

## Dry Non Alcoholic Cocktails Cordials And Clever Concoctions

Includes 800 new recipes.

Divine cocktails and delicious mixed drinks#hangover not included! Festive, sophisticated cocktails for everyone? Yes, please! With alcohol-free options so refreshing to drink, simple to make, and for any season or occasion, going dry has never been easier: Celebrate Dry January in style with an Espresso Mint MartiniSpoil yourself at breakfast with a Blood Orange SunriseToast the mother-to-be with a bubbly Paloma FizzKeep your summer picnic kid-friendly with a refreshing Raspberry and Lavender ShrubThank the oft-forgotten designated driver with an eye-opening Chile and Lime Margarita Plus, for the new mocktail mixologist, Dry comes complete with a guide to essential equipment, easy-to-find ingredients, simple syrup recipes, and more. Cheers!

Fiona Beckett is the author of more than 10 books including Fiona Beckett's Cheese Course and Food, Wine & Friends (Cico) and How to Match Food and Wine (Mitchell Beazley). She is the wine writer for the Guardian and her Matching Food and Wine website has followers around the world, with 230k unique users a month, 17k registered subscribers and a social media reach of over 130k across all channels. Fiona outlines the rise of teetotalism and the health benefits of including alcohol-free days as part of a healthy lifestyle. This beautiful and inspiring book includes tips and recipes for flavoring waters, creating rhubarb bellinis and marmalade bucks fizz, as well as delicious cardamom syrups, roibos tea punch and root beer floats. Whether you wish to create a watermelon cooler or an alcohol-free fruit punch to get a party started or simply wish to make a pair of herb-flavored spritzes for a Friday night in, this book proves that 'no-lo' drinks are every bit as interesting as alcohol. Learn how to create flavorful, delicious drinks so that anyone can join in a party or celebration. Sections include water, drinks made with nonalcoholic wine, drinking vinegars and shrubs, syrups and cordials, alcohol-free and low-alcohol cocktails, wines, beers and spirits.

A playful and delicious cookbook from the host of ABC's Food for Thought with Claire Thomas and creator of the much loved food blog The Kitchoy Kitchen. Every cook needs an arsenal of staples, whether for the perfect dinner party entrée to wow a crowd, or throw-it-together lunches for lazy afternoons.But we all know that the real fun comes in making basic recipes your own. The Kitchoy Kitchen is tastemaker Claire Thomas's solution for amping up your everyday culinary routine, introducing her approach to her own kitchen: loose, personal, unussy, and most of all, fun. With new takes on classic favorites—think adding farmer's market peaches to upgrade a BLT, spicing up tempura cauliflower with a zesty harissa sauce, or transforming basic red velvet cupcakes—this cookbook is filled with fresh, produce-driven recipes for every skill set and occasion. It's your best friend and personal chef, all rolled into one. Gorgeously illustrated and peppered with stylish entertaining tips and quirky essays that will inspire you to take the recipes you love and make them new, The Kitchoy Kitchen will make your life in the kitchen a little easier, a little more fabulous, and positively delicious.

Home-grown and foraged low-sugar recipes from the Midnight Apothecary Diffordsguide Cocktails

Innovative Flavor Combinations, Plus Homemade Versions of Kahlúa, Cointreau, and Other Popular Liqueurs

How To Break Up With Alcohol

Non-Alcoholic Cocktails, Cordials and Clever Concoctions

The Kitchoy Kitchen

Herbs are quite literally everywhere: it is only our ability to recognise their value that has been lost. Vicky and Kim explore the traditional uses of herbs combined with a modern and scientific understanding of a truly holistic approach so that you can use herbs to treat ailments and improve your general wellbeing. The book contains fascinating information about how each herb can be used for. Did you know that daisies infused in oil can be used to reduce bruises? That roses can help grieving and anxiety? Or that elderflower cordial can bring down a temperature? There is also an introduction to each of the body's systems (nervous, respiratory etc.) and which herbs are best for treatments. And of course, the book is peppered with tinctures, creams, lotions and syrups to create your own little herbal health kit. Vicky and Kim also encourage people to reconnect with their local environment in addition to growing herbs in their gardens or windowsills. An all-encompassing guide for the beginner, The Handmade Apothecary is filled with guidance, useful tips and tried-and-tested recipes that will inspire and rebuke.

