

Preserving for Mocktails

Adapted from
Healthy Living Workshop
by Anna Lee



How to make a delicious drink

Key considerations:

- Flavors
 - Balance of sweet/sour/bitter
 - Mix of new and familiar flavors
 - Complementary combinations
- Appearance
 - Color/clarity
 - Garnish
 - Gradients
 - Vessel choice
- Experience
 - Bubbles, foam, etc.
 - Rims
 - Garnishes
 - Temperature

Cocktails ~ Mocktails

1) Start with known classics and substitute

- non-alcoholic spirits for spirits
- syrups for liqueurs

2) Try improvising using basic formulas: bitter, boozy, bubbly, tart, fizzy - see [Food and Wine's guide](#)

- non-alcoholic spirits for spirits and syrups for liqueurs
- acid for acid
 - lemon juice, lime juice, shrubs
- fizz for fizz
 - ginger beer/ale, kombucha, sparkling water

Taste, evaluate, iterate!

Fun drinks that don't have alcohol

Bases:

- ❖ Sparkling water
- ❖ Kombucha
- ❖ Ginger beer/ale
- ❖ (Juice)
- ❖ Non-alcoholic spirit

A basic formula:

- 4 parts base
- 1 part acid
- ½ to 1 part sweet
- Garnish

Acids:

- ❖ Lemon/lime juice
- ❖ Vinegar
- ❖ Pomegranate juice
- ❖ Tart cherry juice
- ❖ Cranberry juice

Sweets:

- ❖ Syrup
- ❖ Honey
- ❖ Juice/concentrate

Garnishes:

- ❖ Citrus wedges
- ❖ Herb sprigs
- ❖ Rim salts/sugars
- ❖ Fruit
- ❖ Crystallized ginger

(Bonus tip: Freeze lemon/lime juice)



<https://stopfoodwaste.org/tips/plan/citrus-juice-cubes>

Choosing a vessel



Old Fashioned Glass



Rocks Glass



Cosmopolitan Glass



Highball Glass



Sling Glass



Pint Glass



Beer Mug



Irish Coffee Glass

Main concerns:

- Size
- Temperature
- Bubble experience
- Gradients
- Associations



Red Wine Glass



White Wine Glass



Balloon Wine Glass



Wine Tasting Glass



Margarita Glass



Goblet Glass



Pokal Glass



Milkshake Glass



Hurricane Glass



Poco Grande Glass



Brandy Snifter



Wobble Cognac Glass



Tulip Whisky Glass



Tulip Glass



Grappa Glass



Pousse Cafe Glass



Cordial Glass



Absinthe Glass



Vodka Glass



Shooter Glass



Shot Glass

Tools of the trade

Key equipment:

- Shaker
- Strainer
- Measuring implement
(1 tbsp = ½ oz)
- Muddler



Syrups!

The background is a solid orange color. In the upper right quadrant, there are three white circles of varying sizes, arranged in a cluster. The largest circle is in the center of the cluster, with two smaller circles positioned above and to the right, and one below and to the right.

Syrups: why to make them

- Add sweetness to your drink without waiting for sugar to dissolve
- Add creative flavors at the same time as the sweet
- If your jelly doesn't set... you have a syrup!
- Density of syrup enables fun visual elements
- They make lovely gifts!



