

The image shows a top-down view of two glasses filled with lemonade, each containing ice and a slice of lemon. The glasses are set on a light-colored marble surface. Scattered around the glasses are several small, delicate white flowers, likely baby's breath. The lighting is bright and natural, creating soft shadows and highlighting the textures of the marble and the freshness of the drink.

100 Recipes for Mocktails
& Low-Alcohol Cocktails

ZERO PROOF

DRINKS & MORE

MAUREEN PETROSKY

TABLE OF CONTENTS

SYRUPS, SHRUBS & MORE

Simple Syrup
Honey Syrup
Mint Syrup
Pomegranate Syrup
Hibiscus Syrup
Juniper Berry Syrup
Blueberry Lavender Syrup
Cinnamon & Anise Spiced Syrup
Citrus Syrup
Ginger Shrub
Cherry Shrub
Strawberry Balsamic Shrub
Cranberry Apple Shrub
Pineapple Mint Shrub
Peach Cardamom Shrub
Orange Shrub
Lemon Lime Shrub
Quick Hop Water
Aquafaba
Sour Mix
Spicy Salt Rimmer
Citrus-Infused Sugar Rimmer

APERITIFS & SPRITZES

Strawberry Balsamic Soda
Rosemary Pear Bellini
Rhubarb Blush
Gunner Cocktail
Meyer Lemon Fizz
Strawberry Ginger Fizz
Hoppy Morning
Blood Orange Mimosa
Angosoda Swirl
Pomegranate Bubbles
Peach Cardamom Spritz
Cucumber Lemon Lime Tonic
Sparkling Lychee Mint Smash

DAY DRINKS

Spicy Watermelon Sip
Bloody M
Cucumber Mojito
Frozen Cosmo
Strawberry Basil Lemonade
Michelada
Grapefruit Radler
Mixed Citrus Radler
Raspberry Shandy
Lemon Meringue Shandy
Blueberry Lavender Spritz
Grilled Pineapple Mint Mojito
Cinnamon Tiramisu
Matcha Sour
Tart Cherry Cola
Lemongrass Cilantro Highball
Lime in the Coconut
Jewel
Sun's Out
Woo-Woo

HAPPY HOUR

No-Groni
Shirley T
A Little Hollywood
Not My Mom's Manhattan
New-Fashioned
Ginger Mule
Mango Mule
Blood Orange Martini
Amaretto Sour
Apricot Flip
Grey-Tea-Ni
Yuzu Mar-Tea-Ni
Hops & Peel
Espresso Martini
Hot Noddy
Cuddle Up
Non-Branca

PUNCHES & PITCHER DRINKS

Hibiscus Berry Punch
Spicy Margarita Pitcher
Blueberry Margaritas
Sparkling Peach Punch
Sparkling Cran-Apple Cider
Raspberry Lemon Verbena Cooler
Ginger Kombucha & Cucumber Punch
Paloma Punch
Grapes No Wrath
Palmer Punch
Strawberry Cucumber Tonic
Canto de Fruta Sangria
Jalapeño & Honeydew Sangria
Blackberry Ginger Sparkling Sangria

LOW-ABV (A.K.A. SESSION) COCKTAILS

Aperol Spritz
Sherry Cobbler
She & T
Rosé Spritzer
Riesling Spritzer
Campari & Soda
Vermouth Trio
Americano
Lillet Spritz
Raspberry Royale
Reverse Manhattan
Elderflower Spritz
Pimm's Cup
Bocce Ball
Limoncello Granita Spritzer
Aperol Sour
Fernet & Coke

• MAKES ABOUT 1½ CUPS/375 ML (12 OZ) •

ORANGE SHRUB

This recipe uses the juice of oranges and also the peel, with all its delicious, aromatic oil. The shrub has a rich, layered flavor and is excellent in beer mocktails and mimosas.

