



HOSPITALITY
ACADEMY

**FIVE
ICONIC
COCKTAILS
& THEIR
STORIES**

History as told
by mixology



Editor's Note

Most people usually wonder how does a cocktail differ from a regular mixed drink? Aside from its distinct ingredients and taste profile, a cocktail attempts to tell a story from its mixer's past, often becoming an iconic symbol of its decade or country in the process.

As mixology has been an art form that persisted over many decades, hundreds (maybe thousands!) of cocktails have come and gone throughout the bars of the world. However, there are some of these drinkable stories that have persisted across time, spreading their story throughout the world to this day.

In the following pages, you will find some of the legendary cocktails along with their origins and recipe, so you can recreate them from the comfort of your own home.



OLD FASHIONED

SOPHISTICATION AND SIMPLICITY

The Old Fashioned is a drink that screams both sophistication and simplicity. It's hard to find a bar that doesn't offer some kind of variation of the drink. The Old Fashioned is also one of the oldest drinks to still have a popular following today.

It all started in the early 1800s when neither Paracetamol nor Ibuprofen existed. So, what could one do when waking up with a severe headache? Well, the 1800's solution to that was simple: whiskey. Yes, that's right, the Old Fashioned started its life as a morning pick-me-up drink known simply as "the Whiskey Cocktail" that would consist of a lump of sugar, soaked in bitters accompanied by ice and Whiskey.

As time went on, bartenders did what bartenders do, and the recipe of the Whiskey Cocktail was tinkered with so much that there were too many variations to really keep track of. As a result, anyone wanting to order their nice, simple hangover-cure drink needed to order their Whiskey Cocktail "The old fashioned way" - hence the name we know and love today.

From its origins, the Old Fashioned would go through a bumpy history but would continue to find its way into the minds, bars, and glasses of Americans across the continent. The Old Fashioned is one of the few drinks that have endured the test of time with very few changes from its original formula.



Now you know the magnitude of the drink, let's uncover how you can **make one!**

INGREDIENTS

1/2 teaspoon sugar

3 dashes Angostura bitters

1 teaspoon water

2 ounces bourbon
Garnish: orange peel



Step 1

Combine the sugar, bitters, and water - stir until the sugar dissolves in the liquid.

Step 2

Add two ice cubes and the bourbon before gently stirring the mixture.

Step 3

Lightly brush the oil of the orange peel against the rim of the glass and garnish.

Cheers!



MOJITO

— TRADITIONAL CUBAN —

Nothing is more synonymous with the sounds, smells, and culture of the tropical Caribbean islands than the Mojito. With the tangy, exotic flavor of lime juice, balanced out with deliciously sweet cane sugar and a generous splash of rum, the Mojito embodies the feeling of tropical paradise that the Caribbean provides.

But where did the Mojito come from? Well, the answer to that question is a varied one, but today we're hoping to partially answer this question (or at least give you a good story) and tell you how to make the best Mojito!

THE (POSSIBLE) HISTORY OF MOJITO

The story of Mojito is one that is particularly hard to trace and verify. As the roots of the drink predate reliable history and span across so many cultures, there are a few variations of the story and it's fairly hard to pin the exact origin. However there are two stories that have survived the test of time and are believed to be the most likely origins of the cocktail, incidentally, both of them begin in Cuba! On the following page, we will tell you both stories about this amazing drink.

The image shows two tall, clear glasses filled with a light-colored, bubbly beverage. Each glass is packed with ice cubes and garnished with a slice of fresh lemon and several sprigs of bright green mint leaves. A silver metal straw is inserted into each glass. The background is dark, making the glasses and their contents stand out. The text 'OPTION A: THE SCURVY BUSTING "SUPER-DRINK"' is overlaid on the left side of the image in a white, serif font.

OPTION A: THE SCURVY BUSTING “SUPER-DRINK”

Through Disney’s *Pirates of the Caribbean*, most of us now associate the history of these beautiful islands with the adventurous characters of fantasy. While it is true that the seas of the Caribbean were once inhabited by pirates and “privateers” (pirates with legal permission to be pirates in the name of the crown) there was a scourge that even these vicious thieves feared: scurvy. Scurvy is a deadly disease that develops when the human body does not consume nutritious food for long periods of food (as was commonplace among those at sea at the time) and was commonplace in 1500’s maritime life.

It’s time to introduce Sir Francis Drake.

