



FESTIVE FIZZ: FUNCTIONAL MOCKTAILS + MORE

Menu: Blueberry Balsamic Shrub with Honey and Ginger, Pomegranate Sangria with Fresh Raspberry and Lime, Golden Mulled Cider Latte



Shopping List

Produce	Dry/Pantry
<ul style="list-style-type: none"> • 2 cups (190 grams) fresh Blueberries • 5 inch (13 cm) Fresh Ginger • 1 Lime • 2 cups Raspberries • Optional for garnish: Fresh Rosemary, Fresh Mint Leaves 	<ul style="list-style-type: none"> • ¼ cup (60 ml) Balsamic Vinegar • 1 ¼ cup (290 ml) Apple Cider Vinegar • 1½ cups (about 447 g or 140 ml if liquid) of honey (or maple syrup if substituting) • 2/8 teaspoon Salt, Kosher • 2 teaspoons Turmeric Powder • 1 teaspoon Cinnamon or 4 Cinnamon Sticks • 4–8 Cloves • 4 Star Anise • 8–12 slices Fresh Ginger • 4 pinches Black Pepper or 4 portions Fresh Peppercorns

Dairy	Freezer	Other
<ul style="list-style-type: none"> • 1 cup Milk of choice (dairy or non-dairy) 	<ul style="list-style-type: none"> • Ice 	<ul style="list-style-type: none"> • 1 cup (235 ml) Sparkling water or Tonic Water for Mixing (balsamic shrub drink) • 4 cups (940 ml) Tonic Water • 2 cups (470 ml) Kombucha • 2 cups (470 ml) Pomegranate Juice • 4 cups (920 ml) unsweetened Apple Cider



Equipment List

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready and within reach before class begins.

- **1 Cutting Board**
- **1 Chef Knife**
- **1 small Mixing Bowl**
- **1 Sanitizer Towel with Sanitizer Solution (1 Tablespoon bleach mixed with 1 quart water)**
- **1 Pitcher or Large Sealable Container**
- **Blender or Food Processor**
- **Tasting Spoons**
- **Cheese Cloth**
- **Measuring Cups and Spoons**
- **Medium Sauce Pan**
- **Hand Frother or Electric Frother**



Advanced Prep List

Please have the following items prepared before class begins.

Wash all produce items, peel ginger.

ON THE MENU:

Blueberry Balsamic Shrub with Honey and Ginger

Serves 4 | Prep: 5 mins | Total: 10 mins

Ingredients

- 2 cups (190 g) fresh **Blueberries**
- 4 inch (10 cm) piece of **Ginger**, peeled and sliced
- 1 cup (230 ml) **Apple Cider Vinegar**
- ¼ cup (60 ml) **Balsamic Vinegar**
- ½ cup (168 g) **Honey**
- 1/8 teaspoon **Salt**, Kosher
- 3–4 cups (700–950 ml) **Sparkling Water** or **Tonic Water**, for topping each drink
- **Ice**

Directions

Place all ingredients EXCEPT water in the bowl of a blender or food processor and run to puree well. Place a fine mesh strainer over a medium mixing bowl and line the strainer with several layers of cheesecloth.

Pour the puree into the strainer and work as much liquid through as possible with a soft spatula. Grab the corners of the cheese cloth and lift out of the strainer.

Remove the strainer, twist and squeeze the cheesecloth containing the pulp from the puree to extract as much liquid as possible. Top up with sparkling water or tonic. Add the ice & enjoy!

Suggested garnish: Add skewered blueberries and a rosemary sprig or mint leaves for extra flair and flavor.



Recipe Customization

This recipe is dairy-free and gluten-free.

To make it low FODMAP:

- Replace honey with maple syrup or alternative low FODMAP sweetener of choice (simple syrup is low FODMAP)
- Reduce balsamic vinegar to 3 tablespoons

Pomegranate Sangria with Fresh Raspberry and Lime

Makes one pitcher - Serves 8 - 10 | Total Time: 10 mins

Ingredients

- 2 cups (470 ml) **Kombucha**
- 2 cups (470 ml) **Pomegranate Juice**
- ½ cup (120 ml) **Lime Juice**
- ¼ cup (60 ml) **Apple Cider Vinegar**
- ¼ cup (84 g) **Honey**
- Pinch of **Salt**
- **Ice**
- 4 cups (950 ml) **Tonic Water**
- 1 **Lime**, halved and thinly sliced
- 2 cups (250 g) **Raspberries**, fresh

Directions

In a pitcher or large sealable container, stir together the kombucha, pomegranate juice, lime juice, apple cider vinegar, honey, and salt to make the sangria.

Place a few cubes of ice in cocktail glasses and fill about halfway up with “sangria”. Top off the glass with the tonic water until about $\frac{3}{4}$ full. Top each glass with a few raspberries, a lime slice, and serve.



Did you know?

Kombucha is created by letting tea ferment with special bacteria that eat sugar, which gives it its unique (somewhat sour) flavor. The longer the tea ferments, the less sugar there is in the final product.

Recipe Customization

This recipe is gluten-free and dairy-free.

To make it FODMAP Friendly:

- Swap honey for maple syrup

Golden Mulled Cider Latte

Serves 4 | Prep: 7 mins | Total: 7 mins

Ingredients

- 4 cups (920 ml) unsweetened **Apple Cider**
- 2 teaspoons **Turmeric Powder**
- 1 teaspoon **Cinnamon** or 4 **Cinnamon Sticks**
- 4-8 **Cloves**
- 4 Star **Anise**
- 8-12 slices **Fresh Ginger**
- 4 pinches **Black Pepper** or 4 portions **Fresh Peppercorns**
- 4 teaspoons **Honey** or **Maple Syrup** (optional)
- 1 cup (240 ml) **Milk** of choice



Directions

Place all ingredients except the milk, in a medium sauce pan and simmer for 5-10 minutes.

While the beverage simmers, heat and froth your milk of choice by using a hand frother or electric frother.

After the beverage has simmered for 5-10 minutes, use a fine mesh strainer to remove the spices.

Pour your beverage into mugs and add your frothed milk. Garnish with star anise, cinnamon stick, and dash of nutmeg or cinnamon. Enjoy!

Recipe Customization

This recipe is gluten-free.

To make it FODMAP Friendly:

- Choose maple syrup over honey

to make it dairy free:

- Choose a milk alternative of your choice

Build a Mocktail Guide

Base



Cranberry Juice
Orange Juice
Pomegranate Juice

De-Alcoholized Red Wine
Cider
Tea/Coffee
Milk of Choice



Fruit



Citrus slices: orange, blood orange, lime, lemon
Muddled fruit: pears, pomegranates, berries
Chopped firm fruit: apples, pears, oranges



Herbs | Flavor Boosters



Ginger
Rosemary

Basil
Sage

Cinnamon
Clove

Mint
Bitters

Nutmeg
Honey
Star Anise



Bubbles



Sparkling water
Kombucha
Flavored seltzer

Non-alcoholic champagne
Ginger beer
Pre/Probiotic soda