A tribute to the spirits and drinking traditions of the South through a leading barwoman's glass, with 80 recipes and photos. IACP AWARD WINNER Craft cocktail maven Alba Huerta succinctly tells the story of drinking in the South through themes such as "Trading with the Enemy," "the Rural South," "the Drinking Society," "the Saltwater South," and others that anchor bar. Julep. With historical overviews, 15 bar snack recipes, and 65 bespoke cocktail recipes, ranging from the iconic Mint Julep (and variations such as Rye Julep and Sparkling Julep) to modern inventions like the Snakebit Sprout, Liquid Currency, and Hot July. Huerta recounts the tales and traditions that define drinking culture in the American South today. Approximate location photographs convey the romance and style that distinguish Julep and serve to inspire beverage enthusiasts to relive Southern history via the bar cart.

Designated driver? Going back to work after lunch? Having a party with lots of teens and tweens or people who just don't want alcohol? When a cocktail isn't the right choice, it's time to enjoy a mocktail: delectable, refreshing soda- and juice-based blends that forgo the alcohol but keep the flavor. And there's more than a standard-issue Virgin Mary or a Shirley Temple. Thompson, a top bartender, understands that you can't just forget the tequila in the margarita or the rum in the daiquiri: the flavor won't be right that way. Instead, he's whipped up a host of gourmet sensations, some meant for a sophisticated palate, others designed to please a thirsty child.

This visually-driven cookbook features fabulous mocktails to satisfy any taste, occasion, or season. The 80+ drinks are based on fruits, herbs, spices, syrups—fresh ingredients and bright flavors like ginger, citrus, turmeric, berries, hibiscus, persimmon, coconut, mint, and matcha—and span refreshing options like coolers, spritzes, and juices to warming punches, toddies, and more. Includes a section on how to craft mocktails, with tips on choosing ingredients, blocks of crafting a perfect drink, from the essential tools—including the shakers and strainers found in any home bar—and unique and customizable made-from-scratch simple syrups, shrubs, purees, sugars, and salts. A visual guide to mocktail necessities distills the key components to choose from to build a stellar drink: the base; some sweetness; fruits & vegetables; dried spices & flowers; teas & coffee; garnishes; and ice. Beautiful color photography showcases the ingredients and elements of each drink, along with the luscious finished concoction.

Redemption Bar

Southern Cocktails Refashioned [A Recipe Book]

The Little Book of Mocktails

Healing herbal recipes

A Wine Expert's Guide to the Best Booze-Free Drinks

Food & Beverage Service

Speakeasy

Add your favorite flavors and sweeteners to vodka, brandy, whiskey, and rum to make delicious homemade liqueurs. Andrew Schloss shows you simple techniques for making liqueurs using standard kitchen equipment, providing hundreds of recipes for blending your own flavored spirits with cinnamon, chocolate, honey, peaches, or anything else that might suit your fancy. Learn how easy it is to make your own versions of Baileys, Triple Sec, and Kahlúa, or try your hand at creating new and unique flavor combinations. Cheers! Ever decided to go booze-free only to find the alternatives a little, well . . . boring? If you're embarking on a dry spell, this book is just the tonic (so to speak). Drinks expert Helen McGinn shows you how to make the most of your time off the sauce with plenty of recipes for simple homemade mocktails, infusions and cordials, along with a guide to non-alcoholic wines, beers and spirits worth adding to your drinks cupboard. Think of this book as a friend, with a (dry) sense of humour, to keep you company in style through your booze-free spell.

Seedlip is the world's first distilled non-alcoholic spirit, solving the ever-growing dilemma of "what to drink when you're not drinking it". It is based on the distilled non-alcoholic remedies from The Art of Distillation written in 1651, and now repurposed to pioneer a new category of drinks. Seedlip is a grown-up non-alcoholic alternative to spirited drinks that balances crisp, delicious flavors and healthy, natural ingredients. This recipe book offers an exclusive collection of Seedlip's finesse cocktails as well as insight into their ethos, technique, and ingredients. Highly illustrated, with recipes from the world's best bartenders and newly commissioned images from leading drinks photographer, Rob Lawson, here are the secrets of the Seedlip way.

