FREE

SPIRITS

VOLUME IV, ISSUE 1 | SPRING/SUMMER 2021

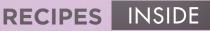


COOLEST SHAKES EVER! A Touch of Spirits Hits the Spot

SPIRITS STAYCATIONS Iowa Drives with a Distillery Stop

SUMMER PITCHERS

Easy Batches to Make and Pour



PRODUCED IN PARTNERSHIP WITH IOWA ALCOHOLIC BEVERAGES DIVISION

INSPIRED by the HILLSIDES of the MOSEL RIVER.

TASTE the TRADITION.





QuintEssentialWhiskey.com

Batch No. 001 AMERICAN SINGLE MALT

CED

SENTIAL MANDCRAFTED from PURE MALTED BARIES

RIDGE

of LOWA

Aged in American Oak and uniquely and man and in American Oak and uniquely can blood Then meticulously married and provide the back of



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Please Don't Drink and Drive.

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Produced in cooperation with the Iowa Alcoholic Beverages Division

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PRINTED IN USA

DRINK RESPONSIBLY

JACK APPLE FIZZ

From Brown-Forman

2 oz. of Jack Apple ⅓ oz. of Lemon Juice

-
- Top with soda and lemon wedge.
- Enjoy a drink that's good to its core!



From Brown-Forman

- 1¹/₂ oz. Coopers' Craft Barrel Reserve
- 1 oz. Campari

1 oz. Sweet Vermouth

- Stir with ice, strain, garnish and serve over cube.





SWISHER SOUR

From Cedar Ridge Distillery

1 oz. Lemon Juice

1 oz. Simple Syrup

steel cocktail shaker.

3/4 oz. Aquafaba

Bourbon

.

Shake well.

rocks glass.

2 oz. Cedar Ridge Iowa

Mix ingredients in stainless

Strain over a king cube in a

SPONSORED CONTENT

CLASSIC OLD

From Cedar Ridge Distillery

2 dashes Angostura Bitters

2 dashes Orange Bitters

1/2 oz. Demerara Simple Syrup

Straight Bourbon

bitters and 2 dashes of orange bitters to mixing glass.

- Add simple syrup.
- Add Bourbon.

 Stir well. Strain over a king cube in a rocks glass.





FASHIONED

2 oz. Cedar Ridge Iowa

.

Add 2 dashes or angostura



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SPRING/SUMMER 2021

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WELCOME

IOWA'S **FAVORITE** HOME-STATE SIPS

Iowa's in-state manufacturers continue to find increasing favor with Iowans. Here are the top 50 native Iowa brands for FY 2020, in order of gallons sold. Cheers to the tastes of Iowa!



- 1 Blue Ox Vodka
- 2 Templeton 4YR Rye
- 3 Cedar Ridge Bourbon
- 4 Swell Vodka
- 5 Blue Ox Silver Rum
- 6 Prairie Fire
- 7 Slipknot Iowa Whiskey No. 9
- 8 Red Fox Vodka
- 9 Iowish Cream Liqueur
- 10 Sir Winston Peach
- 11 Blue Ox Gin
- 12 Foundry Vodka
- 13 Saints N Sinners Apple Pie
- 14 Templeton 6YR Rye
- 15 Butcher's Block Vodka
- 16 Rocket Fuel
- 17 Cody Road Bourbon
- 18 Maestro Agavero Gold
- 19 Templeton Rye Maple Cask Finish Whiskey
- 20 Blue Ox American Spirit Whiskey
- 21 Cedar Ridge Malted Rye
- 22 Blue Ox Cinnamon Whiskey
- 23 Bagger Vodka
- 24 Ingenioz Vodka
- 25 Cody Road Barrel Old Fashioned
- 26 Private First Class