Now I’ve set the scene (Caribbean, pirates, scurvy, etc) It’s time to introduce Sir Francis Drake. Drake was a Privateer (aka: pirate but for the crown) for the British Royal Navy, in the 1500’s he was tasked with sacking Cuba’s capital, Havana, for its gold. The operation would prove to be a complete failure and Drake was unable to land in the country. To make matters worse, Scurvy was decimating Drake’s crew worse than the Spanish had. As a last-ditch effort to save himself and his crew, Drake sent scouts into the surrounding land to hopefully find supplies to assist his men. Fortunately, the scouts were able to contact South American Indians, who provided him with a local tonic of cane sugar alcohol, lime, sugar cane juice, and mint leaves to relieve the ailments.

As Vitamin C (of which limes are rich) is an effective cure for scurvy, this tonic proved to be a lifeblood for Drake's crew. The crew enjoyed the concoction so much that they continued to make it with their rum rations even after scurvy was under control. After the privateers left Cuba, a similar drink appeared in Havana soon after named the "Draque" that carried a similar recipe and would mold into the mojito that we see today.

OPTION B:

The pick-me-up of caribbean slaves

Now, this story actually came about a bit later, and it's possible that both are true (with A likely being a precursor to B). This story starts in one of the darker periods of Cuba's history, in the 19th century, the country was used by the Spanish as a slave colony. Thousands of African slaves were shipped to the island in order to perform hard labor in the country's sugar plantations.

The African slaves were introduced to a tonic used by the indigenous Indians of the continent (who unfortunately met the same fate as the African slaves): Aguardiente de caña. This tonic, (literally translated to "sugarcane firewater") was a liquor made from sugarcane and a



great help to the slaves as it gave them the energy to persist in the fields. To make this strong liquor more palatable, slaves would add ingredients available to them at the time such as sugar cane juice, lime, and mint leaves.

This story also fits with the name of the drink, as it can be considered to be derived from the West African word "mojo" which refers to casting a magic spell (a possible reference to its helpful properties as a tonic).



No matter the origin, the Mojito has come a long way, **here is how we know it today**

INGREDIENTS

½ lime, cut into 4 wedges

2 tablespoons white sugar, or to taste

1 cup ice cubes

1 ½ fluid ounces white rum

½ cup club soda

10 mint leaves



Step 1

Place a lime wedge and the mint leaves in a sturdy glass and crush with a muddler to release the juices/oil. Add 2 more lime wedges and the sugar before crushing again.

Step 2

Fill the glass with ice and pour in the rum before filling the rest of the glass with the soda water.

Step 3

Taste and add sugar as preferred, garnish with the last lime wedge and enjoy!



BEE'S KNEES

— FROM THE MID/LATE 1800S —

From the mid/late 1800s onwards, cocktail culture in the USA was booming. As ice and other ingredients became more plentiful due to technological breakthroughs, and recipes would develop and expand. Cocktails became commonplace in every American bar, enjoyed by the rich and middle class alike. It seemed that nothing could stop the party train from running until the unthinkable happened for the bartenders world... Prohibition.

In 1919, the US government took the bold (and, in hindsight, quite foolish) step into criminalizing the transport and sale of all “intoxicating liquors” into and throughout the USA. Needless to say, this decimated the cocktail culture of the USA. With many of America’s greatest bartenders of the time choosing to practice their craft in more favorable countries or to go entirely underground (and thus share their knowledge much less). While times were bleak for cocktails, they were not entirely hopeless. As the old proverb goes: Every dark cloud has a silver lining!

As most of you probably know, prohibition didn't really stop alcohol consumption, it only pushed it underground. With bars becoming hidden "speakeasies" and normal alcohol businesses being replaced by criminal bootleggers.

This unique phenomenon birthed its own kind of cocktail culture.



During the years of prohibition, the 2 most widely available forms of alcohol were stolen industrial alcohol and home-brewed grain alcohol (e.g. "moonshine").

As many would imagine these are two pretty awful tasting options, with both being eye-watering at best and undrinkable at worst. To mask this taste, many bartenders learned to be creative with mixing their flavors to make drinks to mask the taste of the foul alcohol.

As a result, a number of interestingly flamboyant cocktails emerged from the period, as people experimented with concoctions that would make their home-brewed liquor actually drinkable. Most of these cocktails faded into obscurity as soon as the dark times of prohibition ended, however, some have persisted through the ages and have even found their way into the modern bar - the Bees Knees is one of these persistent cocktails.



The term “Bee’s Knees” is just as symbolic of the era as the drink itself, as a term used to describe something exceptionally good, it was commonplace slang in the 1920’s USA.