"A drinks cookbook from the mixologist owners of Employees Only, a speakeasy-themed bar/restaurant in New York, with 90 recipes for modern cocktails inspired by classic drinks"--Provided by publisher.

Alcohol-free cocktails with benefits

More Than 50 Recipes For Delicious Non-Alcoholic Cocktails, Punches, and More

Alcohol-Free Recipes for When You're Not Drinking for Whatever Reason

The Complete Bartender's Guide

Low (And No) Alcohol Magic

Julep

Mindful Drinking

**Bartender's Guide to Mocktails offers delectable and refreshing soda- and juice-based recipes for those that want to forgo the alcohol but keep the flavor.**

**Enjoy cocktails at any time of day with this collection of fresh, creative low- and no-alcohol recipes. Celebrating seasonal ingredients, and with a focus on sustainability, All Day Cocktails showcases nearly fifty varieties of citrus, berries, tropical fruits, stone fruits, pome fruits, vegetables, herbs and nuts. Each variety features a versatile prep recipe that can extend into your cocktails and beyond, meaning All Day Cocktails is much more than your average cocktail book. All Day Cocktails brings you ninety cocktail recipes + fifty prep recipes, including: bitters, caramels, cordials, coffee, granitas, honeys, jams, jellies, juices, kefirs, liqueurs, sherbets, shrubs, syrups, tisanes and vinegars.**

So why are you favoring cocktails with the plant-based mocktail alternative? Developed by two registered dietitians, the non-alcoholic drink recipes in Mocktail Party feature nutritious, all-natural ingredients with minimal sugar that you can easily find at any grocery store. The book also features valuable information about the benefits of an alcohol-free lifestyle, tips for sustainable mixology, and advice for ordering mocktails at a restaurant or bar. If you're tired of hangovers and don't want to drink sugar-loaded, processed sodas instead, then these healthy and delicious recipes are for you. Mocktail Party includes recipes for every occasion: • Classics like a Pal-no-ma and Aperol-less Spritz • Drinks with a twist like Watermelon Mock-jito & Summer Jam Fresca • Brunch favorites like No-Bull Bloody & Kiwi No-secco • Dessert treats like Salted Carmel & Tiramisu Mock-tinis • Frozen coolers like No Way Frose & Blueberry Acai Daiquiri • Holiday beverages like Pumpkin Spice Latte & Warm Cider and Sage Join the growing movement of health-conscious people who are cutting down on alcohol and opting to "make it a mocktail" instead.

A serious and stylish look at sophisticated nonalcoholic beverages by a former Bon Appétit editor and James Beard Award nominee. "Julia Bainbridge resets our expectations for what a 'drink' can mean from now on."--Jim Meehan, author of Meehan's Bartender Manual and The PDT Cocktail Book **NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY Bon Appétit - Los Angeles Times - Wired - Esquire - Garden & Gun** Blackberry-infused cold brew with almond milk and coconut cream. Smoky tea paired with tart cherry juice. A bittersweet, herbal take on the Pimm's Cup. Writer Julia Bainbridge spent a summer driving across the U.S. going to bars, restaurants, and everything in between in pursuit of the question: Can you make an outstanding nonalcoholic drink? The answer came back emphatically: "Yes." With an extensive pantry section, tips for sourcing ingredients, and recipes curated from stellar bartenders around the country—including Verjus Spritz, Chicha Morada Agua Fresca, Salted Rosemary Paloma, and Tarragon Cider--Good Drinks shows that decadent brunch cocktails, afternoon refreshers, and evening digestifs can be enjoyed by anyone and everyone.