- 27 Slipknot Iowa Whiskey #9 Reserve
- 28 Okoboji Vodka
- 29 Swell Zone Vodka
- 30 River Pilot Vodka
- 31 Cedar Ridge Shorts Whiskey
- 32 Cedar Ridge Private Cask Iowa Bourbon Selection 92prf
- **33** Foundry Corn Whiskey
- 34 Cedar Ridge Single Malt Whiskey
- 35 Templeton Rye Special Reserve 6YR
- 36 Cedar Ridge Port Cask Finished Bourbon
- 37 Steeple Ridge Bourbon
- 38 Century Farms Prairie States Corn Whiskey Rapid Aged
- 39 Century Farms Open Gate Vodka
- 40 Foundry Vodka Custom
- 41 Blue Ox Spiced Rum
- 42 Templeton 4YR w/4 Whiskey Stones
- 43 Cody Road Rye
- 44 Oxtails Vodka Lemonade
- 45 Oxtails Rum Punch
- 46 Templeton Rye Rare Cask Strength
- 47 Cody Road Honey
- 48 Green Frog Distillery Caramel Flavored Corn Whiskey
- 49 Dehner Distillery 151
- 50 Dehner Distillery Vodka

WHAT'S NEW?

Here's a list of new products added to Iowa store shelves over the recent months.

CODE	DESCRIPTION	CODE	DESCRIPTION	
26414	Arrogant Bastard Whiskey 📥	88566	Tres Generaciones Plata	
64409	Belvedere Heritage 176	88570	Tres Generaciones Reposado	
86383	Cody Road Experimental - Rum Barrel Finish Bourbon 💳	39352	Western Son Lemon Vodka	
26416	Furious Whiskey 👄	67265	Yukon Jack Apple	
31985	Revelton American Gin 💳	37403	ABSOLUT WATERMELON	
39300	Revelton Honey Vodka 📥	28893	Bombay Bramble	
26291	Revelton Honey Whiskey 📥	19497	Maker's Mark Wood Finishing Series 2021	
33180	Revelton Mulberry Gin 📥	43860	Malibu Watermelon	
26293	Revelton Shine White Whiskey 📥	76439	Oak & Eden Bourbon & Brew - Cold brew coffee steeped oak	
37630	Revelton Vodka 📥	76680	Pearl Ruby Grapefruit	
86420	Revelton Whiskey and Cream Liqueur 📥	26411	Sinister Whiskey 📥	
43797	Appleton Estate Signature Blend	26205	Whicked Pickle Flavored Whiskey	
42426	Barcelo Anejo	12860	Rich & Rare Reserve Canadian Whisky	
86455	Black Velvet Apple	18358	Four Roses Single Barrel - Private Selection-Barrel Strength	
18201	Ezra Brooks 99pr Bourbon	26196	Templeton 10 Year Single Barrel Rye 🖐	
65467	Fernet Branca	26249	Nelson's "Green Brier" Tennessee Whiskey	
65454	Grey Goose Essences Watermelon & Basil	27116	Wild Turkey 101 Rye	
65457	Grey Goose Essences White Peach & Rosemary	87078	Blood Oath Pact No. 7	
65451	Grey Goose Strawberry & Lemongrass	17562	David Nicholson Reserve	
37302	SVEDKA Cherry Limeade Vodka	4251	AD Scorch - Committee Release	
100600	Woodford Reserve W/ Mint Julep Cup	4571	Dewar's Portuguese Smooth	
67905	Baileys Colada	16369	Old Fitzgerald 8 yr BIB Decanter	
67902	Baileys Deliciously Light	18672	Hudson Bright Light & Big Bourbon	
26413	Blonde Fatale Whiskey 📥	26447	Hudson Do the Rye Thing	
39322	Deep Eddy Lime Flavored Vodka	38091	Platinum 10x Vodka	
17659	Double Barrel Bourbon 📥	64282	Bacardi Tropical	
26187	Guidance Whiskey 📥	68148	Carolans Cold Brew	
26900	Jack Daniel's Legacy	78133	Smirnoff Pink Lemonade	
26370	Jim Beam Orange	88163	Don Julio Reposado Primavera	
75264	Kinky Fruit Punch	101073	Glenmorangie Original Giraffe Tin VAP	
86582	Legent	101457	Ardbeg Scorch GB	
26233	Nassif Family Reserve 🐃	86382	Cody Road Experimental - Armagnac Barrel Finish Bbn. 🗯	
26405	Revenant Rye 🖐	26409	Des Moines Whiskey 📥	
28858	Tanqueray Sevilla Orange			

🛑 = MADE IN IOWA



DAR RID

These in-state explorations combine the best of Iowa and its distilleries. Be sure to check ahead before embarking.



