

## The Fizz

Fizzes hail from the early days of mixology, long before Prohibition. Jerry Thomas, considered to be the father of American mixology, published the very first cocktail guide in 1862, *“How to Mix Drinks – A Bon Vivant’s Companion”*. Fizzes always contain fresh raw egg, sugar, lemon juice and at least one primary liquor and may also include other liqueurs and flavorings. Once shaken, seltzer is added to make this refreshing summer cocktail effervesce. I’m not sure why fizzes have faded from popularity, but I wouldn’t be surprised if it was simply the labor intensity of their preparation – or perhaps the political incorrectness of raw egg. If there were any cocktail in this book I would encourage you to make sooner than later, it would be a fizz. Why? Because of their unique, exquisite, delicate flavor and texture, and also because once you make a fizz and get it right, you will have earned a gold star in bartending that few can claim. The rest is downhill from there. Go for it!



### How to Make a Perfect Fizz

A well made fizz is perhaps the most labor intensive cocktail you will make, and even if you are tempted to take shortcuts in the future, you should at least make a traditional fizz once by the methods I describe here.

The key to any good carbonated cocktail is to maximize the fizziness produced by the carbonation without sacrificing flavor. To do this, you must use dry ingredients, for example - white sugar versus simple syrup. Next, if you freeze the ingredients first, along with the shaker and the glasses, the water needed for the finished cocktail will come from the seltzer as opposed to melted ice.



First, place all the ingredients

except egg, ice and seltzer into the shaker and shake for half a minute. Then place the shaker into the freezer for a half hour. Then add the egg to the shaker and shake for another 30 seconds. Next, add the ice – larger pieces only – no crushed ice or small pieces. While the Ramos Gin Fizz recipe recommends shaking for twelve (yes, 12) minutes, I have found that if you use superfine sugar, that 3 minutes of vigorous shaking will do the trick. By the way, don't use confectioner's sugar – this contains corn starch and will change the look and texture of the cocktail.

Strain the concentrated cocktail into the frozen glass(es) through a medium fine sieve. This will strain out any thick, tougher portions of the egg. Next add chilled seltzer to fill the glass about 7/8 full and stir briefly. Tap the bottom of the glass for half a minute with a fizz mallet. This can be made from a 1" dowel rod of a hardwood like walnut. Tap vigorously, but carefully – as not to break the glass. I find that a thick bottom glass is best for this. This process breaks the larger bubbles in the head and condenses the froth so that it's thicker and holds together well. Next add seltzer to the middle of the cocktail until the frothy head extrudes over the top of the glass about a quarter inch or so....then imbibe! (As Jerry Thomas would say)

It is fitting that I begin this section with a traditional Ramos Gin Fizz, then follow with my own creations.



# Ramos Gin Fizz

4 oz. [Hayman's Old Tom Gin \(serves two\)](#)  
1 oz. [St. Germaine Liqueur \(optional - my twist\)](#)  
2 oz. Heavy cream  
2 Tbs. [Superfine White Sugar](#)  
1 ½ tsp. Fresh lemon juice  
1 ½ tsp. Fresh lime juice  
1/8 tsp. Vanilla extract  
3/8 tsp. [Orange Blossom Water](#)  
2 egg whites  
Seltzer  
ice

Perhaps that most famous fizz still being served today is the Ramos Gin Fizz, created by Henry Ramos at the Imperial Cabinet Saloon in New Orleans in 1888. It was popularized in the early 1900s and was the favorite cocktail of Louisiana Governor, Huey Long. The Roosevelt Hotel trademarked the name in 1935 and it's still served there today. I tasted my first Ramos Gin Fizz in the "Atlantic Jazz Yard" at Rehoboth Beach in 2010.