**Make Your Own Foraged Syrups, Bitters, Infusions, and Garnishes; Includes Recipes for 45 One-of-a-Kind Mixed Drinks**

**Zero Proof**

**Index of Trademarks Issued from the United States Patent Office**

**Seedlip Cocktails**

**How to Drink without Drinking**

**The Wildcrafted Cocktail**

**80 Botanical Beverages Made from the Finest Fruits, Cordials, and Infusions**

*"The Botanical Companion to Spirits and Cocktails presents an in-depth exploration of the world of spirits and cocktails in a ground-breaking synthesis. The Companion covers drinks, processes, and techniques around the world as well as those in the US and Europe. It provides clear explanations of the different ways that spirits are produced, including fermentation, distillation and ageing, alongside a wealth of new detail on the emergence of cocktails and cocktail bars, including entries on key cocktails and influential mixologists and cocktail bars"--*

*Spoil yourself without spoiling yourself! Alcohol-free drinks have never been more glamorous thanks to this stunning new book by Andrea Waters and Catherine Salway, founders of the hugely popular Redemption Bar. Learn how to make delicious, alcohol-free cocktails and tasty canapés that will dazzle your guests and delight your taste buds. Packed with nutritious recipes, Redemption Bar has something for everyone, with a variety of vegan, low sugar and gluten-free recipes available. Quirky, alcohol-free cocktail recipes include: Lychee and Yuzu Martinis, Pineapple Margaritas, and Strawberry & Mango Daiquiris. The book also offers a range of delicious canapés for light snacks and entertaining, from Slow-roasted Activated Almonds to Miso Glazed Baby Aubergine Skewers.*

*Divine cocktails and delicious mixed drinks—hangover not included! Festive, sophisticated cocktails for everyone? Yes, please! With alcohol-free options so refreshing to drink, simple to make, and for any season or occasion, going dry has never been easier: Celebrate Dry January in style with an Espresso Mint Martini Spoil yourself at breakfast with a Blood Orange Sunrise Toast the mother-to-be with a bubbly Paloma Fizz Keep your summer picnic kid-friendly with a refreshing Raspberry and Lavender Shrub Thank the oft-forgotten designated driver with an eye-opening Chile and Lime Margarita Plus, for the new mocktail mixologist, Dry comes complete with a guide to essential equipment, easy-to-find ingredients, simple syrup recipes, and more. Cheers!*

*The New York Times bestselling author of My Paris Kitchen serves up more than 160 recipes for trendy cocktails, quintessential aperitifs, café favorites, complementary snacks, and more. Bestselling cookbook author, memoirist, and popular blogger David Lebovitz delves into the drinking culture of France in Drinking French. This beautifully photographed collection features 160 recipes for everything from coffee, hot chocolate, and tea to Kir and regional aperitifs, classic and modern cocktails from the hottest Paris bars, and creative infusions using fresh fruit and French liqueurs. And because the French can't imagine drinking without having something to eat alongside, David includes crispy, salty snacks to serve with your concoctions. Each recipe is accompanied by David's witty and informative stories about the ins and outs of life in France, as well as photographs taken on location in Paris and beyond. Whether you have a trip to France booked and want to know what and where to drink, or just want to infuse your next get-together with a little French flair, this rich and revealing guide will make you the toast of the town.*

*Celebratory alcohol-free drinks for any time of the day*

*The Virgin Cocktail Garden*

*From Garden to Glass*

*Homemade Liqueurs and Infused Spirits*

*50 Decadently Dry Cocktails For All Occasions*

*Alcoholic and Non-Alcoholic Drinks Recipes*

*Wild Mocktails and Healthy Cocktails*

What to drink when you're "not drinking"? Mocktails, Punches, and Shrubs offers 101 unique, delicious non-alcoholic drink options for everyday and any occasion. Michelin-starred celebrity chef Vikas Khanna has created a dazzling collection of non-alcoholic drink recipes, from herbal infusions to new combinations of teas; from tantalizing elixirs, smoothies, and slushies to the trendy drinking vinegars-called shrubs--now taking over the taste buds of foodies worldwide. Mocktails, Punches, and Shrubs includes step-by-step instructions for drinks that showcase innovative blends of not-so-common fruits, vegetables, sauces, and syrups to concoct interesting, healthy drinks. Tips and variations allow you to play with your imagination and create custom concoctions suited to your individual palate. Mocktails, Punches, and Shrubs is a beautiful recipe eBook for conscientious hosts, those who abstain from alcohol for health and wellness or who just love a refreshing, unique, delicious beverage sure to lift the spirits.