THE DRINK ITSELF CONSISTS OF A STRIKING MIX OF LEMON AND HONEY (HENCE THE “BEE” PART)



Step 1

Combine the honey and water in a saucepan on medium heat, stirring constantly until the two are mixed. This is now honey syrup, place the mixture in a sealed jar and cool in the refrigerator (it will last up to 1 month).

Step 2

Combine the above ingredients alongside 1 or 2 ounces of your honey syrup (depending on how sweet you would like it to be) into a cocktail shaker with ice and shake.

Step 3

Strain into a chilled cocktail glass and garnish with the lemon

SIDECAR

BETWEEN THE RUSTIC ELEGANCE

The sidecar sits between the rustic elegance of the first boom of cocktails in the 1800s with the quirky new ingredients of the pre-prohibition years. The sidecar is a drink that gives way to exciting images of a world taking leaps and bounds towards a brighter future.

While many like to take credit for the Sidecar, the most popular and creditable origin of the cocktail originates from France

*From a bar named **Harry's New York Bar** during WW1.*

Perhaps attracted by the name, the bar was frequented by one unknown American military officer that became a known regular due to his particular drink of choice. It was said that the officer enjoyed the warming taste of cognac to get used to the Parisian climate and would frequently order the licor at this establishment. However, the liquor was not considered to be appropriate for the early evening hours in which the officer often ordered it. To compensate for this, the bartender would add Cointreau and Lemon Juice to liven it up and thus the sidecar was born!





INGREDIENTS

1 1/4 oz. Cognac •

1/2 oz. Lemon Juice •

1/2 oz. Triple Sec
Garnish •

Sugared Rim Garnish •

Orange slice or peel •



Step 1

Combine all ingredients in a cocktail shaker and shake vigorously

Step 2

Serve in a red wine glass, garnish as required, and enjoy!

Enjoy!



PIÑA COLADA

To round out our list of stories told through cocktails, it's only fitting to include one of the favorites from the "Tiki culture" that emerged at the turning of the 20th century. Wondering what Tiki culture is? Well, after the United States emerged victorious from World War II, the nation's residents found themselves increasingly exposed to the culture, foods, and ingredients of these exotic lands. Combine this with the advent of common air travel and you have a population wanting to bring the charms of tropical paradise back to their hometown: *Enter the Tiki Bar.*

Tiki bars were a craze that popped up around the mid-1950s and can still be found across the USA today.

Essentially they were bars decorated with the aesthetic that one would associate with more "tropical" and "exotic" locations (generally the Caribbean and especially the Pacific islands).

The drinks served in these Tiki Bars were different from their American counterparts, often containing ingredients such as pineapple and coconut that most US citizens were not familiar with.

The result was a location in which customers felt they were transported to a tropical island while never even leaving their hometown. The star of this Tiki show was the Piña Colada, the testament to the idea that a cocktail doesn't have to be old to be iconic.



The Piña Colada is a drink made of pineapple juice, coconut milk, and rum (with other ingredients added depending on the bartender). The cocktail was created in 1954 by a bartender named Ramón “Monchito” Marrero, an employee of the Caribe Hilton in Puerto Rico. Upon creation, the Piña Colada would become a huge success, attracting guest affection and becoming the pride and joy of Puerto Rico itself. The drink gained so much popularity and admiration that it would become the official drink of Puerto Rico and has even gained an international day of recognition (July 10th)

INGREDIENTS

120ml pineapple juice

60ml white rum

60ml coconut cream

Ice

Slice of Pineapple to garnish



Step 1

Put all ingredients (aside from the slice!) into a food processor and pulse until smooth

Step 2

Pour into your most exotic glass, garnish with the pineapple and enjoy!



For the Holiday Season!

While all of these cocktails share the similarity of their legendary statuses, they differ greatly in the origin country, ingredients, and overall historic place. The creators of these cocktails most likely differed in their methods and inspiration when creating their iconic signature. However, there is one aspect that unified these mixologists: talent and know-how.

As most of these cocktails were created before standardised mixology education had existed, so this expertise most likely came from years behind the bar.

Luckily for you, you don't have to wait this long to become a cocktail master!

Throughout the mixology course, you will gain all of the basics necessary to start your own journey into making your own masterpiece for the history books!

When you're ready to embark on a journey into the world of mixology, kindly send us an email at learn@pihospitalityacademy.com to get started!



**HAPPY
NEW YEAR!**



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