

Mocktail Magic!

(AKA Non-Alcoholic Cocktails)

So.....What's a Mocktail?

Mocktails are a new trendy version of non-alcoholic cocktails. These “tails” combine a variety of different juices, fruit purees, fresh mixes, cream/milk, syrups, sodas, waters and garnishes to create a unique and refreshing non-alcoholic drink.

Are Mocktails Something New?

The simple answer to that is nope! Just like the old adage says, everything old becomes new again; this too applies to “tails”. Also known as non-alcoholic cocktails, punches, and sippers, mocktails have been around since the time of Roy Rogers and Shirley Temple! “Tails” have just come back on the scene with fresh new ingredients, healthy alternatives and unique combinations of flavors.

Classics from the Past!

The Shirley Temple

Fill Glass 1/2 Full of Ice
Pour 7-Up/Sprite Over Ice
Add Splash of Grenadine
Top with Maraschino Cherry
Enjoy!

The Roy Rogers

Fill Glass 1/2 Full of Ice
Pour Coke/Pepsi Over Ice
Add Splash of Grenadine
Top with Maraschino Cherry
Enjoy!

When Should I use Mocktails?

Anytime and anywhere! Add them to your weekly dinner menu, enjoy them when you and the ladies have lunch, pull out the recipes for a special occasion, or go home and have a unique and refreshing “tail” in the afternoon. Spice up your diet and be creative in not only what you eat, but also in what you choose to drink. It's so easy to get stuck in a rut, especially with what you drink, so why not try something different!

The Basic Tools of the Trade

While these are suggestions, please remember that you don't have to go out and buy all of these items to make a great mocktail. Use what you have, repurpose a different item for what you need it to be, and remember that the most important part is to be creative!

Cocktail Shaker (Martini Shaker)

Standard Shaker – Normally comes with a removable top, has a built in strainer, and is made of stainless steel or aluminum to keep the drink as cold as possible.

Boston Shaker – Normally used by bartenders, this shaker consists of two pieces (a mixing glass and a steel shaker bottom). For beginners, I would suggest using the standard shaker for ease and comfort.

Measuring Spoons, Measuring Cups, Jigger or Shot Glass

Each of these items is used to measure the different types of ingredients you will need for your mocktails. It doesn't matter which you have or use as long as you have something to assist you in measuring. As you become pros, the need for these measuring tools will decrease greatly.

Measuring Spoons & Cups – Yep, you can use the same ones that you bake and cook with. As long as they measure liquids, they will work great.

Jigger – A double sided measuring tool that normally has a measuring size of 1 oz. on one side and 1.5oz./2 oz. on the other. This is normally made of stainless steel.

Shot Glass – A small glass that is normally used to drink a shot of a liquid, but can be the perfect measuring device. Normally, shot glasses hold 2 oz. of liquid.

Mixing Glass

Most often used with a Boston Shaker, a mixing glass is used to combine and mix all drink ingredients. This glass is not served to the guest, but is instead used to prepare the mocktail. Most often, these

glasses have straight or slightly angled sides. For large portions of mocktails, pitchers may also be used as a mixing container.

Ice Scoop or Ice Tongs

Always use an ice scoop or tongs to place ice into mocktails for health and sanitation reason. Ice scoops are a great way to measure a good amount of ice to place in the drink for shaking in a cocktail shaker.

Bar Spoon or Stirring Rod

A bar spoon or stirring rod are long handled tools that allow you to reach to the bottom of the mocktail glass to mix all of the ingredients together. Before going out and buying something, always check your cabinets to see what you might have at home to use instead.

Bar Measurements Chart

AMOUNT	EQUIVALENT	EQUIVALENT
1 dash	1/16 teaspoon	
2 dashes	1/8 teaspoon	
4 dashes	1/4 teaspoon	
1 teaspoon	1/6 ounce	1/3 tablespoon
1/2 tablespoon	1/4 ounce	1 1/2 teaspoons
1 tablespoon	1/2 ounce	3 teaspoons
1/4 cup	2 ounces	4 tablespoons
3/8 cup	3 ounces	6 tablespoons
1/2 cup	4 ounces	8 tablespoons
3/4 cup	6 ounces	12 tablespoons
1 cup	8 ounces	16 tablespoons
Pint	2 cups	16 ounces
Quart	2 pints	32 ounces
Gallon	4 quarts	128 ounces
1 grapefruit (med)	1 cup juice	
1 orange (medium)	3 tablespoons juice	
1 lemon (medium)	2 tablespoons juice	
1 lime (medium)	4 teaspoons juice	

Information for Chart Provided by Johnson & Wales University Bartending Guide

Basic Mocktail Techniques

Shaken or Stirred?

Shaken –

- Shake drinks that normally contain sugar, cream, or fresh sour mix
- Remember if you are shaking a drink the ice normally dilutes the beverage along with chilling it quickly
- It is customary not to shake beverages that contain a carbonated component, or if there is a carbonated component, add it to the ingredients after being shaken
- If shaking, always make sure to put in about a 1/2 of shaker of ice or a large scoop full
- Only use ice cubes not crushed or pellet ice because it will water down the drink too much
- When shaking, always remember to hold the shaker with two hands securing the top of the shaker
- Make sure to vigorously shake the shaker for 7-10 shakes
- Never shake more than two drink at a time in a large shaker if you are making an 8 oz. drinks

Stirred –

- Make sure to use a mixing container that will allow you to stir the “tail” completely
- Add plenty of ice to chill the mocktail
- If stirring, remember to only stir for approximately 20 seconds or you may dilute the drink with melting ice

Chilled or Frosted Glasses?

To help assist in keeping mocktails cold, you may choose to chill or frost your glasses. Here are some suggested ways to get this done!

Chilled –

- Place glasses in refrigerator for 30 minutes
- Place glasses in freezer for 10 minutes

- Place crushed ice in a glass for 5 minutes. Remove ice, wipe glass and start to then create your drink
- Place ice cubes and water in a glass for 3-4 minutes. Allow glass to chill. After the time has been completed, dump contents of glass, wipe glass and then start to create your drink

Frosted –

- Dip glass in cold water, shake off excess water and put in the freezer for at least 1 hour
- Remember if you are frosting a glass, always touch the frosted glass by the bottom, stem, or as minimal as possible when serving.

The Basic Mocktail Set-Up

When creating a mocktail, always remember these basic items.

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|-------------|---|
| ~The Recipe | ~Ingredients (Place in the order you will use them) |
| ~Glassware | ~Ice (Cubed ice not pebble ice to decrease melting) |
| ~Garnish | ~Tools of the Trade |
| ~Napkins | ~Straws or Swizzle Sticks |

Simple Syrup Recipe

1 cup sugar

1 cup water

Place both ingredients into a saucepan and boil until sugar has dissolved. Cool and then place in a jar in the fridge. Add to mocktails that might need a touch of sweetness. (Yield: 1.5 cups)

Homemade Sweet & Sour Mix Recipe – AKA – The 1 Cup Recipe

1 cup of fresh squeezed lemon juice

1 cup of fresh squeezed lime juice

1 cup of sugar

1 cup of water

Place all ingredients into a saucepan and heat on medium heat until all of the sugar has dissolved. Remove from heat and allow mixture to come to room temperature. Place sweet and sour mix in jar and place in fridge until ready to use. (Yield: 4 cups)