Master the art of the mocktail with this classy collection of recipes and tips for deliciously booze-free beverages. Whether you're ditching alcohol completely or just looking for healthier alternatives, let these teetotal tipples dazzle and delight your taste buds!

A simple shrub is made from fruit, sugar, and . . . vinegar? Raise your glass to a surprisingly new taste sensation for cocktails and sophisticated sodas: Shrubs. Not the kind that grow in the ground, but a vintage drink mixer that will knock your socks off. (Mixologists across the country are reaching back through the centuries to reclaim vinegar's more palatable past . . . embracing it as [the other acid]: an alternative to the same-old-same-old lemons and limes.) said the New York Times. The history of shrubs, as revealed here, is as fascinating as the drinks are refreshing. These sharp and tangy infusions are simple to make and use, as you'll discover with these recipes. Mix up some Red Currant Shrub for a Vermouth Cassis, or Apple Cinnamon Shrub to mix with seltzer, or develop your own with Michael Dietsch's directions and step-by-step photographs. Imagine a fizzy, soda-like drink that is drier and so much more sophisticated than soda, what with the sugar and botanical ingredients. Shrubs! Amazing! Wonderful!!! Amy Stewart, author of The Drunken Botanist

Meet the natural lovechild of the popular local-foods movement and craft cocktail scene. It's here to show you just how easy it is to make delicious, one-of-a-kind mixed drinks with common flowers, berries, roots, and leaves that you can find along roadsides or in your backyard. Foraging expert Ellen Zachos gets the party started with recipes for more than 50 garnishes, syrups, infusions, juices, and bitters, including Quick Pickled Daylily Buds, Rose Hip Syrup, and Chanterelle-infused Rum. You'll then incorporate your handcrafted components into 45 surprising and delightful cocktails, such as Stinger in the Rye, Don't SASS Me, and Tree-tini.

Refreshing Mocktails and Botanical Cocktails Made from the Finest Fruits and Herbal Infusions

Shrubs: An Old Fashioned Drink for Modern Times

Mocktails

An empowering guide to living hangover free

Dry

Create On-Trend, Nonalcoholic Drinks with Attitude

Recipes for the Manufacture of Aerated Waters, Cordials &

**THE NON-ALCOHOLIC COCKTAIL.** BOOK This book is full of the very best cocktails - the most delicious flavours, the most distinctive combinations and the most adventurous recipes. And they are all made with non-alcoholic ingredients, from exciting new mixers to rich, fragrant syrups and spirits. Most can be created with ingredients found in your kitchen or garden, and all promise an exciting new way to drink dry. Thee are also some exciting new ways to drink dry. Teetotaler, or those who are pregnant, trying dry January, losing weight or just cutting back. Whether you're planning a Friday night in with friends, a lazy Sunday brunch or a barbecue in the summer sun, you can find your dry drinks here.

Discover your new favourite tittle with this beautifully illustrated collection of 50 no-alcohol cocktails. Easy to make and delicious to drink, these cocktails are perfect for anyone looking to cut back on alcohol not enjoyment. From sweet and fruity flavours to spiced and smoky, bitter and aromatic to perfectly sour, there's something for everyone. Experience the excitement of no-alcohol drinks with recipes including - CITRUS COSMO - NEW NEW YORK SOUR - DARK & STORMY SODA - SHERBET MARGARITA - ESPRESSO FAUX-TINI Whether you're a no-drinker, Dry January dabbler, mum-to-be or simply curious: this book will revolutionise the way you drink

90 non-alcohol cocktail recipes from top bartenders across the country

The Virgin Cocktail Garden brings together 80 delicious recipes for botanical drinks based on fresh fruits, garden herbs and exotic spices. Organized according to main ingredient, the recipes are non-alcoholic but have variations for adding alcohol for those who decide to imbibe but want to be as healthy as they can

while doing so. The recipes include superfood ingredients, from acai berry and avocado to papaya and pomegranate. Each creation in The Virgin Cocktail Garden is expertly crafted and inspired by some of the most exciting trends in bartending and mixology. The book also explains how to make professional-quality mixed

drinks in your home, listing essential bar kit, fancy glassware, party planning and fantastic finishing touches.

