

The Mocktail Bar!

**Try these non-alcoholic cocktails – you'll
be surprised at how good they taste**

Many of the non-alcoholic cocktails derive their names from similar alcohol cocktails. So we have Sex on the Beach and Safe Sex, Shark Bite and Toothless Shark.

Virgin Margarita

- 1 part orange juice
- 1 part lime juice
- 3 parts sour mix

Fill a cocktail shaker with ice. Add the ingredients and shake well. Strain into an ice-filled cocktail glass.

To make a long drink, use a highball glass and top up with lemonade.

Sour Mix

- 1 cup caster sugar
- 2 cups water
- 2 cups freshly squeezed lemon juice

Stir together well. Keeps in the fridge for up to 7 days.

Safe Sex

- 1 part peach juice
- 3 parts pineapple juice
- 3 parts orange juice
- A squeeze of lime juice

Fill a cocktail shaker with ice. Add the ingredients and shake well. Strain into an ice-filled highball glass. Garnish with a slice of lime and a strawberry.

Toothless Shark

- 1 part lime juice
- 1 part grenadine
- 6 parts orange juice

Three-quarter fill a highball glass with orange juice. Add the lime juice and stir well. Slowly pour in the grenadine. Do not stir.

St. Clements

- 1 part orange juice
- 1 part bitter lemon

Fill a cocktail shaker with ice. Add the ingredients and shake well. Strain into an ice-

filled highball glass. Garnish with orange and lemon slices.

Some tangy cocktails for reckless redheaded tee-totallers! They all require a good swig of ginger ale.

Shirley Temple

This cocktail is said to have been invented for the child star who was too young to partake of the more alcoholic drinks enjoyed at parties by her co-stars.

- Ginger ale
- Grenadine
- A wedge of lemon

Fill a highball glass with ice. Add a couple of dashes of grenadine before filling with ginger ale. Squeeze the juice from the lemon wedge into the drink. Garnish with a cherry.

Virgin Caipirinha

- 1 lime, diced
- 1 lemon, diced
- 1 orange, diced
- 2 teaspoons sugar
- Ginger ale

Place the fruit in a jug. Add the sugar and stir until juices are released from the fruit. Strain into ice-filled tumblers and top up with ginger ale. Garnish with a sprig of mint.

Orange Spice

- 1 part orange juice
- 1 part ginger beer

Fill a highball glass with ice cubes. Half fill with orange juice and top up with ginger ale. Stir gently. Garnish with a slice of orange.

Ginger Juice

- 100 ml apple juice
- 50 ml pear juice
- 20 ml lemon juice
- 1 root ginger, grated
- Ginger ale

Fill a cocktail shaker with ice and add the fruit juices and grated ginger. Shake well. Strain into an ice-filled highball glass and top with ginger ale. Garnish with a slice of apple.

Hangover cures, a traditional Christmas drink, a summer refresher and something a bit different have all found their way onto this page!

Egg Nog

Traditionally served at Christmas

- 1 egg*
- 2 tablespoons caster sugar
- ½ pt milk
- ½ teaspoon vanilla extract
- **use only lion marked eggs*

Beat the egg yolk with the sugar, vanilla and milk. Whisk the egg white until fluffy. Fold the egg white into the yolk mixture. Serve in tumblers, sprinkled with a little cinnamon.

Barleyade

Fill a tumbler with ice. Half-fill with lemon barley water and top up with ice-cold lemonade. Serve while watching Wimbledon or at any other time!

Chocolate Mint

- 1 part peppermint cordial
- 4 parts single cream
- 1 teaspoon freshly-made coffee
- Chocolate, grated

Pour the peppermint cordial and cream into a cocktail shaker and shake well. Add the coffee and shake again. Strain into an ice-filled glass. Sprinkle a little grated chocolate on top.

These two are traditional cures for a hangover but they can also be enjoyed as drinks in their own rights.

Virgin Mary

- 200 ml tomato juice
- Tabasco sauce
- Worcestershire sauce
- Salt and pepper

Put the tomato juice in a tumbler and add a couple of drops of tabasco, a dash of Worcestershire sauce and a sprinkling of salt and pepper. If you like it hot, increase the amount of Tabasco. Serve with a wedge of lemon.

Prairie Oyster

This recipe is from Duffy's (1934) Official Mixer's Manual.

- 1 tablespoon tomato juice
- 1 tablespoon Worcestershire sauce
- pepper
- vinegar
- 1 egg yolk *
- **use only lion marked eggs*

Put the tomato juice and Worcestershire sauce in a small glass. Add a grind of pepper and 2 dashes of vinegar. Float the egg yolk on top. Swallow in one gulp. You might want to close your eyes and hold your nose at the same time!

You'll find all these recipes for non-alcoholic cocktails are berry good!

Berry Fizzy

- 100g blueberries
- 100g blackberries
- 50g raspberries
- 10 ml lemon juice
- 1 teaspoon caster sugar
- Soda water

Blend the berries, lemon juice and sugar. Strain into an ice-filled highball glass. Top up with soda water. Garnish with a sprig of mint.

Cranberry Quencher

- 1 part cranberry juice
- 1 part orange juice
- 2 parts lemonade

Fill a highball glass with ice. Pour in the cranberry and orange juice. Stir well. Top up with lemonade.

On the Beach

- ¼ Honeydew melon (make sure it's ripe)
- 100 g raspberries
- 100 ml orange juice
- 10 ml lime juice
- Grenadine
- Lemonade

Blend the melon, raspberries, fruit juice and grenadine with a handful of ice. Pour into an

ice-filled highball and top with lemonade. Stir well. Garnish with a melon ball on a stick.

Tequiless Sunset

- ½ ripe Honeydew melon
- ½ papaya
- ½ mango
- 6 strawberries
- 200 ml passion fruit juice
- 200 ml peach juice
- 1 lemon
- Grenadine
- 30 cl orange juice

Peel, de-seed and dice the fruit. Blend with the passion fruit and peach juices. Add the lemon juice, 3 dashes of grenadine and 2 handfuls of ice cubes and blend again.

Three-quarter-fill a highball glass with the blend, then pour orange juice slowly over the back of a teaspoon onto the surface of the drink. It should gradually make its way down to the bottom of the glass adding an orange tinge to the pale red colour. Garnish with a sprig of mint.

Pina Colada has a lot to answer for! The popularity of the tropical rum cocktail has led to the creation of a load of non-alcoholic imitators. Most of the drinks in this section start off with the same base of coconut cream and pineapple juice. And don't dismiss them because they're non-alcoholic! You may be surprised!

Cocopina

- 1 part coconut cream
- 2 parts pineapple juice

Blend the coconut cream and pineapple juice together. Pour into ice-filled highball glasses and serve with an umbrella.

Pink Pina

- 2 parts pineapple juice
- 1 part coconut cream
- 1 part pink grapefruit juice

Blend the coconut cream and fruit juices together with ice. Pour into highball glasses and serve with a slice of grapefruit.

Creamy Colada

- 4 parts pineapple juice
- 1 part grapefruit juice
- 1 part lemon juice
- 1 part apple juice
- 2 parts coconut cream
- Double cream
- Desiccated coconut

Blend the coconut cream and fruit juices together with ice. Pour into cocktail glasses and top with lightly whipped double cream and a sprinkling of desiccated coconut.

www.ceredigion.gov.uk/healthchallenge
www.ceredigion.gov.uk/heriechyd



www.greatcocktails.co.uk/NonAlcoholicCocktailsCategory.html

www.ukbg.co.uk/cocktail-recipes/non-alcoholic-cocktails.html