This recipe is my twist on the standard Ramos Gin Fizz, and is not far from the original recipe. First add all the ingredients *except* the egg, ice and seltzer to a shaker and place in a freezer for at least a half hour along with 2 tall glasses. See “*How to Make a Perfect Fizz*” at the beginning of this section for more detailed instructions. When ready, add the egg whites and shake for 30 seconds. Then add several larger pieces of ice and close the shaker. Wrap the shaker in a towel (so your hands will not freeze!) and shake vigorously for a full 3 minutes. I know this is a lot of work, so think of this as a little workout instead of labor and you’ll be able to do it!

Then strain through the shaker top and additionally through a coarse sieve (to catch all the thicker egg pieces) equally into two tall glasses. Add cold seltzer to both glasses to about 1 inch below the rim and stir briefly with a stirring stick.

Tap the base of each glass with a fizz mallet for about a minute to compact the frothy head. Then finally pour seltzer directly into the center of each drink until the head rises about  $\frac{1}{4}$  inch *above* the rim of the glass. Voila! A perfect Ramos Gin Fizz!



# Frozen Daiquiris

Frozen Daiquiris should be blended until smooth, without any crunchy pieces of ice in the mix. The secret to getting a smooth, well blended frozen daiquiri depends on the temperature of the whole system – not just the ingredients, but the blender jar as well. I prefer a glass blender jar, and I keep the jars in the freezer at all times when I'm not blending or serving. My favorite blender is the [Vita-Mix TurboBlend VS](#), but any powerful, variable speed blender should make a fine frozen daiquiri. Incidentally, the name "Daiquiri" typically refers to a cocktail made of rum, lime juice, sweetener. The term, "Frozen Daiquiri" has now come to be associated with a wide variety of cocktail ingredients.

## How to Make a Perfect Frozen Daiquiri

First, add all the liquid ingredients to the frozen blender jar, then I add ice to about 80% capacity of the jar and blend on the highest speed. While blending, you will know you have the right system temperature when the daiquiri is circulating up the inside surface of the jar, and then to the center and down the vortex back into the blade. If the system is too warm, the drink will be too watery and this should absolutely be avoided. If it's too cold, cavitation will occur and the blade will be spinning in an air pocket and the drink will not circulate and blend properly. This is why it's critical to have good variable speed blender with a speed dial as opposed to six or eight speed buttons. Then you can adjust the speed to circulate perfectly regardless of the temperature of the mix.

Once it's smooth, you can taste it and add anything that might be needed to achieve the flavor and color you want – sugar, food coloring, etc. Use any food coloring sparingly, squeezing a drop at a time into a running blender, until the color is what you want. Remember that if you add more alcohol, this will lower the freezing point of the mix and make it thinner.

Always return the covered jar to the freezer after serving. If you don't use all the mix at once, you can leave in the freezer for weeks, and just let the blender jar warm up at room temperature for 5 to 15 minutes before blending to serve again. Straight from the freezer, you can also scoop the mix into a bowl and serve as you would gelato or sorbet. The alcohol content keeps the mix from freezing solid.

I'm starting this section off with a popular mix that I came up with this past Memorial Day for the annual swim picnic – the Jasmine Daiquiri.



# Jasmine Daiquiri



9 oz. [Extra Dry Rum](#)  
3 oz. Cream (optional)  
4 Tbs. [Jasmine Syrup](#)  
5 tsp. [Orgeat Syrup](#)  
1 tsp. [Lemon Extract](#)  
Garnish with rolled shiso leaf (*perilla*) or mint  
ice

Pairs well with:

*Berries and Jasmine Whipped Cream*

## Jasmine Whipped Cream:

16 oz *Heavy Whipping Cream*

5 tsp. [Jasmine Syrup](#)

½ tsp. [Lemon Extract](#)

**A**dd the ingredients to the blender jar and blend according to the instructions at the beginning of this section: “How to Make a Perfect Frozen Daiquiri”.