Over 80 Nonalcoholic Drinks to Savor and Enjoy

Drinking French

The Sober Girl Society Handbook

The Bartender's Guide to Mocktails

Delicious Handcrafted Cocktails and Other Clever Concoctions—Seasonal, Refreshing, Alcohol-Free

Delicious Alcohol-Free Recipes for Any Occasion

Recipes for the Manufacture of Aerated & Mineral Waters and Non-alcoholic Cordials

*Dry*Non-Alcoholic Cocktails, Cordials and Clever ConcoctionsBantam Press

*Drinks All the Tastiness of a Well-Formed Craft Cocktail, but Without the Alcohol! Choosing to be alcohol-free is becoming more and more popular, and the range of non-alcoholic drink options is growing steadily in the stores. But many of us are still in doubt when it comes to combining drinks with food. Water, juice, and possibly non-alcoholic beer are probably the options most of us who prefer not to imbibe finally choose. But when you have dinner, these options may not feel as exciting as a well-chosen wine, and are they really always the perfect choice? Water, juice, tea, kombucha, lemonade, and non-alcoholic beer and wine—everything has a place on the dinner table if you only know what drink you should choose for what kind of food, and in Mocktails, Richard Man will help you choose the right one. In this book, you'll find inspiration and recipes for making non-alcoholic beverages such as: Blackberry Spitzer Rhub and Honey Juniper Berry & Tonic Horchata de Almendras Ruby Red Kombucha Lagermound Tropical Matcha Mojito Red Tea Punch Backyard Highball And many more From simple, five-minute recipes to complicated but elegant cocktails, Mocktails will teach you everything you could want to know about combining delicious food and drink to get the most out of your meal—no alcohol required. As Richard says: "Beverages served with food should match the food, regardless of alcohol content. It's so simple."*

*A book containing a wealth of drinks recipes of all difficulties. Thoroughly recommended for inclusion on the bookshelf of the professional and amateur chef. Contents Include: Cups, Coolers, and Cocktails; Refreshing Drinks; Hot Beverages; Fruit Drinks; Home-Made Wines; Cordials; Grape Juice.*

*"Voted an Independent Best Self-Care book for 2021" "Voted one of Heat's best self-help books to help you reach your full potential" If you've ever woken up feeling anxious, or cringing with embarrassment, about something you did or said whilst drunk the night before, this book may just change your life. Whichever way you look at it, it's hard to avoid how alcohol really makes us feel: terrible. After years of partying and hangovers getting a toll on her mental health, Millie Cooch gave up alcohol and has never looked back. Whether you're simply sober-curious or determined to make a more permanent change, this book shows not only why you should but also how you can. Offering tips and advice on how to stay sober in a world that revolves around drinking, this handbook will empower you to transform your relationship with alcohol so that you can lead your most fulfilling life. It's time to join the Sober Girl Society. "I LOVE this book already, just received today and I can't put it down!" I recommend this to anyone; whether they want to stop drinking permanently, or even would just like to cut down on their drinking. "I love how relatable and non-preachy this book is." Approaches what can be a tricky and confusing subject for many with humour and wit. "Perfect for those reconsidering their relationship with alcohol. Brilliant book."*

*Delicious Handcrafted Cocktails and Other Clever Concoctions*Seasonal, Refreshing, Alcohol-Free

*New Classics for Living Deliciously*

*Mocktails, Punches, and Shrubs*

*With a Description of the Various Materials Employed, and an Article on the Various Causes of Failure to Produce Good Beverages*