Syrups: how to make them

1. Prepare ingredients

fruit, water, sugar, sometimes lemon, pectin, corn syrup

2. Macerate and/or cook and/or strain

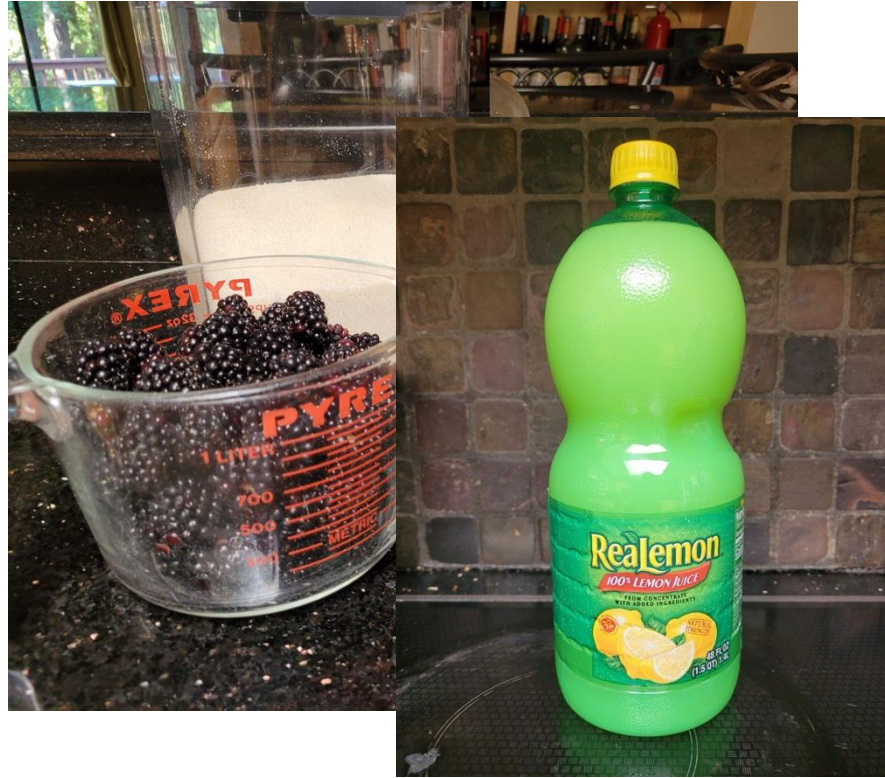
3. Process

In a canner to make it shelf stable

Example: Blackberry Syrup

Ingredients:

- Blackberries (4 cups)
- Sugar ($\frac{3}{4}$ cup)
- Lemon zest (1 T)
- Lemon juice (1 T)
- Liquid pectin (1 pouch/3 oz)



Prepare jars (and lids)



Heat to 180F
Don't worry
about bands



Use a rack to keep
jars off the bottom



Combine fruit and sugar



**Cover and let sit for 2 hours,
stirring occasionally**

Add lemon zest and juice



**Boil over
medium-high
heat**



Strain through damp jelly bag for 2 hours



Stir in liquid pectin, return to rolling boil for 1 minute, stirring constantly

Boil over medium-high heat



Fill jars



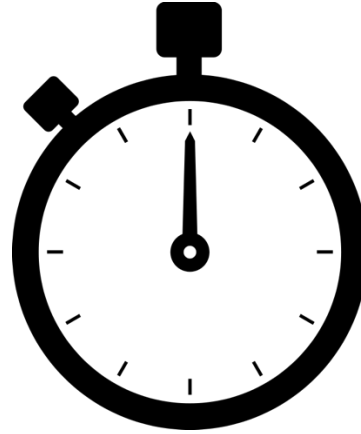
**Leave
1/4 inch
headspace**

**Wipe
rims**



Finger tighten

Load canner



**Boil 10 minutes
(at 0-1000 ft)**

**Remove and
let cool**



Syrup recipes



Blackberry mule

- 1 part blackberry syrup
- 1 part lime juice
- 4 parts ginger ale
- Mint or lime garnish

Any-syrup refresher

- 1 part syrup
- 1 part lemon juice
- 4 parts sparkling water
- Lemon wedge garnish

Juices and Concentrates

Juices and Concentrates

Why to make them

- Simple ingredients
- Natural source of sweetness - no or low added sugar
- Refreshing on their own!
- Can make big batches and can or freeze for later

Juices: How to make them

1. Prepare ingredients

fruit, water, optional sugar

2. Boil to soften

3. Strain

Typically through a jelly bag

4. Pasteurize

Heat to 190 for 5 minutes

5. Process

In a canner to make it shelf stable

Example: Strawberry Lemonade Concentrate

Ingredients:

- Strawberries, hulled (6 cups)
- Lemon juice (4 cups)
- Sugar (6 cups)



Prepare jars (and lids)