CEDAR RIDGE WINERY AND DISTILLER'

Cedar Ridge Winery and Distillery in Swisher makes for a great stop on a Central Iowa staycation.

When you're in the spirit to travel but want to stay closer to home, you can find what you need right here in Iowa. As a reader of Iowa Spirits magazine, your muse can find inspiration in trips that take you directly to the doorstep of in-state distilleries. Then, you can enhance your experience by exploring other notable destinations nearby.

To take a spirited lowa staycation:

1. Pick the spirited destination. Determine which distilleries interest you or which part of Iowa you want to visit. Ensure that the distilleries have tasting rooms and/or tours and check days and hours when they're open to the public. While you're at the distillery, sample the spirits and purchase your favorites to take home.

2. Plan the fun. One cannot live by liquor alone, and lowa has much to offer.

3. Find the food and drink. Add local bars and restaurants to your itinerary. Some planning might be in order, but don't set those plans in stone. After all, the distillery crews know the best local food joints and watering holes—including ones that serve their liquor.

To get you started, we've outlined four regional itineraries.

Wide River Winery's tasting area is an inviting stop on a Mississippi River tour.



CITY OF LE CLAIRE



Ryan Burchett, owner Mississippi River Distilling, welcomes visitors to Le Claire.

BIG RIVER EAST

Where would Iowa's eastern border be without Old Man River? The Mississippi River drew the state's boundaries and contributed to its economy, especially for cities like Dubuque, Le Claire and Davenport. Given the river's historical importance, eastern lowa provides a great start for your spirited staycation.

The Spirits. Begin the eastern tour at Mississippi River Distilling in Le Claire, on the banks of the Mississippi. Founded in 2010 by two brothers, Ryan and Garrett Burchett, the distillery is still family owned and operated. But the distillery has grown, sending product to dozens of states in the U.S. and to Canada, Australia, New Zealand, and Germany.

Mississippi River Distilling produces Cody Road whiskey-including bourbon, rye, maple, honey, and Old Fashioned-plus River Pilot vodka, River Rose Gin, and Iowish Cream Liqueur.

Take a tour of the distillery to learn how the award-winning spirits are made-including the grain-to-glass philosophy of using local grains and



CITY OF LE CLAIRE

supporting local farmers. Marvel at the handmade German still dubbed "Rose." Follow your tour with a tasting at the distillery's Cocktail House. Enjoy the spirits neat or with delicious cocktails. You'll certainly be inspired to take home your own bottle of Mississippi River spirits.

The Fun. While in the area, check out the quaint, historic town of Le Claire, the birthplace of Buffalo Bill Cody. Stroll the main drag and browse antiques, home décor, gifts, and unique merchandise in locally owned stores. Be sure to check out Antique Archeology, home of the American Pickers Show on the History Channel. Take a riverboat cruise and get in the authentic spirit of the Mississippi River.

The Food & Drink. Another worthwhile Le Claire destination is Green Tree Brewery, where you can relax in their taproom and patio overlooking the Big Muddy. Sip on a variety of beer styles (including seltzer) and amp up the fun with live music and games.

If grapes tickle your fancy, check out Wide River Winery Tasting Room. Settle in with the indoor seating or outdoor courtyard seating to enjoy Wide River wine from the Clinton-based vineyard and winery. Pair the wine with small bites and sweets.

Find other dining opportunities at the Faithful Pilot or 129 Coffee & Wine Bar.

More Fun, Food, & Drink. From Le Claire, head downriver to Davenport. This busy city offers restaurants, museums, nightlife, music venues, a casino resort and numerous events and festivals. The river city also hosts a public park with access to riverfront biking and walking trails.



The Channel Cat WaterTaxi connects Davenport, Bettendorf and Moline. If visual arts tickle your fancy, check out Figge Art Museum.

Have a heart for nature? Spend some time on the riverfront bike paths and at Sunderbruch Park's hiking and mountain biking trails and at Vander Veer Park and Conservatory. Whether for practicality or enjoyment, hop on the Channel Cat Water Taxi, which carries you to Davenport, Bettendorf and Moline.