## How to Make Whipped Cream

The only equipment you need is a [Whipped Cream Canister](#) and [Whipped Cream Cartridges](#) (Nitrous Oxide). Add 16 oz. of heavy whipping cream to the canister along with any flavorings or sugar (see recipe above). Then screw on the top of the canister, and place a nitrous oxide cartridge tip-down against the puncture pin and screw down until the pin punctures the metal tip and the gas flows into the canister. Then shake well and refrigerate. Whipped cream is ready to serve immediately.



# Savannah Field Club Cocktail





*1.5 oz. Peach Schnapps*  
*1 oz. Sour Apple Schnapps*  
*1 oz. Calvados or Applejack*  
*½ oz. Gomme Syrup*  
*½ oz Fresh lemon juice*  
*½ tsp. Angostura Bitters*  
*1/4 tsp. Peach Bitters*

**S**hake for a half minute in a shaker and strain into a rimmed martini glass. Garnish with a long twist of lemon and a real maraschino cherry.

This drink has been an overwhelming favorite of many of my guests, and is always requested at every gathering. I was experimenting with making a peach flavored cocktail and at first started with lemon juice, but when it was too much citrus, I began substituting apple liqueurs and discovered this delightful combination. The addition of bitters was all it needed to round out the flavor into a winner.

If you take a look at any bar book, there are no holds barred when it comes to naming a drink. When I name a drink, I first close my eyes and taste it and see what images come to mind. With this one, I imagined myself at a posh country club in the deep south right after Prohibition was repealed. I imagined a warm August day with a gentle breeze, sitting in a rocking chair on a large veranda, watching a croquet match while sipping this cocktail. Savannah immediately came to mind as I remembered the movie “Legend of Bagger Vance” and then came the name.

## **Gomme Syrup**

You already know how I feel about sweetening a cocktail. If you use superfine white sugar, it will easily dissolve in the shaker, no color will be added to your drink, no flavor but sweetness, and no extra water. Why does this matter? While for a “martini” style cocktail, you need the ice melting in the shaker to dilute the spirits to the desired strength, for a fizz, or “Collins” style cocktail, I want to maximize the amount of water that comes from seltzer, so as to maximize the fizziness of the drink.

I have a few exceptions, and one is Gomme Syrup. Long before prohibition, bartenders used this thick, concentrated sweetener not only to sweeten a drink, but to add silky texture to the cocktail. Gum Syrup (Sirop de Gomme in French) is simply white sugar, gum arabic and water. Not only does the gum change the texture of a drink, but it allows you to mix a super-saturated sugar solution, and prevents crystallization. I no longer use simple syrup, but

rather prefer this concentrated, silky sweetener instead. Here is the recipe that I use to make 16 oz. of Gomme Syrup:

*13 oz. white sugar*

*3 oz. Gum Arabic*

*7 oz. Water*

*(all ingredients by volume, not weight)*

While heating the water to a boil, thoroughly mix the dry gum and sugar together in a bowl with a whisk, so that there are no clumps of powdered gum to make lumps in the syrup. As soon as the water boils, slowly pour the powder mixture into the water while whisking constantly. As soon as all the solids have dissolved, remove from the heat, let cool a bit and then pour through a fine sieve and bottle. Keep refrigerated.

You can also make Sirop de Gomme with other sugars like Dark Muscovado, Demerara, Date Sugar, etc. to add not only sweetness, texture and a frothy head to your cockatils, but rich and interesting flavors as well.

# Berlinerweisse



500ml Hefe-Weissbier

1.5 oz Himbeersiropp

Garnish with lemon

Pairs well with:

Landjäger

**B**erlinerweisse (or *Berlinerweiße* in German) is a type of sour wheat beer which has been brewed in Northern Germany since the 16<sup>th</sup> century. To balance the sourness, sweet syrups are typically added to this unique beer, most often raspberry syrup (*Himbeersiroop*) or woodruff syrup (*Waldmeistersiroop*).

The first time I encountered this delightful beer cocktail was on a business trip to Milwaukee, where my client and soon to be lifelong friend Bill Lang, took me to dinner at [Mader's German Restaurant](#) in Old World Milwaukee. As soon as I set foot in this perhaps most famous German Restaurant in the US, I felt as if transported to Germany as it appeared over a century ago.

