

BEVERAGE AUTHORITY

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THE BIG PICTURE



A Girl's Night Out

Café Bottega is a popular cocktail lounge located in the heart of downtown New Haven, Connecticut. For over the past two years on Monday nights it has hosted a well-attended event called, "Manicures, Martinis, Massage and Movies." For many of us it is the highlight of our week.

Jen Bardwell is a New Haven native and licensed manicurist. She was out visiting her sister in Arizona and one night they went to a local hotspot. Much to their surprise the place was packed with women in a line that stretched well outside the door. They were all lined up for the special promotion of the night, a martini and a manicure.

Bardwell knew that she had to bring such a great concept to the east coast. She decided that Café Bottega would be the perfect place to present her idea. Located minutes from Yale University, the lounge also features delicious gelato

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SPOTLIGHT ON COCKTAILS

Secrets To Making Fabulous Mojitos



The *Mojito* has captured the collective American imagination and sparked a boom in restaurants and lounges around the country. In addition to being delicious and thirst quenching, the Mojito has a number of rather compelling attributes. The muddled combination of mint leaves, sugar and lime wedges makes for an interesting appearance. And then there's the drink's enhanced production value. Correctly preparing a Mojito takes some time and effort, the theatrics of which is an added benefit. Finally, the drink is amazingly versatile, accommodating a wide range of flavors.

The eminently refreshing Mojito is made in a Collins, bucket or specialty glass. Place simple syrup, fresh lime wedges and

a generous portion of (5-6) mint leaves in the glass. Muddle the ingredients together, add some ice, 2-3 ounces of light rum and a splash of club soda for effervescence. The final touch is a garnish of fresh mint sprigs.

The drink bears a striking family resemblance to several traditional Brazilian concoctions, the best known of which is the *Caipirinha* (pronounced "kuy-per-REEN-yah"). It is a marvelous drink served in a bucket or tumbler that's made with simple syrup and a quartered lime, both of which are strenuously muddled. The driving force behind this cocktail is *cachaça*, a clear Brazilian spirit produced from sugar cane. Use between 2 and 3 ounces of *cachaça*, add ice and garnish with a fresh lime wedge.

Two other Brazilian-borne cocktails are the *Caipirissima* and *Caipiroshka*. The *Caipirissima* is prepared in the same

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PRODUCT PROFILE by Robert Plotkin

Cointreau Liqueur

Cointreau has a starring role in an impressively long list of cocktails, both classic and contemporary. The liqueur was there at the inception of the Side Car, Margarita and Cosmopolitan. How many other liqueurs have that kind of résumé?

Cointreau is recognized around the world as one of the classic liqueurs. It was created in 1849

by Frenchman Edouard Cointreau in Angers in the Loire Valley. The recipe for *Cointreau* has since remained a secret and been passed down from generation to generation. Today only five members of the immediate family know the recipe.



The famed liqueur is crafted from a complex blend of sweet orange peels from Spain, France and Brazil, and bitter, unripe orange peels from South

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Start Flipping Those Bottles

Ours is a business of subtleties and intangibles, where small things often make a huge difference. After all, we tend to stock the same products on our back bars and carry the same styles of glassware behind the bar. So what differentiates your operation from those on either side of you?

Before you answer, ask yourself what most people are looking for from a bar, lounge, or club. It's connectivity, the pervasive sense of belonging and being at ease in a place. Ultimately guests are looking for a place with which to identify, a place they can call their own. That connection is accelerated by dousing their experience with panache.

In this context, panache is an unexpected spark of electricity that turns an ordinary night out into something extraordinary. It's what gets people talking about your place the next day around the water cooler. If you've checked your pockets for a healthy

measure of panache, but seem to be coming up empty handed, worry not, ample amounts of kinetic, crowd pleasing pizzazz are close at hand.

I'm referring to teaching your staff the secrets of flair bartending. Like an untapped reservoir of excitement flair bartending is a time proven means of wowing guests, building repeat business and driving sales to new heights. If by flair bartending you are thinking about the time consuming, liquor wasting circus routines featured in the film *Cocktail*, well, forget it. Those kinds of side show performances

best belong at sponsored events and competitions, not behind working bars.

No, by flair bartending, I'm talking about the ability to flip bottles, toss a mixing set now and again, and conclusively demonstrate to the clientele a complete mastery of all things behind the bar.