*100 Delicious Nonalcoholic Recipes from Seedlip & The World's Best Bars*

*The Employees Only Guide to Classic Cocktails Reimagined*

*90 Non-Alcoholic Recipes for Mindful Drinking*

Create delicious mocktails and low-sugar cocktails, using home-grown and foraged ingredients. Includes a foreword by Jekka McVicar. Award-winning cocktail-maker and gardener Lottie Muir brings you another selection of wonderfully wild and flavourful concoctions from her pop-up bar, The Midnight Apothecary. For this new repertoire of drinks, Lottie set herself a threefold challenge: to achieve the same amount of pleasure and balance that refined sugar provides in the taste and mouth-feel of a cocktail, to create new aromatic and bitter-forward drinks, and to make delicious new mocktails for those who want to consume no, or less, alcohol. Lottie has created delicious infusions, cordials, sodas, shrubs, bitters, teas and tonics that can be mixed alcohol free as mocktails—try out the Cherry Blossom and Flowering Currant Cordial, the Thyme and Licorice Syrup, or the Iced Spring Tonic Tea—or added to your favourite spirits to create a magical take on old-time classics, such as the Wild Negroni or the Windfall Punch. There is the perfect drink for any time of the year and whatever your mood, so whether it is Dry January mocktails that you need, no-added-sugar fun, or the restorative powers of an indulgent cocktail, Lottie's plant-powered potions hit the right spot.

With an easy three-step plan, Mindful Drinking: How To Break Up With Alcohol is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: The Problem, The Incentive, and The Plan. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - Mindful Drinking: How To Break Up With Alcohol shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about Mindful Drinking: 'How to Break Up With Alcohol': 'Brilliant book, realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

This book will be useful for undergraduate & polytechnic students and as reference for all universities having Hotel Management BHM, BSc Catering, diploma & certificate courses. The aim of the book is to provide comprehensive information to students of Hotel Management or in any study of food and beverage. Most of the books available for study for professional courses are imported or contain only specific information. This book aims at providing complete information and will act as a handy reference book for the students.

Create your own seasonal drinks, from child-friendly cordials made with natural ingredients, to delicious home-made alcoholic liqueurs and tipples. The freshness and flavours of homemade cordials and syrups are second to none and rival any shop-bought version at a fraction of the cost. With this book you'll be producing your own all year round with recipes for every season. Try spring rhubarb and ginger syrup, red and blackcurrant cordial in the summer, hedgerow cordial in the autumn and mulled cranberry cordial to warm those winter days. You'll also find recipes for classic liqueurs such as sloe gin, limoncello and blackberry vodka.

All Day Cocktails

The Handmade Apothecary

The Iconic Cocktails, Ap éritifs, and Caf é Traditions of France, with 160 Recipes

Mocktail Party

The Bartender's Bible

The Art of Drinking Sober

Good Drinks

"Garden to glass" recipes for nutrient-packed non-alcoholic infusions and cordials based on fresh from the garden or farmstand fruits, berries, herbs, and spices used as restorative tonics or as the basis for healthy cocktails. For the legions of readers who enjoyed The Drunken Botanist: The Plants that Create the World's Best Drinks, here is a new health and nutrition conscious take on making infusions, cordials, and cocktails mixers with garden fresh herbs, fruits, and spices. From Garden to Glass is a unique collection of over 70 delicious botanically inspired recipes based on what is available fresh from the garden or farm stand. These "garden to glass" recipes are for non-alcoholic infusions and cordials based on fresh fruits, garden herbs, and spices which can be consumed as restorative tonics in their own right or can be used as the basis for mouthwatering cocktails - cocktails filled with garden fresh nutrients and antioxidants, making them far healthier than ordinary bar drinks. Organized according to main ingredient, the recipes are created with an eye toward both health and taste. All recipes include fresh from the garden botanicals such as elderberries, strawberries, tomatoes, and other herbs. Thus, an ordinary Bloody Mary is transformed into a healthy power drink by using freshly crushed garden tomatoes, chilies, and other spices. Many recipes also use "superfood" ingredients, from acai berry and avocado to papaya and pomegranate. Each creation is expertly crafted and inspired by some of the most exciting trends in bartending and mixology. The book also explains how to make professional-quality mixed drinks in your home, listing essential bar kit, fancy glassware, party planning, and finishing touches that can transform an ordinary drink into an exceptional cocktail.

Straub's Manual of Mixed Drinks

The Oxford Companion to Spirits and Cocktails

How to Make Your Own Cordials And Syrups