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The original book about the craft of mycology is a rare gem. Gary Regan's *The Joy of Mixology* is such a gem, one whose ingenuity lies in Reagan's breakthrough drink categorisation system that helps bartenders - both professionals and amateurs - not only remember drinking recipes, but also invent their own. For example, once you realize that Margarita is a member of the New Orleans Sour Family, you will immediately see that Kamikaze is only a margarita based on vodka; Cosmopolitan follows the same formula, with some cranberry juice thrown into the paint. Similarly, Manhattan and Rob Roy, both members of the Franco-Italian family, are variations on the whiskey-vermouth-bitters formula. In this way Regan brings a whole new understanding to the world of cocktails and how to make them. Not only will you learn how to make standard cocktails, but you will actually learn to feel your way through making drinks, allowing you to gain the skills needed to create your own concoctions. And while Regan explains the methods of mixing drinks, how to choose bartender's clothes and choose spirits and liqueurs, and the origin of many cocktails, you will feel as if you are behind the bar with him, learning from the master. In addition, its charming and detailed history of mixed drinks raises this far above the standard price of cocktail guides. With more than 350 recipes to drink, *Joy of Mixology* is the ultimate bar guide. Revolutionary and authoritative, it's a must-have for anyone interested in the craft of cocktails. GARY REGAN is the author of *The Bartender's Bible* and co-author with his wife Mardee Haidin Regan from the book *Bourbon and other fine American whiskeys*, new classic cocktails, the Martini Companion and *The Bourbon Companion*. He wrote articles on mixing and drinking for the *San Francisco Chronicle*, *Food & Wine*, *Playboy*, *Wine Enthusiast Magazine*, *Wine & Spirit Magazine* and *Cheers Magazine*. Gary and his wife are the makers of email ardent spirits and drinks experts for Amazon.com's Kitchen & Housewares store. They live in Cornwall-on-Hudson, New York.

Chapter 1 HISTORY OF COCKTAILS MIXED DRINKS Variety is the very spice of life,It gives it all its flavor. - William Cowper, Assignment, Book II, Time piece, 1785Has nothing like a good cup of tea. But do you prefer Earl Grey, Assam, Keemun, Lapsang souchong, Jade Oolong, Formosa Oolong, or Ti Kuan Yin? Or maybe english breakfast is more your cup. And how do you drink tea? Plain and strong or with milk and sugar, a slice of lemon, a teaspoon of honey, a totote of whisky or a good measure of dark rum? One drink with countless variations, all depends on the taste of the consumer. And so it is, and always has been, with mixed drinks: The basic ingredient can be consumed neatly, but it can also be etented by adding one or more other ingredients. Why do people choose to love fine wines, beers and spirits? For Variety's sake. It's the spice of life. that's. than possible that the world's first mixed drinks were created to mask the bad flavours of the basic ingredient. The alcoholic beverages of our muted and distant past were far worse than the technologically pure products we enjoy today. Archaeological evidence shows that the ancient Egyptians used dates and other fruits to taste their beer, and that Wassail, a spicy drink originally made with a base of hard cider, dates back to pagan England, was served to celebrate the abundant harvest of apples. We also know that the Romans drank wine mixed with honey and/or herbs and spices. The practice could have stemmed from poorer quality wine, but it probably also had roots in medicinal, restorative or digestive properties attributed to different ingredients. Mulled wine and spicy beer date back thousands of years and still enjoy the twenty-first century. To see how cocktails and mixed drinks of modern times were created, it is necessary to start in the 1600s, when taverns in New England served some creative concoctions. Sack Posset is a mixture of ale, sack (prosecco), eggs, cream, sugar, and spices such as nutmeg and mace that is cooked over an open fire, sometimes for hours at a time. When quaffers wanted their beer hot but didn't want to leave it on fire, they would use a type of poker, known as a lumberjack, that was heated in the fire and then crashed into a tankard ale. If a fight broke out in the tavern, these pokers could be used as weapons - the fighters were on lumberjacks with each other. It is possible that there were more than a few brawls in the taverns of the seventeenth century, too many colonists did not drink in the short term. One description of the daily drinking habits of Southern colonists states that they started the day with mint-flavored whiskey, stopped working at 11 a.m. to take part in slingshots, toddies, or flips, drinking whiskey or brandy with water before and during dinner, and ended the day with whisky or brandy without water. But excessive consumption was not tolerated by all colonists: in Connecticut in the seventeenth century, for example, it was illegal to drink more than thirty minutes at a time, or down more than half a bottle of wine on one sitting. And if you'd had dinner at the Ship Inn. in Boston around 1634. Among the drinks consumed during the 1700s are mulled wines, prosecco sweetened with fruit (such as raspberful) and juleps. We are not sure if these were the Mint