Davenport is home to bars that please discriminating cocktail palates, like RAW, Me & Billy, UP Skyba, and The Phoenix. You can wander the QC Ale Trail for a taste of local craft beers—and even get prizes according to the number of breweries you visit.

Looking for a bite to eat? Head to The Half Nelson, to Front Street Brewery, Brew Pub & Eatery, or to Harris Pizza (home of the Original Quad City Style Pizza).

BIG CITY BURBS

Make West Des Moines your spirited destination for a capital experience.

The Spirits. Begin your explorations at The Foundry at Valley Junction in West Des Moines. The 1890s railcar repair barn and iron foundry has been reclaimed as a distillery, a European-style food and beer hall with a colorful mix of vendors, and a homey place to unwind.

The Foundry Distilling Company at The Foundry was started by Scott Bush, whose initial foray into lowa spirits began in 2002. Inspired by his great-grandfather, a Prohibition "entrepreneur" making rye whiskey, Bush established Templeton Rye. After he sold controlling interest in Templeton Rye in 2016, he began work on the Foundry distillery.

The spirits experience here is as creative as its setting. You can take a one-hour guided tour of the distillery facility—which can even include a personalized bottle. You can sample and purchase the Foundry mainstays, vodka, gin, and rum.

You can also get a taste of the distillery's Brewer-Distiller Alliance Series. Both beer and spirits begin with a mash "porridge" of heated grains (called wort by brewers and wash by distillers). Foundry uses the mash recipe from partner breweries to make distilled liquors. Picture yourself sipping a Left Hand Brewing milk stout, Stone Arrogant Bastard, Surly Furious IPA or a Peace Tree Blonde Fatale—and pairing it with the liquor it inspired.

For the ultimate visitor experience, go the



The Foundry Distilling Company tasting bar in West Des Moines is housed in a former railcar barn and iron foundry.



Iowa Distilling Company is pleased to welcome people to the small town of Cumming.

make-your-own route. Choose production details such as grain bill, yeast, fermentation style, and barrel char; suggest a name and label design; and plan your visit. You can even work side-by-side with the Foundry distillers during production. After one full day for the mash, the rest of the multi-day process leaves you time to explore Des Moines.

Another proud supporter of local history and products, lowa Distilling Company, celebrates the state in its liquors as well as its name. The distillery is located south of Des Moines in a 100-year-old building in the tiny town of Cumming. Iowa Distilling is proud of its small-town location, of the corn fields out the front window and the tractors and farm equipment lumbering by, and of making its spirits with local grains.

Iowa Distilling crafts whiskey, rum, and vodka. You can sample the spirits, neat or in cocktails, when you visit the Craft Cocktail Lounge tasting room.

If you dare, try Iowa Distilling's Prairie Fire Cinnamon Whiskey. "We've found a way to create an intense spirit that makes other cinnamon whiskeys seem like child's play," proclaims Iowa Distilling. "It's for those who face danger and say, 'yes, please.'" Or if you prefer, blast off with the distillery's 151-proof Rocket Fuel.

The Fun. West Des Moines makes it easy to focus on fun.

Fulfill your game-play urges at Smashpark.

Inside and out, the amusement gallery offers playtime for grownups: pickleball, corn hole, shuffleboard, foosball, bocce ball, board games and more. It's like your own big playroom and backyard—but with someone else to dish up food and drink.

Go shopping on the main drag in Valley Junction, with its focus on vintage, antiques, art and boutiques.

Or get outside in the woods and on the water. This urban destination offers excellent opportunities for biking, jogging, picnicking, fishing and hiking. Check out Water Works Park, nearly 1,500 acres of open wooded areas beside the meandering Raccoon River. Go paddling in Raccoon River Park. Commune with nature at Walnut Woods State Park—with a campground to help extend your stay in Des Moines.