With a multi-million dollar collection of art, medieval armor and antiques dating back to the 14<sup>th</sup> century and exquisite, authentic German cuisine, dinner at Mader's is a must for travelers to Milwaukee.



I fell in love with the Berlinerwieße they served there as well as Paulaner Hefe-Weißbier, which to this day remains my favorite wheat beer.

Fill a chilled glass with the beer, pouring with the glass at an angle as not to develop too thick a head, perhaps an inch. Then pour in the syrup slowly in a circular motion, garnish with a wedge of lemon, and then savor with Landjäger, German mustard and a nice pumpernickel.



Rum is perhaps my favorite of all distilled spirits. Starting with the juices extracted from



pure sugar cane, then fermented, distilled and aged in charred oak barrels, traditional rum is an honest spirit, naturally laden with hints of complex flavors like caramel, coconut and maple. I am also a rum collector, with well over 100 brands in my collection.

Ever since my first visit to the Caribbean several decades ago, my heart continues to beat to a calypso melody as I fondly remember the day that I first sat under a thatched roofed beach bar and sipped some of the finest rum in the world as the warm breezes danced in from the sea. I was inspired to build an authentic Caribbean rum bar, “Pirates’ Galley”, at my home in the forests of Western Pennsylvania. Each island or region tends to produce rums with a distinctive taste signature. My personal favorites hail from Central America, and in particular, Guatemala and Nicaragua. People inevitably ask me which rum is my favorite. While that’s a difficult question to answer, I usually find myself recommending [Ron Zacapa Centenario](#) - aged 23 years, a superb amber rum from Guatemala.

Ron Zacapa is made from the sweetest, ‘first-crush’ sugar cane and after fermentation and distillation is aged in selected barrels that previously aged bourbon, sheries and Pedro Ximenez wines. In a process called “Sistema Solera” (or Solera System), various ages of rums are blended together by a master blender to achieve the heavenly aroma and flavor of Ron Zacapa Centenario.



There are a multitude of cocktails that can be made with rum, and you will become acquainted with my favorites in this section. I think it’s appropriate to begin this section with a simple, delightful, traditional Central American cocktail, Rum and Coconut Water.

# Rum and Coconut Water



2 oz. Rum

2 oz. Fresh coconut water

Fresh grated nutmeg

Pairs well with:

Fresh shucked oysters

In my opinion, oysters should be savored as you would any delicacy, never swallowed whole. The finest oysters I've ever eaten were at the [Punta Morro Restaurant](#) in Ensenada, Baja California, Mexico. These oysters were harvested locally in the bay and had a multitude of delightful sea flavors, each leading into the next with a rich, briny seaweed finish. An excellent way to watch the Pacific sunset!



My dear Aunt Jinny and her two friends, Jack and Janice Patten, taken at the Punta Morro Restaurant in Ensenada.



# Jamaican Planter's Punch



2 oz Meyer's Dark Rum

1 oz Wray and Nephew's Overproof Rum

1.5 oz Jasper's Secret Mix \*

1 oz Valencia Orange Juice

1 oz Pineapple juice

3 dashes Orange Bitters

Garnish with a real Maraschino cherry, wedge of pineapple and twist of orange

Pairs well with:

Fried Jamaican Red Bananas



Planter's Punch traces its roots to Jamaica in the late 1800s, and *not* to the Planters Hotel in Charleston, SC. Several sources quote its earliest mention being in the September 1878 issue of the London magazine, *Fun*. Here they listed the recipe as follows:

*"A wine-glass with lemon juice fill, of sugar the same glass fill twice  
Then rub them together until  
The mixture looks smooth, soft, and nice.  
Of rum then three wine glasses add,  
And four of cold water please take. A Drink then you'll have that's not bad —  
At least, so they say in Jamaica."*



I first discovered the beauty of Jamaica on a vacation there many years ago. It was there, at the Sans Souci Hotel near Ocho Rios (still in operation today as Couples Sans Souci) that I first tasted authentic Jamaican Planter's Punch. I have tried to duplicate the wonderful blend of flavors ever since, but not until reading Ted Haigh's book "Vintage Spirits and Forgotten Cocktails" did I come upon the missing

ingredient: "Jasper's Secret Mix"! I've made a hybrid punch of the ingredients from my past attempts (as mixologists often do) and added this missing ingredient to make what I would call a perfect Planter's Punch recipe.