Perhaps no one better illustrates the point than master mixologist and flair guru Scott Young. Watching this tall, intelligent young man work a bar affords a rare glimpse into just how graceful and exciting the profession can be. His occasional bursts of flair are well timed and invariably draw smiles of appreciation from guests throughout the lounge. They seem captivated by his dexterity and abilities to defy gravity, all the while not missing a beat preparing a drink order.

"I don't think there's any question that flair bartending gives guests a reason to stay longer, spend more money, tip better and leave talking about what a great experience they had," says Young, president of ExtremeBartending.com, an international concern dedicated to training flair bartending. "The way I see it, if a bartender isn't helping you build your business by making a connection with your guests, find someone who will. Otherwise you're leaving money on the table and shortchanging your clientele."

While Young is an accomplished performance bartender and winner of international events, he spends the bulk of *continued on page 5*

"ONE MORE THING. . ." by Robert Plotkin

Dump Those Lesser Products

What would happen if you stopped making drinks with triple sec? I'll tell you what would happen—the taste of your Margaritas, Cosmopolitans, Long Islands and Kamikazes would drastically improve, guaranteed. Why? Because you'd start making the drinks with Cointreau.

Go on, prove it to yourself. Pour your triple sec in a glass and taste it next to Cointreau. Which product has a more defined bouquet and luscious orange flavor? Any perceptible differences in their finishes? And which product do you think would contribute the most positive attributes to a Margarita, the most frequently requested cocktail in the country?

In this day of bar chefs and artisan mixologist, triple sec's days are numbered. The stuff is inexpensive

for a reason. Unless something tragic has happened to your taste buds, the first sniff, sip and swallow will confirm that it is a "lesser product."

Along the same lines, why stock crème de cacao when something as delectable as Godiva Chocolate Liqueur is within reach? Is it really fair to compare the two? Godiva is delectable without being cloying. It is, by far, a better choice for drink making, which makes the dark crème de cacao obsolete.

In a nation fueled by coffee, shouldn't you consider your options when it comes to coffee-infused products? Kahlúa recently extended its range with the introduction of Kahlúa Especial, a liqueur made entirely from high grade, Arabica coffee beans

from South America. It's remarkable how much different the Especial is than the base brand.

Or why not make a significant shift in taste profiles and make drinks with Starbucks Coffee Liqueur? It has a light body and a drier, more authentic coffee flavor, one derived entirely from Starbucks' coffee beans.

Out with the old and in with the new is a time proven business tactic. Once you start evaluating your back bar products, you'll be amazed at how liberating the process is. Ultimately, your drinks will be beneficiary and I won't have to look at the same tired line-up of back bar products.

Thank you in advance. -RP ♦



The Three-Minute Primer on Gin

Americans in droves are rediscovering the simple elegance and wonderful complexity of Britain's most famous export. To explain its nearly universal appeal, aficionados point to gin's light body and incomparable flavor and aroma. Gin is worth revisiting.

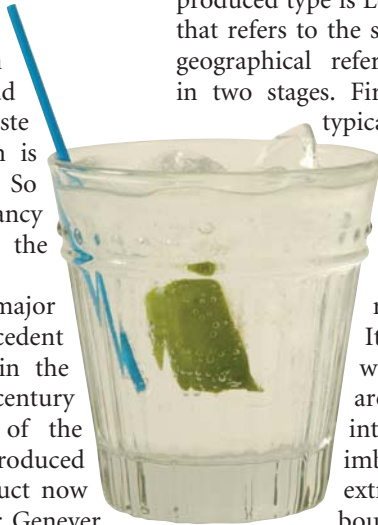
Remarkable, there are fewer brands of premium gin than most any other spirit. Add to this that no two gins taste alike, each brand name gin is truly a singular commodity. So when gin fanciers say they fancy a particular gin more than the others, believe them.

Gin is the youngest of the major spirits, its earliest antecedent having been first distilled in the beginning of the fourteenth century in Europe. The ancestor of the present-day gin was first produced in Holland in 1650, a product now referred to as Dutch Gin, or Genever (Scheidam) Gin. By 1720, gin was being produced in England and had become something of a national phenomenon. In 1727, five million gallons of gin were consumed in Britain, a nation whose population at the time numbered a mere six million.

Gin became part of the American experience during the Roaring '20s, and the golden era of the cocktail. Scores of gin-based drinks became popular,

including the *Tom Collins*, *Gin Fizz*, and the *Martini*. It remains an indispensable spirit behind American bars.

