temperature for 30 minutes.
2. Strain into a large pitcher, discarding solids. Add the sugar and stir until dissolved.
3. Add 8 cups cold water. Serve over ice.



Tea It Up

Tea — made from pouring hot water over leaves from the *Camellia sinensis* or *Camellia taliensis* plants — is the most widely consumed drink in the world after water.

Depending on the type of tea and the cure on the leaf, tea can have different flavors. Tea can also refer to herbal preparations steeped in hot water.

Both kinds of tea can be served hot or cold. Most teas, unless specifically labeled, contain caffeine.

How you enjoy tea often largely depends on where you're from. In most parts of the world, tea is consumed hot.

In the United States, however, tea is usually consumed over ice and, if you're in the South, loaded with sugar. Either hot or cold, tea is a great refreshing drink on the dog days of summer.

CARDAMOM ROSEWATER ICED TEA

Recipe from Food & Wine.

Ingredients

- 1/2 cup green cardamom pods, about 2 ounces
- 12 black tea bags
- 1/2 cup honey
- Ice
- 3/4 cup heavy cream
- 8 drops of rosewater



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Directions

1. In a small skillet, toast the cardamom pods over moderate heat, stirring, until fragrant and deep golden, about five minutes. Transfer to a heatproof bowl. Add the tea bags and eight cups of hot water and steep for 15 minutes. Strain the tea into a bowl and stir in the honey. Cover and refrigerate until cold. This mixture can be refrigerated for three days.

2. Pour the tea into eight ice-filled glasses. Top each with 1 1/2 tablespoons heavy cream and a drop of rosewater.

LONG ISLAND ICED TEA

While its tongue-in-cheek name implies it's a tea-based drink, one of the most popular "iced tea" cocktails doesn't use tea at all.

The Long Island Iced Tea has a

sweet, easily drinkable flavor that packs a punch.

Here's a recipe from Liquor.com.

Ingredients

- 3/4 ounces vodka
- 3/4 ounces white rum
- 3/4 ounces silver tequila
- 3/4 ounces gin
- 3/4 ounces triple sec
- 3/4 ounces simple syrup
- 3/4 ounces lemon juice
- Cola, to top
- Lemon wedge, for a garnish

Directions

1. Add the liquors to a Collins glass filled with ice. Top with cola and stir briefly.
2. Garnish with a lemon wedge and serve with a straw.

SPICED CHAI MOCKTAIL

Recipe from Stash Tea.

Ingredients

- 2 spiced chai tea bags
- 1 ginger chai tea bag
- 3 cups hot water
- 4-5 medium oranges, or 1 cup of orange juice
- 1/4 cup sugar, or to taste
- 1 cup cold water

Directions

1. Add three cups of water to a pot and heat until very hot, but not boiling. Add the three tea bags and steep for 10 minutes.
2. Add sugar and stir until dissolved. Remove the tea bags and cool in the fridge for 20 minutes.
3. Juice the oranges. Pour the juice into the tea and stir.
4. Serve over ice.

Summer Brews

Summer time is about long days, hot sun and big fun, and nothing is more refreshing after a long, hot day than a tall, cold brew.

Summer beers tend to be crisp and refreshing and, unlike winter beers, have a lower alcohol load. That's because when you're hot and thirsty, you want to keep drinking, not fall over drunk.

"Sessionability is key to any summer beers that draw my interest," Karissa Norrington, brewing manager at Sierra Nevada Brewing Co. told [Liquor.com](https://www.liquor.com). "You'll want to quickly grab a second or third to keep quenching your thirst in the summer heat."

Sierra Nevada's Summer Break IPA has hoppy notes of mango and passion fruit, the company says, with 4.6% alcohol by volume. Lagunitas Brewing also has a summer IPA, this one called DayTime. It's got just 4% ABV and 98 calories, and also carries aroma of mango and papaya.

Not into IPAs? Look at Harpoon Brewery's Rec League, with just 3.8% ABV and a little haze. It's packed with buckwheat, chia seeds and sea salt. It also comes in a 15-pack so you don't have to go thirsty.

New Belgium brings the fruit with a Mural Agua Fresca Cerveza. It's got watermelon,



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lime, hibiscus and agave, all classic agua fresca flavors, and just 4% ABV, so you can keep coming back for more. Staying on the produce aisle, Springdale Beer Co. has a Lavendale Tart Ale with lavender and lemon that brings a refreshing tartness to a hot

day. It's got 4.5% ABV, so it also packs a little punch.

Nothing cools you off like ice cream, and Westbrook Orange Creamsicle Shake is straight off the ice cream truck. It's made with milk sugar to create a creamy texture, along with notes of vanilla and orange for

a cool, refreshing treat.

Still hankering for something a little heavy? Look for Firestone Mocha Merlin Stout, infused with chocolate and coffee. It's 5.5% ABV, but still manages to be light enough for a summer campfire. Serve it up with s'mores for the ulti-

mate treat.

Lone Pine's Summer Stout is another surprise dark ale that's great for hot days. It comes with 4.5% ABV and notes of roasted coffee. Try this or another low-ABV stout to stand up to chargrilled meats fresh off the barbecue.



Add Some Sparkle to Summer

Hard seltzers have flooded the market in recent years, with many beer labels jumping on the bandwagon with their own fruity, fizzy drinks.

These refreshing drinks are made for summer. They go down crisp and easy and come in flavors perfectly suited to long days at the beach or on the lake.

Here are a few cans to crack open this summer.

NUTRL is a hard seltzer from California made with vodka and fruit juice with no added sugar. It's got 4.5% ABV, so it's drinkable all day long. Look for variety packs with summer-friendly flavors like raspberry,

pineapple and watermelon. They've also got a cranberry pack if you get down like that.

If you're looking for an upscale summer sip, turn to Wisconsin's Press hard seltzer. With just 4% ABV, you won't wake up with a headache and it comes with palette-pleasing flavors like blackberry hibiscus, grapefruit cardamom, lime lemongrass and pomegranate ginger.

Topo Chico, a favorite in the sparkling water market, has its own hard

seltzer now. With 4.7% ABV, it comes in a sweet variety pack with lemon lime, strawberry guava, pineapple and mango flavors.

Mighty Swell's line of hard seltzers are 5% ABV, 100 calories and only 3 grams of carbs per can. They come in flavors like watermelon mint, cherry lime, peach, pineapple, blood orange, mango raspberry and grapefruit.

Sup!'s line of hard seltzers claims to be the market's first USDA-certified organic hard seltzer. It's got zero sugar and comes in at 95 calories and 5% ABV. Flavors include cucumber, lemon, peach and black cherry.

If you're looking for seltzers but prefer tequila over vodka, look for ranch

waters, this season's hot new drink. Ranch water seems to come from west Texas, where it's traditionally blanco tequila, lime and carbonated or mineral water.

Dos Equis has its own line of ranch water, so does Lone River. Be careful, though, some of these ranch water brands don't use tequila but cane sugar or agave alcohols. If you're looking for authenticity, you've got to look for tequila.

For tequila but flavors beyond lime, look for Onda Tequila Seltzer. It comes in at a mere 100 calories and 5% ABV. Flavors include mango, passion fruit, pineapple, strawberry, grapefruit, lime, blood orange and watermelon.