

DAVID HURST

FROM GARDEN TO GLASS

80 BOTANICAL BEVERAGES MADE FROM THE
FINEST FRUITS, CORDIALS, AND INFUSIONS



UNIVERSE

MINT & MELON MILK

INGREDIENTS

½ honeydew melon
4 ounces coconut milk
Squeeze of fresh lime juice
4 leaves of fresh mint
1 teaspoon runny honey (or
to taste)
Grated lime zest and sprig
of mint, to garnish

ADD A TWIST

A single shot of coconut
rum adds a slightly
alcoholic twist.

Bartenders love mint. It grows in most conditions, usually annually and quickly. And it's known the world over. Stick it into a garnish on the rim of a glass and your drink is transformed. Not only does it look great, it smells fresh, too. Use the leaf only as the stalks are bitter.

As with most of the recipes in the book it's best to chill your ingredients in advance. However, so often it's a case of just deciding on the spur of the moment that you'd like something that's cool, healthy, and tasty and uses up a certain ingredient, which may well be sitting in the fruit bowl or the cupboard; in which case let the ice take care of it.

METHOD

Quarter the honeydew melon, remove the seeds, then reduce the quarters to wedges. Cut off the rind. Chop the melon flesh into chunks and blend with the coconut milk, lime juice, mint leaves and a handful of ice. Add honey to taste. Pour into a highball glass, garnish with lime zest grated on the top of the drink and decorate with a sprig of mint.



TANGERINE DREAM

INGREDIENTS

5 large basil leaves
6 tangerine segments
1 tablespoon simple syrup
2½ ounces pink
grapefruit juice
1 sprig of basil, to garnish

ADD A TWIST

Gin and citrus are lovely together, and this tangerine cocktail is no exception.

The tangerine is sweeter and stronger than the common orange. It's also easy to peel and can be eaten on the go. Its name originates from the seaport of Tangier, Morocco, where the fruits were first shipped.

Note: It's a good idea to muddle the tangerine pieces first, then add the herbs to the mix and be a bit less frenetic in your muddling action. Gently does it.

METHOD

Muddle the basil leaves in the base of a cocktail shaker along with the tangerine segments and a drop of the simple syrup. Add the pink grapefruit juice, the rest of the simple syrup, and a handful of ice. Shake well. Strain into an ice-filled highball glass. Garnish with a sprig of basil.



SUMMER SUNSET

INGREDIENTS

¼ ounce fresh
grapefruit juice
1 tablespoon pomegranate
cordial
¾ ounces lemon juice
¾ ounces simple syrup
17 ounces sparkling water
2 x ½ slices of pink
grapefruit, to garnish

ADD A TWIST

Tequila and grapefruit are a great duo, evidenced by classic cocktails such as the Paloma.

Pomegranate mixes perfectly with the citrus of the grapefruit, giving a delightfully effective sweet-and-sour combination. The health benefits of pomegranate are manifold: It's a good source of fiber and also contains vitamins A, C, and E, iron, and other antioxidants, notably tannins.

This is a sharp and refreshing drink; the sharpness will be toned down to an extent by adding the simple syrup, though adding too much detracts from the drink's characteristics. Best to add the simple syrup to taste.

METHOD

Put the first four ingredients into an ice-filled cocktail shaker. Shake well. Strain into a highball glass half full of crushed ice. Top with another spoonful of crushed ice and the sparkling water. Garnish with two half slices of grapefruit on the side of the glass.



PIÑA COLADA

INGREDIENTS

1 small pineapple

3¼ ounces milk

1¾ ounces cream of
coconut

Juice from 1 lime

1 pineapple shell, to garnish

ADD A TWIST

The most obvious addition here is white rum for an extra hit of tropical flavor.

The Piña Colada has been poured, shaken, muddled, and blended by bartenders the world over; opt for the blended version as this drink is all about the pineapple. The lime simply emphasizes the flavor profile.

This drink leads the way in over-the-top garnishes and over-embellished presentation. Here, you use the pineapple shell to serve the drink, carving a small hole for the straw. The garnish becomes the glass!

METHOD

Cut off and set aside the leafy top of the pineapple; this top will become the lid. Scoop out the flesh of the pineapple. (There are special corers you can buy but a stout knife works well.) Blend the flesh along with milk, cream of coconut, lime juice, and a scoop of ice. Pour into the hollowed-out pineapple shell. Make a hole in the lid wide enough to feed a straw through it. Place the lid on top of the shell. Enjoy.



LYCHEE DAIQUIRI

INGREDIENTS

1¼ ounces lychee juice
1 ounce fresh lime juice
1 tablespoon black currant
syrup
¼ ounce simple syrup
½ slice of lime, to garnish

ADD A TWIST

This daiquiri loves to team with white or golden rum.

Freshly squeezed lime juice is a key ingredient in a daiquiri. In the mining town of Daiquiri, Cuba, crude rum was given to malaria victims. The taste was disguised by adding fruity, zesty lime juice and, so that the drink didn't taste so sharp, sweetening it with sugar. And thus the daiquiri was born. In turn, various fruit flavors were added, the most common being the Strawberry Daiquiri. I have selected a more exotic fruit—the black currant—for added sweetness.

The daiquiri can be served in a variety of ways: straight up, short over ice, or frozen. This is the martini glass version. The short version is served in an old-fashioned glass over ice cubes. The frozen version is blended with ice, but only give a short blast on the blender so shards of ice remain in the finished drink.

METHOD

Add all the ingredients to an ice-filled cocktail shaker. Shake well. Strain into a chilled, frosted martini glass. Garnish with a slice of lime on the rim of the glass.



BLUEBERRY & GINGER CUP

INGREDIENTS

Handful blueberries
¼ ounce fresh lemon juice
1 tablespoon vanilla extract
¼ ounce simple syrup
¼ ounce fresh ginger juice
2½ ounces cranberry juice
Blueberries, ½ slice of
lemon, and ½ slice of
lime, to garnish

Made with fresh blueberries, lemon juice, ginger, and cranberry, this drink is a pleasant assault on the senses. The fresh berries and citrus give a lovely aroma; the drink itself is a beautiful, deep red color with a garnish of yellow and blue; the ice provides a satisfying crunch; and the taste is wonderful.

Blueberries are a known source of vitamins C and K and provide the body with a good supply of antioxidants, benefitting the brain and the nervous system. Scientific research proves that blueberries not only help improve memory function, but they also slow the onset of problems associated with aging.

METHOD

Place the blueberries in the base of a cocktail shaker and add the lemon juice. Muddle together. Add the vanilla, simple syrup, ginger juice, and a large scoop of ice. Shake well. Fill a Casablanca glass two-thirds with crushed ice. Strain into the glass. Add the cranberry juice. Stir well. Top with more crushed ice. Drop a few blueberries and the slices of lemon and lime into the drink.