Much of the reason for the character distinctions between the leading brands of gin lies in how it is made. The most widely produced type is London Dry Gin, a term that refers to the style and no longer is a geographical reference. It is produced in two stages. First, a fermented mash typically comprised of corn,



barley malt, and other cereal grains, are distilled in specially designed gin stills. The result is a highly rectified, neutral spirit.

It is then redistilled with the introduction of aromatics and botanicals into the still, which imbue the spirit with an extraordinary flavor and bouquet. Juniper berries are the most prevalent botanical added.

Others include angelica, coriander, fennel, licorice, orange peel, anise, caraway, cassia bark, orris root, and almonds. The exact composition of the aromatics and botanicals is secret, and in essence distinguishes one premium brand from another.

It's far too easy to perceive light liquors as relatively simple and straightforward propositions. Their crystal clarity,

featherweight bodies, and ethereal bouquets are not often considered elegant or complex. In the case of gin, this is an unfortunate misconception.

Marketing Gin

Gin has commanded a worldwide audience for over two centuries. People were enjoying gin long before the birth of the martini. It is the basis of scores of popular drink recipes and is a natural for carbonated mixers and fruit juice.

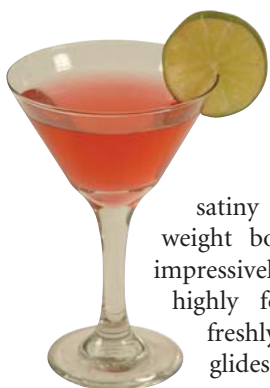
When possible, keep your popular brands of gin in the cooler so that they can be served icy cold. This will prevent you from having to dilute the spirit by chilling it over ice. Back-ups can be shelved on the back bar for merchandising purposes.

Gin is also a perfect candidate for tasting flights, which affords your guests an opportunity to sample small portions of several different gins in a mini-horizontal tasting. This type of side by side comparison is an excellent marketing device, and a time-honored technique to help people distinguish the characteristics of several brands of spirits simultaneously.

Finally, don't hesitate to be creative when garnishing gin. Its incredible array of flavors marries well with a wide range of garnishes, everything from pearl onions, green olives, and garlic, to cucumbers, orange peels, and fresh strawberries. Don't hold back, with gin it's hard to make a mistake. ♦

PRODUCT PROFILE *continued from page 1*

America. A portion of the peels are dried in the sun prior to distillation, the rest are distilled fresh. The peels are macerated in alcohol, and when the infusions have reached their peak flavor, they are double-distilled in copper alembic stills. The distillery has nineteen stills, each designed specifically to produce this incomparable liqueur.



Timeless in appeal, Cointreau must be tasted neat to be fully appreciated. It is perfectly clear with

satiny textured, medium-weight body. The liqueur is impressively aromatic with a highly focused bouquet of freshly cut oranges. It glides over the palate with

a tingling wash of sweet orange flavor. The citrus experience continues long into the lingering finish.

Its extraordinary versatility makes Cointreau indispensable behind the bar. For instance, the liqueur is unsurpassed as the orange modifier in super premium Margaritas. It's crystal clear, highly aromatic and imbued with a vibrant orange palate. It augments the cocktail's bouquet and taste profile, but won't alter the drink's natural color.

Add a measure of Cointreau to a Gimlet

cocktail and it morphs into a Kamikaze. Using the Kamikaze as the creative role model, the Cosmopolitan is constructed with citrus-infused vodka, Cointreau, lime juice and a splash of cranberry juice. The cocktail is then stirred, strained into the coldest, most elegant cocktail glass handy and presented with an ample wedge of fresh lime. Voila, the Kamikaze is transformed into a Cosmopolitan.



Cointreau is the preeminent Curaçao liqueur. Not surprisingly, the most immediate improvement one can make to their cocktails is to scratch triple sec, reach to the top shelf and make drinks with the good stuff. —RP♦

Living Large With Highballs

Highballs are among the oldest categories of drinks in the lexicon of American mixology. Nevertheless, they can still be found on every bar top in every swanky lounge in the country. Like Rock ‘n’ Roll and peanut butter, they have enduring popularity. Unfortunately, because of their simple construction and pedestrian appearance, they are all too frequently relegated to second-class status.