2 to 3 oranges
—
¼ cup (60 mL)
granulated sugar
—
¼ cup (60 mL)
Champagne vinegar
—

Electric juicer (optional)
Jar with a tight-fitting lid

- 1 Using a vegetable peeler, peel oranges (see Tips).
- 2 Place the strips of orange peel in a nonreactive bowl (see page 7). Add sugar and stir, pressing on the peel with your spoon to help release the flavor. Cover and let stand until the sugar has dissolved and the mixture has turned into a syrup. This can take anywhere from 1 hour to overnight, depending on the temperature of your kitchen.
- 3 Juice the oranges with a juicer or by hand. You want ¾ to 1 cup (175 to 250 mL) juice. (It will depend on the size and juiciness of the oranges.) Using a fine-mesh sieve, strain the juice into a bowl. Add vinegar.
- 4 Once the sugar mixture is ready, discard the orange peels and pour the syrup into a jar with a tight-fitting lid, such as a mason jar. Add the juice-and-vinegar mixture. Stir or shake.
- 5 Store for up to 6 months in the fridge. Shrubs tend to separate, so shake well just before using.

TIPS

- ✱ When peeling your oranges, try to avoid the pith, which is bitter. It helps if you don't press too hard with the peeler.
- ✱ Oranges can vary greatly in sweetness, so you may want to taste and adjust. If you want your final drinks to have a stronger bite, add more vinegar to the shrub. Start with the recommended amount; you can always add more.

- ◆ Substitute Champagne vinegar with apple cider vinegar or white wine vinegar.



• MAKES 1 DRINK •

HOPS & PEEL

This recipe uses one of my favorite shrubs that's made with plenty of orange peel. I like to make this with a non-alcoholic IPA-style beer, which is high in hops (hence the name). Perfect for any beer-lover, this refreshing sip is great for tailgating or just kicking back outdoors.

½ cup (125 mL)
Orange Shrub
(page 34)

1 can (12 oz/355 mL)
non-alcoholic IPA
beer, chilled

1 orange slice

Tall glass

- 1 Pour Orange Shrub into a tall glass. Add beer, pouring slowly.
- 2 Garnish with orange slice.

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TIP

* Be sure to pour the beer slowly so it won't foam over.



- ◆ In the summer, you might prefer a lighter taste. Try a non-alcoholic wheat beer instead of the IPA, or use Sparkling Hop Water (page 36, Mix It Up).
- ◆ If you don't like hoppy brews, your favorite non-alcoholic lager is a perfect substitute for the IPA. Whatever your choice, make sure it's nice and chilled before mixing.





• MAKES 1 DRINK •

MATCHA SOUR

Matcha powder has lots of health benefits, including antioxidants, and is said to have a calming effect on the body. So this little green cocktail is the perfect zero-proof pick for a healthy and relaxing happy hour. Typically, sours call for an egg white, but this recipe uses aquafaba instead. You achieve identical results — rich texture and a pretty froth on top — without the worry of raw eggs.

Ice cubes
—
2 oz (60 mL)
Sour Mix (page 40)
or store-bought
sour mix
—
1 tsp (5 mL)
matcha powder
—
1½ oz (45 mL)
aquafaba (page 38)
—
3 oz (90 mL)
club soda
—

Cocktail shaker

- 1 In a cocktail shaker half-filled with ice cubes, combine Sour Mix and matcha powder. Shake to mix evenly.
- 2 Add aquafaba and shake, shake, shake (this helps the aquafaba make your drink frothy).
- 3 Add club soda, stir once and strain into a glass.
- 4 Using a spoon, take the froth that's left in the shaker and use it to top the cocktail.

TIPS

- * You can use store-bought sour mix if you are pressed for time, but my Sour Mix recipe (page 40) will take it to another level — less sweet, and with a fresher, brighter flavor.
- * Matcha powder has a strong, earthy flavor. Start with less, then add more, if you like.
- * Be sure not to add the club soda until after you've done the shaking, or you'll end up with a bubbling mess!
- * A coupe, if you have one, is perfect for this drink.



- ◆ Matcha powder's distinctive flavor gives this drink its character. But if you want to tone it down a bit, decrease the amount to ½ tsp (2 mL).

• SERVES 6 •

HIBISCUS BERRY PUNCH

This punch is the perfect crowd-pleaser for a summer celebration. Or change it up for a cocktail party by serving it in chilled martini glasses. Either way, make sure each glass gets a few chilled berries to help your guests enjoy a stunning sip.

