

Mocktail Bar Ingredients

Fresh Fruit

for zests, pulps & fresh juices only

- ◆ Limes
- ◆ Lemons
- ◆ Oranges
- ◆ Pineapple (chunks or rings)
- ◆ Bananas
- ◆ Apples
- ◆ Strawberries
- ◆ Watermelon (chunks)

Juices & Mixers

For flavour & building out drinks

- ◆ Apple Juice
- ◆ Orange Juice
- ◆ Pineapple Juice
- ◆ Pomegranate Juice
- ◆ Soda Water
- ◆ Coke
- ◆ Lemonade
- ◆ Ginger Beer
- ◆ Ginger Ale

Herbs & Vegetables

For blending, garnishing or building out drinks

- ◆ Carrots
- ◆ Celery
- ◆ Fresh Mint
- ◆ Cucumber
- ◆ Fresh Ginger
- ◆ Fresh Rosemary

Syrups, Powders, Flavours & Concentrates

For adding a little extra

- ◆ Sugar Syrup (2:1 sugar in water)
- ◆ Tea (bags or loose leaf)
- ◆ Coffee (ground or beans)
- ◆ Cayenne pepper
- ◆ Chipotle Chilli Syrup
- ◆ Black Forest Syrup
- ◆ Chocolate powder
- ◆ Blackcurrant cordial
- ◆ Lime cordial
- ◆ Tea (made up, cold)
- ◆ Coffee (made up, cold)
- ◆ Cinnamon (sticks & powder)
- ◆ Sugar and/or sugar cubes
- ◆ Sherbet (3:1 icing sugar & citric acid)

Ice

Cool it all down, fast with a shaker or slow in a glass

- ◆ Crushed Ice (for glasses)
- ◆ Ice Cubes (for shakers or rocks)

Mocktail Bar – Basic Guidance

Guiding principles

For a non-alcoholic cocktail, the trick is to make it fun, use great garnishes, make it balanced and not too sweet, and always use the freshest ingredients. As long as you're having fun, that's the key.

Simple, basic template

You don't want tons of sugar. This simple template will give you a good beginning balance:

- ◆ Mix 1 ounce lime or lemon juice
- ◆ 3/4 ounce fresh simple syrup
- ◆ Pour it into Collins glass (maybe shake and strain it first)
- ◆ Top with club soda for effervescence.

Seasonal twists

*For non-alcoholic cocktails, go wild & be totally creative.
For example, to the basic template you could add:*

- ◆ Muddled strawberries (muddle in the bottom of the glass)
- ◆ Pineapple juice (add 2oz of pineapple juice and garnish with mint)
- ◆ Watermelon and mint. Dust with cayenne pepper to garnish.
- ◆ Cucumber and mint. These garnishes are always refreshing.

Bitters

*Bitters are great for flavor and digestion. However, most bitters have a small amount of alcohol in them.
You won't get drunk, but make sure you or your guests are okay with this before using bitters.*

*Citrus peel can also brighten a drink and make it sophisticated. Use a citrus peeler to peel the skin off a lemon, orange, or grapefruit.
With the pith facing up, squeeze the peel over the glass to spray the citrus oils on top of the drink.*

Tools

- ◆ Jigger
- ◆ Shake
- ◆ Strainer
- ◆ Cocktail glasses

Advice

Don't shake fizzy ingredients!

*Does it only have clear ingredients? Stir it.
Does it have cloudy or opaque ingredients? Shake it.*

Remember balance: Use equal parts of sweet and sour components.

Don't forget small touches. A drop of bitters, a sprinkle of herbs or spices or a twist of lemon or lime rubbed around the edge of the glass and then dropped into the drink can make a world of difference.

Fruit Flavour Blends

APPLE GOES WITH...

Caramel, cardamom, chestnut, cinnamon, citrus, cranberry, currant, ginger, hazelnut, mango, maple, rosemary, walnut

BANANA GOES WITH...

Caramel, cherry, chocolate, cinnamon, coffee, ginger, hazelnut, honey, mango, molasses, papaya

LEMON GOES WITH...

Apricot, berries, black pepper, cardamom, cherry, citrus, ginger, nectarine, peach, plum, tropical fruit

LIME GOES WITH...

Apple, berries, cherry, ginger, papaya, plum, strawberry, tropical fruit

ORANGE GOES WITH...

Almonds, basil, berries, cherry, chocolate, coriander, cinnamon, coffee, cranberry, fig, ginger, grape, hazelnut, mint, nutmeg, persimmon, pineapple, vanilla

PINEAPPLE GOES WITH...

Basil, caramel, coriander, coconut, macadamia, rosemary, tropical fruit

POMEGRANATE GOES WITH...

Apple, citrus, cucumber, mint, tropical fruit

For The *Kick*

Flavours like ginger, chilli or a strong brewed or smokey tea can be used to replicate booze's kick

Ratios

For a short drink, consider trying ratios like:

- ◆ 2 parts strong, 1 part sour, 1 part sweet
- ◆ 3 parts strong, 2 parts sour, 1 part sweet
- ◆ 4 parts strong, 2 parts sour, 1 part sweet

*Top up with a mixer to make a long drink
Start or Finish with some aromatics (eg. bitters or juice on the glass rim)*

Mocktail Bar – Advanced Techniques

Layered Mocktails

*When layering, it's all about the sugar content of each component. Check the ingredients.
Drinks with a high sugar content are going to be heavier than low-sugar drinks.
Again, the bigger the difference, the better the layers will be.*

*Balance a spoon face down inside the top of the glass, above the level of liquid.
Gently pour the next liquid over the back of the spoon.*

Froths & Foams

Simple Froth: Using a bit of egg-white and a milk frother can froth produce a basic froth, which you can then add.

*Dry Shake: Alternatively, you can add some egg-white to the mix and shake without ice, then add ice and shake again.
(Always strain cocktails frothed this way, to avoid unshaken egg-whites getting through)*

*Reverse Dry Shake: Harder to get right, but may sometimes give better results than the normal Dry Shake
Shake with ice, then remove ice and shake again with egg-white. (again, always strain it!)*

The Plan

*Split the group into three or four.
One member of each group makes a cocktail at the time, to share around.
You can ask for help, and you can give advice.
Or you can take the coward's way out and make something from a book.
(we'll only judge you a little)*

Explore. Experiment. Try new things. Enjoy & Learn.