Well, enough is enough! Some of us don’t need stemmed glassware in our hands to feel chic. Some of us like holding a sweaty glass that contains nothing more complicated than a gin and tonic. Why, what’s wrong with a Highball? They were good enough for our forefathers, they should be good enough for us.

There’s a clamoring, thirsty world out there that would love nothing better than to slack its mind-numbing thirst with an icy *Malibu Rum and Coke*, or a tall *Stoli Greyhound*. Keep your cocktail umbrellas and star fruit garnishes, me and the boys are going to build a bridge and save the free world. And when we’re done, we’re gonna hoist a few *Melon Balls* and a call it a day. Who’s with me?

Yeah, it’s America and you can drink what you want. So grab your favorite

Highball, snag a jack hammer and let’s rebuild this country. ♦

Baybreeze
Highball glass, ice
Build in glass
1 1/4 oz. Vodka
1/2 fill with cranberry juice
1/2 fill with pineapple juice

California Screw
Highball glass, ice
Build in glass
1 1/4 oz. Vodka
1/2 fill with orange juice
1/2 fill with grapefruit juice

Dreamsickle
Highball glass, ice
Build in glass
1 1/4 oz. Amaretto
1/2 fill with orange juice
1/2 fill with half & half

Madras
Highball glass, ice
Build in glass
1 1/4 oz. Vodka
1/2 fill with cranberry juice
1/2 fill with orange juice

‘57 T-Bird with Florida Plates
Highball glass, ice
Build in glass
1/2 oz. Vodka
1/2 oz. Amaretto
1/2 oz. Grand Marnier
Fill with orange juice
Note: Substitute pineapple for orange juice to make ‘57 T-Bird with Hawaiian Plates; use grapefruit juice to make ‘57 T-Bird with California Plates.

Melon Ball
Highball glass, ice
Build in glass
1 oz. Midori
1/2 oz. Vodka
Fill with orange juice
Note: Substitute pineapple-orange juice to make Pearl Harbor.

THE BIG PICTURE *continued from page 1*

daily in numerous flavors and live music on the weekends. The Café’s owner Carla Maravalle also owns and operates Bottega Guliana, a hip clothing store located next door, so Café Bottega is usually packed with their regular fashion customers.

For women looking for the perfect girl’s night out without loud music and being bombarded with silly pick-up lines, this is it. For a low price of \$20, guests can have their nails manicured and sip on one of Café Bottega’s many specialty Martinis. Some of their signature drinks, including the *Espresso Martini* and *Bottega Colada*, have been renamed for the night to fit the concept. Women can order a *French Manicure* and a *Girls Night Out Martini*.

Bardwell and her staff set-up four stations located at the front of the lounge. They shape, file and even massage

your hands and finish with polish offered in a large variety of colors. While waiting for their nails to dry, the pampered ladies sit back and chat with their girlfriends in the large, comfy chairs and couches while watching one of the evening’s featured chick flicks playing on the projection screen. Some of the recent screenings

have included episodes of *Sex and the City* and romantic comedies such as *Pretty Woman* and *Sleepless in Seattle*.

As if that wasn’t enough, Maravalle recently added to the night’s overall pleasure potential by offering massages as an option along with a manicure. Women can now indulge themselves in a 10-minute chair massage given by a licensed massage therapist.

“It’s perfect promotion for a Monday night,” comments Café Bottega regular

Paige Seager. “My husband has Monday Night Football with his buddies, beer and wings, while I get to sip my favorite espresso Martini with pink polished nails in the good company of my girlfriends. It doesn’t seem like a fair trade-off, but he’ll just have to learn to cope.”

It’s no secret that attracting women guests is one of the fundamental building blocks of success in the on-premise business. Perhaps attracting our attention with promotions other than “Fake Orgasm Contests” or discounted purple Jello shooters is a timely suggestion. An evening of being pampered engenders a great deal of good will and gets us saying good things about your establishment around the water cooler. Just food for thought.