The Food & Drink. Fill your belly at the newest trendy craft cocktail spot in Valley Junction, Winchester Pub. Get an Instagram picture and a cocktail at Hello, Marjorie, home of the "The Prettiest Girls in the World Live in Des Moines" neon sign. Make contact at The Bartender's Handshake, serving up Brooklyn spirit and Midwest cheer. Get your date night started at Cooper's on 5th. And stop by Cheese Bar—besides cast-iron mac and cheese, adult grilled cheeses, and house-made charcuterie, you can partake of delicious cocktails, wines, and 30 beers, cider and mead on tap.

THE NORTHWEST LAND OF FARMS AND LAKES

Iowa is chock full of "century farms," celebrating families who have owned the same farmland for 100 years or more. In fact, in the 45 years since the Century Farms Program was initiated in Iowa, more than 20,000 such farms have been recognized.

The Spirits. One northwest Iowa distillery makes a special effort to honor heritage farmers. Century Farms Distillery in Spencer celebrates Iowa growers in its name and bottles. Century Farms Whiskey is made exclusively from corn grown on registered century farms, while Prairie States Whiskey and Open Gate Vodka use corn from longtime farmers as well as those newer to farming.

The distillery concept came naturally to co-founders and husband-and-wife-duo Ryan and Amanda Bare. The lowa natives went to lowa State University and moved away to work as mechanical engineers, but they soon heard the call to return to their home state. Farm-kid Ryan had learned how to convert corn to alcohol at an ethanol plant, then began toying with the idea of engineering his own plant—a distillery. After touring the distillery, you can settle in for both food and drink. The tasting room serves whiskey and vodka cocktails and straight shots as well as regional craft beers, non-alcoholic drinks and a full menu from a partner food truck. You can take home the distillery's whiskey and vodka in bottles as well as in quarts of pre-made cocktails.

Century Farm also offers the opportunity for you to own your own barrel of Iowa farm history. Purchase a 5- or 15-gallon barrel of Prairie States Corn Whiskey, sample your product along the way, and take your whiskey home when it's reached its age of perfection.

Another northwest distillery similarly celebrates lowa agriculture. S&B Farms Distillery in Bancroft is a "seed-to-spirit distillery." Owners Brian and Sara Winkleman were inspired by a distiller in Georgia that was using the Winklemans' corn for moonshine. Now, they use grains grown and milled on their very own farm for spirits distilled in their very own distillery. Sara crafts the recipes, and Brian distills the grain into alcohol.

As a farm kid and long-time farmer, Brian has an edge. He has discovered that growing corn for Smash Park in Des Moines is home to four bars.

SMASH PARK DES MOINES





CENTURY FARMS

Ryan and Amanda Bare at Century Farms are part of a warm welcome to the Northwest Land of Farms and Lakes.



CENTURY FARMS

whiskey isn't much different than growing it for livestock or ethanol, but he and Sara have learned that field corn is better suited for distilling than sweet corn. They also recognize the benefits of place. "The black soil here makes a huge difference," Sara told Iowa Farm Bureau. The corn that is being distilled [at S&B Farms] is nice, sweet, very good tasting. There's no bitterness to it."

S&B Farms Distillery products include bourbon, wheat whiskey, whiskey flavored with apple and peach, hot cinnamon whiskey, and spicy pineapple jalapeño moonshine.

In addition to S&B products, the Bancroft storefront and tasting room carries homemade barbecue sauces, jams, salsa, and more. And to make sure you don't run out of cocktail ideas for the distillery products you take home, the website offers loads of creative ideas.

The Fun. After harvesting the goodness at Century Farms, spend some time in Spencer.

Feed your muse at Arts on Grand and Vermeer Glass Art. Soak in the talent of Iowa artists; sign up for a class to make your own artsy magic; or take home a memory of your travels—and a new family heirloom.

The exhibit gallery at Arts on Grand hosts a variety of local art as well as occasional live music from local musicians. A gift shop offers art, books and other items from local and Midwestern artists and authors. At Vermeer Glass Art, Jim and Julie Vermeer open their studio and gallery to visitors. They create fusible color glass in decorative glass plates, bowls, and displays. And oh, what mind-blowing colors they use!

Enjoy other shopping opportunities in Spencer's historic district, along Spencer Main Street and historic Grand Avenue.