**\* Jasper's Secret Mix:**

*Juice of 12 limes*

*1.5 cups sugar*

*1.5 oz Angostura Bitters*

*1/2 Nutmeg, finely grated*

*1 tsp Allspice, finely ground in mortar and pestle*

*(keep refrigerated)*

Shake all liquid ingredients in a shaker with ice, then pour entire shaker into a tall glass and garnish with a *real* Maraschino cherry and wedge of pineapple on a skewer. Then twist a twist of orange into the drink and you are ready to go!

OK – so now I’ve got to talk about what happened to Maraschino cherries during Prohibition and why you should avoid the fluorescent red ones that you buy in most grocery stores and rather seek out (or make yourself), *real* Maraschino Cherries.

Back in Jerry Thomas’ day, Maraschino cherries were the ultimate cocktail garnish. Imagine fresh Marasca cherries saturated with heavenly Maraschino liqueur (pronounced mare-a-SKI-no), while retaining the crispy texture of the fresh fruit and a wonderful finish. But then came Prohibition, where an entire nation temporarily tried behavior modification on for size...or at least pretended! Imagine changing the constitution of a free nation to try to manage social behavior.

The flow of Maraschino cherries and liqueur from Europe came to an end and a non-alcoholic substitute was in order. So someone got the idea to soak fresh cherries in a salt and alum solution to strip away the natural cherry flavor and color. Then after washing out the salts, soaking them in a sugar syrup, almond extract (yes, almond! I mean, if you’re going to strip the life out of a fruit and then give it an entirely different flavor, why not make it taste like a kumquat, or perhaps a pecan!)...and of course, that unearthly red dye – they were supposedly ready for your cocktail.

Well, we’ve come a long, long way since we repealed Prohibition with the passage of the twenty-first amendment, and now, real Maraschino cherries are just a few mouse clicks away!

### **Fried Jamaican Red Bananas:**

*3 ripe red bananas*

*Flour*

*Butter for the skillet*

*3 Tbs dark brown sugar*

*2 oz dark rum (Myers or Goslings Black Seal are good)*

*½ tsp ground cinnamon*

*¼ tsp grated nutmeg*

*1/8 tsp ground allspice*

*Pinch of ground Scotch Bonnet peppers (or any Capsicum Chinense)*

*Fresh ground black pepper*

Mix the last seven ingredients stir for a minute or so under low heat until sugar is dissolved. You should use fairly ripe bananas. The color of the skin of a red banana is not the best gauge of ripeness. Slice each banana lengthwise and notice the color of the flesh. If it's slightly a salmon color, this is a good indication of ripeness. Also the fresh cut flesh should be fairly soft and have a fragrant banana scent as opposed to the scent of wet cardboard. The skin of a ripe red banana should easily peel away from the flesh. Now cover with a thin coat of flour. Heat the butter at a medium high heat until the water disappears from the butter and frying temperature is reached. Fry the bananas until the bottom side is toasty brown, then flip them all and do the same to the other side. Then lower the heat to medium and drizzle the spice/rum mixture onto each banana. Don't let the syrup crystallize into candy, just simmer until the syrup is at a 'soft ball' stage. Shake the skillet to mix everything evenly (hopefully you are using a good Teflon skillet!) Flip the bananas once again and simmer until soft inside and serve. These are deliciously sweet and hot, and you may need to cool your palate with a second or third glass of punch!