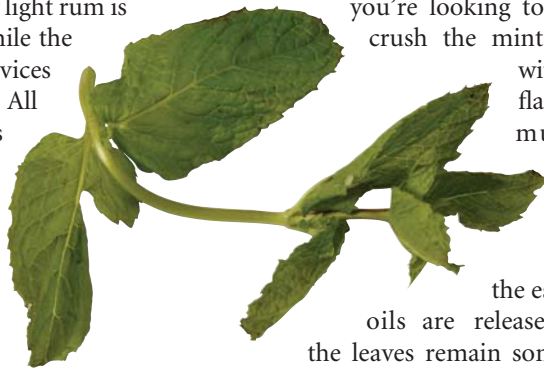
Jill Lawton
Next Level Marketing

manner as the Caipirinha, only light rum is substituted for the cachaça, while the Caipiroshka showcases the services of vodka instead of cachaça. All three South American cocktails are delicious and distinctive. They differ from the Cuban Mojito in the type of spirit used and equally important, none are prepared with muddled mint leaves.

The Mojito is a proven crowd pleaser and an absolute must for every mixologist to perfect. To that end, the following are the secrets behind making great Mojitos.

⇒**The Muddled Base** — One of the great things about a Mojito is watching its preparation. But beyond its theatrical appeal, the muddling process is essential to achieving the cocktail's depth of flavor. It's arguable that the Mojito's true character can't be reproduced in any other manner. Certainly handshaking the ingredients won't achieve the desired effect.

The secret lies in the muddling action involving the mint leaves and pieces of lime. The objective is two-fold. First



you're looking to gently crush the mint leaves with the flat of the muddler

such that the essential oils are released, but the leaves remain somewhat intact. A mangled heap of leaves in a glass is not appealing. The mint leaves should be removed from the sprig before being placed in the glass. The stems are too bitter for the drink.

The object behind muddling the lime wedges is to express the fresh juice while not overly bruising the fruit's bitter white pith. Some of that bitterness is actually a welcomed thing, but too much and the drink will be adversely affected.

Regarding which type of sweetener to use in a Mojito, granulated white sugar is a frequent choice, but to be most effective the sugar must be thoroughly dissolved. Simple syrup is particularly advantageous for that reason. Creative

options include sweetening the drink with guarapo (fresh sugar cane juice), brown, raw, or powdered sugar.

⇒**Spirit Options**— The traditional spirit base in a Mojito is light rum and the better the rum, the better the Mojito. The good news is that there are certainly a great many brands of premium light rum from which to choose. In the pursuit to make a world-class Mojito, strongly consider experimenting with the famed rum agricoles, such as Rhum Clément, 10 Cane Rhum, or Rhum Barbancourt. Their vibrant, flavor-imbued characters are incomparable when featured in Mojitos.

⇒**Groovy Modifiers** — As alluded to above, fruit, syrups and juice are often relied upon as modifiers in Mojitos. A partial list of modifier choices includes pomegranates, mango puree or nectar, passion fruit, pineapples, grapefruit or kiwi slices, blood oranges, kumquats, blackberries and prickly pear juice. ♦

SAFEGUARDING YOUR PROFITS *continued from page 2*

his time as a consultant, teaching the art and science of working flair bartending.

"It's the ability to create and serve drinks in a stylish and interesting way. Working flair doesn't have to be complicated, or risky to look good," contends Young. "It involves tossing, spinning, flipping of glasses, bottles, shaker tins, garnishes, straws, napkins, strainers, ice and ice scoops, that sort of thing. A good flair bartender should be able to do something cool and captivating with every object behind the bar."

Watching Young in action illustrates his point. While the actual flair moves are a matter of gravity, trajectories and physics, he moves and grooves in time with the music and interjects a healthy measure of fun. It's a skill that energizes a crowd, one that people typically pay to watch.

Vance Campbell, hospitality consultant and co-creator of the Granville Entertainment Zone in Vancouver is a proponent of Young's teaching regimen and asserts that working flair is an invaluable management tool. "The biggest lesson I've learned is that your front line

is your bottom line. The entire power of your team is based upon the experience and professionalism of the people you hire. Working flair does just that."

Jennifer Kramer Williams is the marketing director of Barmuda Corporation, an operator of restaurants, in the Midwest. She hired Young to teach working flair to their bartenders.

"The results far exceeded our expectations. While it definitely boosted sales and greatly enhanced the guest experience, I noticed an unexpected benefit of the training. Armed with these newfound skills, our bartenders collectively became more capable behind the bar. They're now a more confident bunch, which people obviously respond well to. It's proven most beneficial at all of our properties."