4 cups (1 L)
brewed hibiscus tea
(see Tips), chilled

¾ cup (175 mL)
freshly squeezed
lemon juice, strained

½ cup (125 mL)
Simple Syrup
(page 17)

3 cups (750 mL)
club soda, chilled

1 cup (250 mL)
fresh raspberries,
chilled (see Tips)

½ cup (125 mL) fresh
blueberries, chilled

Ice cubes

6 sprigs fresh thyme

1 In a pitcher, combine tea, lemon juice and Simple Syrup. Add club soda, raspberries and blueberries and stir.

2 Fill glasses halfway with ice cubes. Add punch, making sure to include a few raspberries and blueberries in each glass. Garnish with thyme sprigs.

TIPS

- * Keep your berries in the fridge so they'll be chilled and last longer.
- * Don't over-steep your tea; it could make your punch taste bitter. Be sure to follow the package instructions, since teas vary in strength depending on brand.
- * You can make this ahead of time and keep it in the fridge for up to 1 week. But hold back the raspberries, blueberries and thyme, adding them just before serving.
- * A simple shortcut is to skip the Simple Syrup, lemon juice and club soda and use 4 cups (1 L) sparkling lemonade instead.





• MAKES 1 DRINK •

APEROL SPRITZ

The Aperol Spritz may be the most famous aperitif in Europe. It's pretty and simple and perfect for a lunchtime clink or enjoyed before dinner al fresco.

- Ice cubes
-
- 3 oz (90 mL)
Prosecco, chilled
-
- 2 oz (60 mL) Aperol
-
- 1 oz (30 mL)
club soda
-
- 1 orange slice
-

1 Fill a glass halfway with ice cubes. Add Prosecco, then Aperol and then club soda. Stir. Garnish with orange slice.

TIPS

- * Aperol is a bitter sip that might take some getting used to. If you prefer your drinks less bitter, reduce the Aperol to 1 oz (30 mL) and increase the Prosecco to $\frac{1}{2}$ cup (125 mL).
- * Make sure your Prosecco is well chilled. Opening any bubbly wine while it's warm can turn the cork into a projectile! Chilling helps keep the pressure of those bubbles under control.



- ◆ There's no substitute for Aperol, but you can certainly use other sparkling wines instead of Prosecco. I suggest sticking with a dry or brut bubbly.
- ◆ Think bottles instead of ounces and make a big batch in a punch bowl. Just stick loosely to the same ratio: 3 parts Prosecco, 2 parts Aperol and 1 part club soda. This makes a beautiful punch with orange slices floating on top.

LEAVE NO GUEST OUT AND GET CREATIVE WITH ON-TREND DRINK RECIPES PERFECT FOR EVERY OCCASION.

ISBN(S):
978-0-7788-0675-2 /
0778806758

PUBLICATION DATE:
January 2021
(Shipping December 2020)

FORMAT/TRIM:
TP French flaps / 7.5" X 10"

LIST PRICE:
\$24.95 US / \$29.95 CDN

PAGE COUNT: 224

ILLUSTRATIONS:
85 color photos

SUBJECT/CATEGORY:
Cooking

RIGHTS: World

ZERO PROOF DRINKS & MORE offers delicious and mindful drinks for every guest and every occasion. The reasons for no- and low-alcohol drinking are as varied as the drinks themselves — ranging from religious belief to pregnancy to living a healthier lifestyle to the role of “designated driver.” With *Zero Proof Drinks & More*, you’ll be prepared — with the perfect pour for every guest, along with easy tips and tricks for creating on-trend and delicious drink solutions for entertaining or simply winding down after a long day. Maureen Petrosky, an Entertaining & Lifestyle Expert, shares over 100 no-alcohol and low-alcohol recipes for cocktails, spritzers, ciders, coffees, shandies and radlers, and a whole lot more.

- Over 100 on-trend recipes for no-alcohol and low-alcohol drinks.
- 52 percent of Americans who drink alcohol report that they are actively trying to cut back. Witness the rising popularity of Dry January and Mindful Drinking, and the growing number of Sober Curious millennials.
- Reasons for low-alcohol/no-alcohol drinks: health concerns; calorie reduction; religion; cultural trends.

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