If the great outdoors is more your thing, hike the trails at Oneota Park, explore the expansive trail system and enjoy nature at Stolley's Pond. You can also camp, kayak and fish at Scharnberg Park, with its 15-acre pond (including a handicap-accessible fishing pier), a swimming beach, and a campground and three year-round cabins.

After you've sampled the treasures in Spencer, consider winding down in the Okoboji Lake region. This beautiful chain of glacier-carved lakes covers approximately 15,000 acres in northwest Iowa's Great Lakes region, including Iowa's largest natural lake, Spirit Lake, and five interconnected lakes. Besides their beauty, these lakes offer a natural playground all year round. Whether you prefer water or land; summer or winter, fall or spring; comfortable resorts or back-to-nature campgrounds; burning calories or consuming them; gourmet or down-to-earth—or any combination of the above—you can find it here.

The Food & Drink. If you're still in the mood for craft beverages, visit the West O Beer taproom in the Okoboji Lake Region. Knowing how important water is to great beer, West O uses spring-fed water from West Okoboji Lake (hence its name). Of course, other ingredients matter, too, which West O clearly takes advantage of in year-round beers like Coco Stout, Pilsner, and Smoked Red as well as seasonal gems such as Soak'd pale ale with pineapple and 10-foot-10 double IPA.

CENTRAL TIME

While you're sampling the spirits, you might as well sample the state, too, right? This final tour takes you through lowa's Central regions. Two must-visit distilleries sit solo, without other nearby distilleries to add to your itinerary. Instead, you can make them part of a weekend road trip.

The Spirits. Start your travels at the legendary Templeton Rye Spirits. The history of rye whiskey runs deep, while the contemporary experience is enhanced by the distillery's sparkling new visitor facilities—and by the 34,000-square-foot production facility and 51,000-square-foot rackhouse.

Visitors can tour the distillery, taste the goods and learn about the area's ubiquitous Prohibitionera bootlegging. The Templeton Rye museum includes items from local residents showcasing the Des Moines's Hello, Marjorie is known for fine cocktails.



CATCHDESMOINES.COM



After tastings in Spencer, consider a drive through the Okoboji Lake region.



A tour of the Templeton Rye Distillery includes the museum, home to many local artifacts.

illegal whiskey production and other community highlights.

Rye whiskey has rich American roots. One of the young country's first spirits, rye whiskey predated corn-based bourbon. After Prohibition changed Americans' palates, the sweeter taste of bourbon became more popular than the spiciness of rye whiskey. In the past decade, however, rye has had a resurgence in popularity. Templeton Rye can show you why!

From Templeton, head east. You can spend some time in Des Moines (we've got plenty of ideas above) or go directly to Cedar Ridge Winery and Distillery in Swisher—Iowa's first craft distillery.

The distillery started with vodka in 2005. In 2010, it created "Iowa's first bourbon since Prohibition," made from 75% corn. Cedar Ridge also offers fruit brandies, gin, rum, and a whiskey aged on charred bur oak from the banks of the Cedar River.

Wines include young, fruit-forward reds and whites; aged wines, including a French oak and American oak-aged Chardonnay; and an off-dry sparkling white. Cedar Ridge also offers fruit wines—think grapes-plus-apples, apples-plus-cranberries, and apples-plus-cinnamon-plus-sugar.

The Cedar Ridge distiller and vintner both take full advantage of the distillery/winery connection by using each other's barrels. Sure, the convenience is a factor, but what's more important is that the barrels can be refilled immediately, when they are fresh and wet. This creates rich, flavorful products such as Lost Pirate rum, aged five years in single-use bourbon barrels then in estate Port wine finishing casks and oak; and Double Oak Reserve, a red wine aged in traditional oak barrels then in Cedar Ridge bourbon barrels.

Cedar Ridge is a destination in its own right. Visitors can tour the production facility. They can sample the wines or sit back and relax with a bottle. They can enjoy the spirits neat or in a cocktail. And they can settle down in the event center, tasting room, vineyard room, or one of the outside patios for a meal. The Cedar Ridge menu includes woodfired pizzas, shareable plates, butcher boards of local meats and cheeses and more. All can be served, of course, with cocktails and wine, as well as with non-alcoholic drinks including house-made lemonade or a cherry-and-Earl-Grey sour.