We work in a competitive market where success is always determined by the consumer. They vote with their dollars and today they're spending their time and money at places that give them the best all-around experience. If you're looking to hedge your chances of success, consider arming your bartending staff

with a dynamic new set of skills. Working flair is easily learned and has an immediate impact. Do it before those competitors on either side of you catch wind of it. ♦

Beverage Authority

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Gourmet Mojitos For Summer

While the drink originated in Cuba in the early part of the 20th century, it really became an international hit during the '30s and '40s. The country was flourishing and Havana was a playground for the rich and famous. The place to be seen was the La Bodeguita del Medio Bar, the birthplace of the Mojito.

Behind the timeworn wooden bar, bartenders would make a seemingly endless procession of Mojitos, 10 to 15 drinks at a time for the likes of Ernest Hemingway and Prince Edward. While the Mojito's fame reached a crescendo in the halcyon days before the Castro regime, it has once again become a popular phenomenon. *Salud!*

Mojito

Bucket glass

Build in glass

1/2 oz. simple syrup

6-8 mint sprigs

2-4 lime wedges

Muddle contents and add ice

2 oz. Light Rum

2-3 splashes club soda

Lime wedge and mint sprig garnish

Citrus Mojito

Bucket glass

Build in glass

1 oz. fresh lemon juice

1/2 oz. simple syrup

6-8 mint sprigs

Muddle contents and add ice

1 1/2 oz. Cruzan Citrus Rum

1/2 oz. Limoncello

2-3 splashes club soda

Lime wedge and mint sprig garnish

Kentucky Mojito

House specialty glass, ice

Pour ingredients into mixing glass

1/2 oz. simple syrup

6-8 mint sprigs

Muddle contents and add ice

1 1/2 oz. Maker's Mark Bourbon

3/4 oz. Cointreau

1/2 oz. Rose's Lime Juice

1 1/2 oz. fresh lemon sour mix

1 1/2 oz. iced tea

Shake and strain

Orange slice and mint sprig garnish

Raspberry Mojito

Bucket glass

Build in glass

2-3 lime wedges

1/2 oz. simple syrup

6-8 mint sprigs

Muddle contents and add ice

1 3/4 oz. Appleton Estate V/X Jamaica Rum

3/4 oz. Cruzan Raspberry Rum

Lime wedge and fresh mint sprig garnish

Reggae Mojito

Bucket glass

Build in glass

1 oz. fresh lime juice

1/2 oz. Rose's Lime Juice

2 lime wedges

2-3 dashes Angostura Bitters

4 mint sprigs

1 1/2 tbsp. brown sugar

Muddle contents and add ice

2 oz. Appleton Estate V/X Jamaica Rum

2-3 splashes club soda

Lime wedge and mint sprig garnish

San Mojito

Bucket glass

Build in glass

1 oz. fresh lime juice

1/2 oz. Rose's Lime Juice

2 lime wedges

4 mint sprigs

1 1/2 tbsp. sugar

Muddle contents and add ice

1 oz. Sauza Hornitos Reposado
Tequila

1 oz. Midori Melon Liqueur

2-3 splashes club soda

Lime wedge and mint sprig
garnish

How's Your Linkage With The Past?

Questions

1. This effervescent, fruit-laced concoction was first devised at Harry's Bar in Venice, Italy during World War II.
2. Created by Fernand Petiot at Harry's New York Bar in Paris in 1924, this famous drink was named after the unfortunate daughter of King Henry VIII.
3. This hot, Kahlúa-based specialty was created by George Bullington at Bully's Restaurant in southern California and dubbed the "George Coffee" in Hawaiian.
4. What classic tropical drink was invented by Vic Bergeron (Trader Vic) and was originally garnished with a fresh orchid?
5. This classic mixed drink originated at the Louisville Penderis Club and was first served to famed bourbon producer, Colonel James Pepper.
6. The Buena Vista Cafe located at Fisherman's Wharf in San Francisco is credited with popularizing what famous hot drink?
7. This colorful tropical concoction actually originated at the Zanzibar Club in London.
8. What drink recipe was invented by Don the Beachcomber and advertised "only one to a customer?"



1. Bellini
2. Bloody Mary
3. Keoli Coffee
4. Mai Tai
5. Old Fashioned
6. Irish Coffee
7. Blue Hawaiian
8. Zombie

Adult Smoothies Hit Happy Hour

There are a few of us roaming about who sip a smoothie and notice how much better it would taste if it contained some Kahlúa, Midori or brandy.