Juleps that are known to us today because, according to Richard Barksdale Harwell, author of the book *Mint Julep*, the mention of such a drink was recorded only in 1803. All kinds of other mixed or flavored drinks were popular with early colonists, and some of them, such as Toddies, Slings and an assortment of strokes and mulled wines, are still produced today, although probably not according to recipes that our forefathers would recognize. Other Who showed up in America at this time they bear names reminiscent of some of the cocktails we drink today. The beverage called Mimbo was just rum and sugar; Stonewall was a mixture of rum and cider; Black-Stripe is made of rum and molasses; The braised Quaker was a hard cider with a baked apple that fell into it; and one drink, made from braised sour beer sweetened with molas and thickened with brown bread crumbs, had the wonderful nickname Whistle-Belly-Vengeance. Early American Beverages, by John Hull Brown, details a restaurant in New York built in 1712. Cato was a slave who bought his freedom, opened his own joint and sold New York Brandy Punch, South Carolina Milk Punch and Virginia Eggnog to accompany dishes such as terrapin, dried oysters, fried chicken and roast duck. Our first president, George Washington, was known for loving a drink or two, and sometimes more. He indulged in thirteen toasts-one for each state during the victory celebration at New York's Fraunces Tavern, and it is said that after he participated in one of philadelphia's fish clubs, The State in Schuylkill, he couldn't bring himself to enter his diary for the next three days. There is even a loose connection to Washington and Grog, a mixture of rum and water that British Admiral Edward Vernon introduced to the sailors in 1740. Lawrence Washington, George's half-brother, served under Vernon and admired him so much that he named his estate after him. Later, of course, George became a major resident of Mount Vernon.By the late 1700s people in the newly established United States were still tippling far more alcohol than we would tolerate today; It is important to remember that at that time alcohol was seen not only as a social drink, but also as a drug that would prevent, or perhaps even cure, all kinds of diseases. John Brown, professor of medicine at the University of Edinburgh in the mid-eighteenth century, prescribed alcohol for many diseases. When one of his patients had the courage to die, Brown simply opened his body and declared the organs fresh, which was proof that his medicine worked. This, no doubt, was enough evidence to encourage a party of eighty people at the Boston Shopping Club to go down 136 bowls of punch, 21 bottles of prosecco and a large amount of cider and brandy over dinner in 1792.The eighteenth century also saw Americans become in love with iced drinks, something that wouldn't have won favor in Europe for another two hundred years. European immigrants to these shores, untapped for hot summers in America, have created demand for ice from the frozen north to be lowered to people in the south. At first the ice was quite expensive and out of financial reach for many people, but prices were gradually falling, and in the mid-1800s ice drinks were the norm. As the ice became popular, something else happened behind a bar in America. Change the face of mixed drinks forever: At some point close to the year 1800, someone created the first cocktail in the world. THE BIRTH OF THE COCKTAILOn May 13, 1806, The Balance and Columbian Repository of Hudson, New York, responded to a reader's query about the nature of the cocktail: Cocktail is a stimulating drink, made up of spirits of any kind, sugar, water and bitterness- vulgarly called bitter slingshot. The cocktail was born, was defined, and yet could not be well known by the general population, or the newspaper would not consider it an appropriate theme for clarifying. Where does the word cocktail come from? There are many answers to that question, and none are satisfactory. One of my particular favourite stories, though, comes from *The Booze Reader: A Soggy Saga of a Man in His Cups*, by George Bishop: The word itself stems from an English cock-tail that in the mid-1800s referred to a woman of light virtue who was considered desirable but unclean. The word was imported by expatriate English and derogatorily applied to the newly acquired American habit of squealing good British gin with foreign substances, including ice. The disappearance of the dash coincided with the general acceptance of the word and its re-export back to England in its present sense. Of course, this may not be true because the word was applied to the drink before the mid-1800s, but it is nonetheless fun, and the definition of desirable but unclean corresponds to cocktails. Another theory is that in England mixed-blood horses had their tails anchored to indicate their lack of breeding, and they were known as cocktails. This is true, and since the cocktail contains a mixture of ingredients, it makes sense that the term could have come from this source; But that's a little far-fetched. The wonderful story, published in 1936 in a bartender, a British publication, details how English sailors were served mixed drinks in a Mexican tavern years ago. The drinks were mixed with the fine, slender and smooth root of the plant, which because of its shape was called Cola de Gallo which in English means 'Cock's tail'. The story goes on that