Heat to 180F
Don't worry
about bands



Use a rack to keep
jars off the bottom



Wash and hull berries



Process until smooth

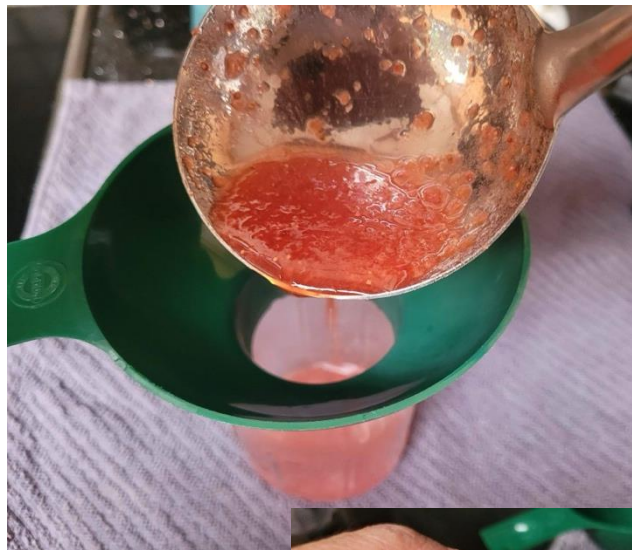
Add sugar and lemon juice



**Heat to 190F
for 5 minutes**



Fill jars



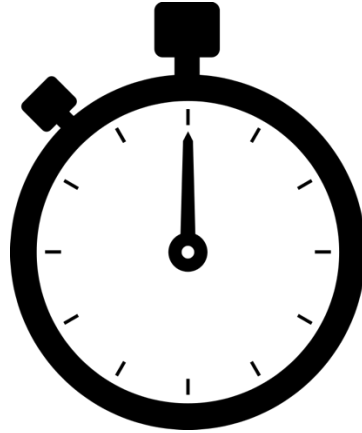
**Leave
1/4 inch
headspace**

**Wipe
rims**



**Finger
tighten**

Load canner



Boil 15 minutes

**Remove
and let
cool**



Concentrate/juice recipes



Strawberry lemonade

- 1 part concentrate
- 1 part water, tonic, or ginger ale

Pink lemonade punch

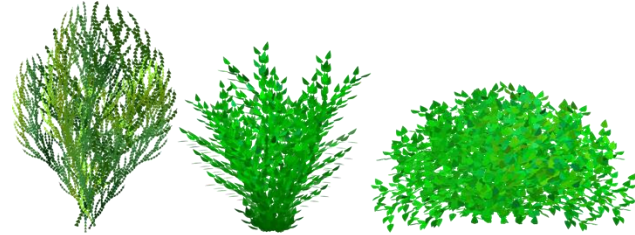
- 1.5 oz pink lemonade concentrate
- 8 oz lemon lime soda
- Strawberries and lemon for garnish

Fruit Shrubs

Shrubs

What is a shrub?

A lovely, drinkable
vinegar-fruit-sugar concoction



Not THAT kind of shrub!

Image by [OpenClipart-Vectors](#) from [Pixabay](#)

Why to make them

- Instant refreshing drink - just add water!
- Plays the role of both syrup and acid in your cocktail
It's a homemade custom sour mix!
- (It's a great shelf-stable acid ingredient in case you forgot to buy lemons or limes)
- Preserve and develop flavors from fresh fruit of the season
- Easy to be creative and still be safe!

Shrubs: how to make them

1. Prepare ingredients

fruit, sugar, vinegar, optional spices

Use a fruit:sugar:vinegar ratio of either **1:1:1** or **2:1:1**

2. Macerate

Room temp for 24 hours. If longer, in fridge.

3. Strain

Use a paper filter for extra clarity

4. Store in fridge up to 1 year

Flavor develops over time!

Shrubs: how to make them

About the ingredients

Fruit

- Any type can work
- Stone fruits and berries are common. Rhubarb is great!
- Should be great quality!

Vinegar

- Any type can work. Use one that jives with your fruit!
- Distilled vinegar doesn't taste great.
- Start with vinegar that is 5% acidity... or else keep it in the fridge the whole time

Example: Strawberry- Vanilla Shrub

Ingredients:

- Strawberries (2 cups)
- Red wine vinegar (1 cup)
- Sugar (1 cup)
- Vanilla bean (1)



Prepare ingredients



wash and slice strawberries



measure sugar and
vinegar



slit vanilla bean
lengthwise

**Combine
in a jar**



**Let sit at room
temperature 24
hours**

**Shake
occasionally**



Strain out fruit and vanilla



first, strain out the fruit



**then, strain again with a
paper towel or coffee filter
for extra clarity**



Don't toss the fruit!

- eat it on ice cream
- add it to a cobbler



Store the shrub in the fridge for up to 1 year.

Acidity is now only ~2.5%



Shrubs make great gifts!