If smoothies can be customized with one or more nutritious additives, why can't you doctor them with a little dark rum or a bracing jolt of Maker's Mark?

Well, we've reached the conclusion, after trying a dozen or so adult smoothies, that these drinks do in fact taste much better with an additional shot or two from the back bar. Here then are some recipes for what we're calling Happy Hour Smoothies.

As an example, the **Blue Aloha Smoothie** is a tall, frosty concoction made with frozen vanilla yogurt, pineapple juice and blueberries. Many might stop there. While the smoothie is delightful and undoubtedly healthful, the addition of Charbay Blood Orange Vodka and Midori propel the drink into a whole other level of greatness. Rev up your blender and try it for yourself.

Wait, before you do that, first consider these two sinfully delicious libations. The first is the **Caribbean Dream Smoothie**. It's an adult smoothie concocted with Cruzan Estate Light Rum, Cruzan Mango Rum, mangoes, peaches, orange sorbet and lemon sorbet. You can throw in some wheat germ and B vitamins if you're a stickler on nutrition, but for those of us who prefer taste to wholesomeness, this recipe is a bona fide winner. The same can be said for the **Chocolate Banana Smoothie**, the delectable combination of Mount Gay Extra

Old Rum, Kahlúa, a ripe banana, chocolate syrup, milk and frozen vanilla yogurt. While drinking it might not make you healthier, it will certainly make you feel better.

Since your blender is already handy, go ahead and make the **Cranberry Crazed Smoothie**. It's a blended gem prepared with Stolichnaya Cranberi Vodka, Chambord, cranberry juice, fresh strawberries and blueberries, plain yogurt and several healthy scoops of raspberry sorbet. If scrumptious is still a word, then this smoothie is scrumptious. The **Melon Marvel Smoothie** might be a bit more vitamin-enriched. It's made with Malibu and Mount Gay Eclipse rums, cubed watermelon and honeydew melons, fresh lime juice, honey, orange juice and vanilla yogurt. Despite being nutritious, the drink is sensational.

Now some people might feel somewhat guilty drinking a smoothie that just plain tastes great with no overriding health claims. There's no reason that you can't add antioxidants, such as vitamins A, E and beta-carotene, or fiber, such as wheat germ and oat bran, or sources of protein, such as bee pollen, brewers yeast and soy. Also falling into the beneficial range are flaxseed oil, ginkgo biloba, ginseng, lecithin, protein powders, wheat grass, echinacea, calcium, folic acid and vitamins B, C, D and K.

All right, one more. The jazzed up smoothie is called the **In The Moo'd**. The drink is a luscious blend of vanilla yogurt, peanut butter, chocolate syrup, milk and a whole banana. It's converted into an adult smoothie with the addition of Absolut Vanilia Vodka and Starbucks Coffee Liqueur. You are absolutely right...it does sound delicious. ♦



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Smoothies With A Purpose

These aren't the smoothies that your momma used to make for you. These are the kind of smoothies that she should have given you. Adult smoothies prove once again that nutrition need not interfere with quality of life. Try these recipes and see if you don't agree.

Caribbean Dream Smoothie

House specialty glass, chilled
Pour ingredients into blender
 1 1/4 oz. Cruzan Estate Light Rum
 1 oz. Cruzan Mango Rum
 1/2 cup mango, fresh or frozen
 1/2 cup peaches, fresh or frozen
 1-2 scoops orange sorbet
 1-2 scoops lemon sorbet
Blend ingredients (ice optional)
 Orange wheel garnish

Cranberry Crazed Smoothie

House specialty glass, chilled
Pour ingredients into blender
 1 3/4 oz. Stolichnaya Cranberi Vodka
 3/4 oz. Chambord
 3 oz. cranberry juice
 1/4 cup strawberries, fresh or frozen
 1/4 cup blueberries, fresh or frozen
 4 oz. plain yogurt
 2-3 scoops raspberry sorbet
Blend ingredients (ice optional)
 Strawberry garnish

In The Moo'd

House specialty glass, chilled
Pour ingredients into blender
 1 1/4 oz. Absolut Vanilia Vodka
 1 oz. Starbucks Coffee Liqueur
 1/2 banana, peeled
 4 oz. milk
 2 oz. chocolate syrup
 2 oz. peanut butter
 3-4 scoops vanilla frozen yogurt
Blend ingredients (ice optional)
 Banana slice garnish



Vita-Mix BarBoss Advance