the sailors made the name popular in England, and the ode there the word made its way to America.Another Mexican tale of cocktail entomology-again, dated many years ago -refers to Xoc-tl (transliterated as Xochitl and Coctel in various accounts), the daughter of the Mexican king, who served drinks to American officers. The Americans honored her by calling cocktails with drinks closest to her to pronounce her name. And another south of the border explanation for the word can be found in *Made in America*, Bill Bryson, who explains that in the Cryo language, which is spoken in Sierra Leone, a scorpion is called a cactle. Is it possible that the sting in the cocktail was related to a scorpion sting? At best, it's questionable. One of the most important The stories told about the first drinks known as cocktails concern a tavern called Betsy Flanagan, which in 1779 became the first wine-faced wine thingron. The soldiers toasted her by shouting: Vive le cocktail! William Grimes, however, in his book *Straight Up or On the Rocks: A Cultural History of American Drink* points out that Flanagan was a fictional character who appeared in James Fenimore Cooper's spy series. He also notes that the book relied on the oral testimony of Revolutionary War veterans, so while it's possible that the story has some merit, it's a very unsatisfactory explanation. A rather compelling narrative on this subject can be found in *Famous New Orleans Drinks & How to Mix 'em*, by Stanley Clisby Arthur, first published in 1937. Arthur tells the story of Antoine Amedia Peychaud, a French refugee from Santo Domingo who settled in New Orleans in 1793. Peychaud was a pharmacist who opened his own business, where, among other things, he made his bitterness, Peychaud,a fabrication available today. He created a cure for the stomach by mixing his bitterness with brandy in an egg-pot known in his native tongue as a flirtatious. Probably not all of Peychau's customers spoke French, and it's quite possible that the word, pronounced coh-KET-yay, could be corrupted into a cocktail. However, according to the Sazer company, today's manufacturer of Peychaud's bitterness, the pharmacy only opened in 1838, so there is another explanation that does not work. If they push me to choose a story that sounds truer than everyone else,I'll go to the one

mentioned in grimes' book that lists the passage from H. L. Mencken is the American language. The dick, he explains, refers to the tap on a barrel of spirits, and the tails were excavators from the bottom of the barrel. The last drops of all kinds of spirits used to be mixed and sold at a discounted rate, so the word cocktail was born, in a very unattractive way. ADOLESCENCEIali, although the cocktail originated, many people in the early 1800s drank well-constructed drinks. The name of the drinking game at the time was quantity, not quality. If you shared all distilled spirits sold in the United States in the year 2000 among every man, woman and child in the country, each person would be aloted just under half an ounce of drink per day. 200 years earlier, when the cocktail was a common beauty in her arms, enough spirits were sold to supply every man, woman and child in the United States with nearly two ounces of alcohol a day. So in 1800, Americans drank nearly four times as much distilled spirits as good people at the turn of the twenty-first century. The earth was full of jitterbugs. In the early 1800s liqueur was often known as treme sauce, and jitterbug was a nickname given to people who drank too much. One jitterbug in particular had his 1812 tavern account detailed in Drunkard's Looking Glass, a pamphlet issued by the Rev. Mason L. Weems. This hardy soul seems to have had three Mint Slings before breakfast, nine gog tumblers before dinner, three glasses of wine and bitterness over dinner and two tickling brandy afterwards. The total amount of the bill was six dollars, and included breakfast, dinner, cigars and dinner (during which more wine was consumed). Our ancestors from the nineteenth century did not just drink profusely; they also gave strange and wonderful names to some of their new creations. According to Richard Erdoes, author of the Old West Salon, home specialties became popular in the 1820s, and various inns and taverns offered drinks such as Moral Persuasion, Fiscal Agent and Sweet Ruin. The drinks were also named after the lamps of the time: in 1824, when revolutionary war hero Marquis de Lafayette returned to the United States from his native France, not only was he treated to lafayette punch, but he could also sip Lafayette brandy. During the first half of the nineteenth century, although few people really mattered, A new breed of bartenders began to appear, and by the time Jerry Thomas wrote the world's first book of cocktail recipes, How to Mix Drinks, or The Bon-Vivant's Companion, in 1862, he had collected formulas for Cobblers, Cocktails, Crustas, Fixes, Flips, Pousse-Cafés, Sangarees, Toddies, Sours, Slings and Smashes, among others. Seven years later, when William Terrington published Cooling Cups and Dainty Drinks in London, he described in detail drinks such as Splitting Headaches, a mixture of alea, rum, lime juice, cloves, cinnamon, ginger and nutmeg, and Hour Before the Battle, a simple affair made only of prosecco or Madeira with bitters. The cocktail front began to collect steam. Steam.

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