Now make your plans to taste the spirit of lowa!



Milkshakes and alcohol have been partners in fun for over 150 years.

Orange-sicle

2 oz. orange curacao 2 oz. frozen OJ concentrate, thawed

2 cups vanilla ice cream whipped cream

 In a blender, mix curacao, OJ and ice cream. Blend until creamy and pour into a large glass.
 Garnish with whipped cream. he first combination of alchol and milk? The 1862 handbook written by The Father of American Mixology, Jerry Thomas, was called "The Bar-Tender's Guide," and included cocktails such as Milk Punch and White Tiger's Milk, drinks that blended fresh milk, ice and liquor. Though a little different than modern shakes, because the milk wasn't frozen or whipped, this is the origin story of boozy milk concoctions.

The phrase "milk shake" came along in an 1886 article published in the Atlanta Constitution. The recipe was simple: whole milk, flavored syrup and a dash of grated nutmeg. Just shake the drink strenuously for a couple of minutes and then serve. The most popular flavors included vanilla, strawberry, banana, chocolate, pineapple, peach and ginger. The light, frothy, sweet drink quickly became a soda shop, drugstore and ice cream parlor favorite.

So alco-shakes weren't the invention of today's bearded, tattooed hipster bartenders—shakes were spiked with alcohol from the very beginning. Bartenders were adding spirits to the mix and creating sweet, potent, creamy cocktails. It wasn't until early in the 20th century that shakes became almost exclusively alcohol-free and more closely associated with families and kids than with adult drinkers.

As you might expect, it got pretty tiring shaking all those drinks, especially when there was a line of customers waiting at the counter. Naturally, this



Kahlua Cookies and Cream Milkshake

2 cups vanilla ice cream ³/₄ cup milk 1¹/₂ oz. Kahlua or other coffee-flavored liqueur ¹/₂ cup crushed Oreos whipped cream maraschino cherries

• Combine ice cream, liquor, milk and cookies in a blender and mix until smooth and creamy. Garnish with whipped cream, cherry and, if you wish, more crushed Oreos.

Real I

led to the invention of the first patented automatic milkshake machines. This happened in 1911 when Hamilton Beach produced a reliable, efficient drink mixer that soon appeared at soda fountains and diners throughout the country. As a result of this new technology, the time it took to froth a shake was cut down from two to three minutes to just 15 seconds. And because more customers could be served more quickly, the machines quickly paid for themselves. Another benefit of the electric blender was that the texture of shakes improved dramatically. They were now more thick and creamy, like they are today. Before this, milkshakes had been thin and watery, similar to the texture of eggnog.

In 1922 the first modern blender was invented, which was another major step forward. This model could whip the ingredients more vigorously, which made the shake even more light and frothy. Another breakthrough came when a Chicago Walgreen's employee, Ivor "Pop" Coulson, added ice cream to the recipe and the milkshake, as we know it today, was complete. Their popularity continued to grow throughout the next few decades.

Shakes are still popular today, of course, particularly during the warm months, and boozy shakes are making a comeback. Creative bartenders are looking back to the 19th century and returning the milkshake to its alcohol-based roots.

One of the great things about this trend is that you can easily make your own, and there's no harm in a little experimentation. Ice cream, flavoring and spirits are a great combination and hard to mess up. Here are a few adult-friendly shake recipes to get you started.



Chocolate Bourbon Milkshake

- 2 oz. bourbon
- 1 ½ cups vanilla ice cream
- 1/2 cup milk
- 1 tsp. vanilla extract
- 1/2 cup chocolate syrup
- whipped cream

 Add 2 tablespoons of syrup to the bottom of a tall glass. Add remaining syrup and other ingredients to a blender and mix until smooth.
 Pour mixture into the glass and top with whipped cream.

Cold Bullered Rum

1⁄4 cup milk

2 oz. rum

1 tbsp. brown sugar

4 scoops butter pecan ice cream ground clove

 Add rum, milk, ice cream, sugar and spice to a blender and mix until creamy.
 Pour into a chilled glass and serve.