Shrub recipes



Shrub bubbly

- Pour an inch of shrub in a glass
- Top with carbonated water
- Enjoy!

Recipe #6: Shrub sour

- 1.5 oz shrub
- 2 oz non-alcoholic herbal spirit
- Stir with ice
- Serve on the rocks

Rim Salts and Sugars

Herb salts/sugars: why to make them

- Preserve the flavors of your garden herbs and flowers
- Add a fun accent to savory and sweet dishes just by sprinkling. Customize the salt rim for your cocktail!
- It's super easy to do, and easy to be creative
- They also make lovely gifts



credit: University of Illinois Extension

Herb salts: how to make them

How to make them

- Ingredients: fresh herbs (1 part), sea salt (3 parts)
- Combine 1 part salt and 1 part herbs in a food processor
- Pulse until herbs are finely ground
- Add 2 more parts salt
- Pulse to combine
- Spread on a baking sheet to dry at least 2 hours

- Store in an air-tight jar away from light at room temperature, ~1 year.

Prefer sweet to salty? You can make herb sugars the same way!

Example: Sage salt

Ingredients:

- Sage ($\frac{1}{4}$ cup)
- Sea salt ($\frac{3}{4}$ cup)

Almost any herb will work!
parsley, cilantro, mint,
chives, basil, oregano,
thyme, rosemary, verbena,
lavender, tarragon, citrus
zests....





**Wash sage; pull leaves from stems.
Measure out salt.**



Grind in a food processor or spice grinder



Add remaining salt and grind again



**Spread on a baking sheet and dry >2 hours.
Break up clumps.
Store at room temperature, away from light and moisture.**

Herb salts: more about them

Resources for ideas and recipes

- University of Illinois extension:
<https://napamg.ucanr.edu/files/287720.pdf>
- North Carolina State University extension:
<https://union.ces.ncsu.edu/2020/04/make-your-own-herbal-culinary-salts/>

Bonus: Sriracha-flavored salt from UCANR

<https://ucanr.edu/sites/camasterfoodpreservers/files/333973.pdf>

1/2 cup kosher salt

5 teaspoons Sriracha

- Mix the salt with the Sriracha.
- Spread on a parchment-lined cookie sheet and store overnight in a warm oven until dry.
- Break up clumps and transfer to a jar.

Herb salts recipe



The Sage Preserver

- 6 leaves fresh sage
- $\frac{3}{4}$ oz lemon juice
- 4 oz apple cider
- sage salt

Rim the glass with sage salt.

In a shaker, muddle sage with honey syrup.

Add lemon juice, brandy / bourbon, and ice, and shake.

Pour into salt-rimmed glass.

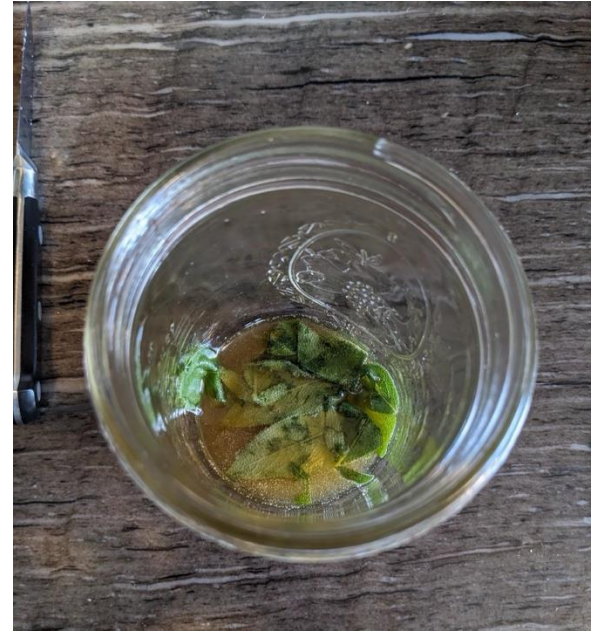
If desired, add ice; or garnish with a fresh sage leaf.



Rim a glass with salt:

- Rub the rim with a lemon wedge
- Dip the slightly-wet rim in salt
- The salt should stick!

Note: this method works nicely for sugar, too.



Combine syrup and fresh sage leaves in the shaker.
Muddle the leaves: pound lightly until bruised (not totally pulverized!).



Add remaining ingredients with ice and shake.
Serve in a rocks glass with ice, or serve up and garnish with a sage leaf.