1/2 pint coconut sorbet 1/2 pint vanilla ice cream 2 oz. dark rum whipped cream

• Blend ice cream, rum and sorbet. Finish with whipped cream on top, to taste.

Boozy Key Lime Pie Milkshake

4 tbsp. milk

2 oz. vodka

- 1 cup vanilla ice cream
- 2 crushed graham crackers

whipped cream

juice of $1\!\!/_2$ a lime

 Put vodka, ice cream, lime juice and milk into a blender. Mix until smooth. Stir in ½ of the graham crackers and pour into a tall glass. Garnish with remaining graham crackers and whipped cream. <image>

Chocolate Symphony





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What happens when you combine comfort food, culinary creativity, picture-perfect presentation, and local love? Prairie Canary, a Main Street restaurant and bar in a historic Grinnell building that showcases bits of the past with homages to the abundance of the lowa prairie.

The kitchen at Prairie Canary prepares delicious, scratch, Instagramworthy dishes made with locally sourced ingredients—all made to order, to ensure each dish is fresh. It also works to appeal to a variety of dining preferences, from meat lovers to vegetarian and vegan, while accommodating food allergies and gluten sensitivities, too.

Besides handcrafted cocktails, customers can pair their meals with wine or choose from 10 lowa craft beers on tap.

See Page 25 for recipe.





ADRIENNE HARD



Back by popular demand! Here's another set of great dishes and drinks from those who know best about bringing out the best tastes in both.

spectacular meal prepared by an accomplished chef in a top-rated restaurant can be divine. And when you accompany that meal with a cocktail especially created for the pairing by an experienced bartender—well, you're in culinary heaven!

Iowa Spirits asked three notable restaurants around Iowa to share a chef's recipe and a paired cocktail with our readers. Prepare them yourself at home ... then visit the restaurants for more delicious food and drinks, professionally prepared and served.

HoQ, Des Moines Suman and Cynthia Hoque, Owners HoQTable.com

In addition to supporting an Iowa business when you dine at HoQ, you'll be supporting local farmers, too. Owners Suman and Cynthia Hoque present sustainable farm-to-table dining in the historic East Village of Des Moines.

The menu at HoQ changes depending upon what's fresh from Iowa farms—that's 90% of their ingredients. These ingredients are delicious and healthful—for the customer and the environment. Think grass-fed beef and lamb and pasture-raised chicken and duck, raised without the use of hormones, antibiotics, steroids or cages; butter and cream from grass-fed cows and local organic or chemical-free produce. Diners in search of gluten-free and vegetarian options will find dishes crafted with them in mind.

Local ingredients—global influences.



House-Made Bison Sausage

Chef Suman Hoque, Executive Chef and Owner

pound local bison meat, ground
 cup chopped yellow onion
 cloves garlic chopped
 tablespoons olive oil
 cup chopped fresh parsley
 teaspoon chili powder
 teaspoon cayenne powder
 teaspoon chopped fresh rosemary
 Salt and pepper to taste

 Blend spices together in a blender. Pour spice mix over bison meat and incorporate by hand.
 Form two 4-ounce logs or patties with seasoned meat and wrap in plastic wrap to keep shape if cooking later. Can be stored in fridge or freezer until ready to cook.

• To cook: Sear formed sausages or patties on stove top or grill until browned on all sides. Finish in 350 degree oven for 10 minutes or until done. Let cooked sausages rest for 3 to 5 minutes before slicing.

 Served (pictured) with our Chef Suman's Bowl: Local greens, house-made hummus, local poached egg, roasted organic carrots, and house-made bison sausage



Iowa Apple Ginger Sour

Sarah Sontag, Manager

- 1 ounce Cody Road Bourbon
- 1 ounce Cedar Ridge Apple Brandy
- 1 ounce lemon juice
- 1/2 ounce ginger liqueur

³⁄₄ ounce honey syrup (equal parts honey and hot water, stirred together until honey is incorporated)

- Splash of locally made apple cider
- Apple slices and cherry for garnish
- Add all ingredients to a shaker with ice. Shake, then strain over ice into a rocks glass. Garnish.

Duck à l'Orauge

Paul Durr, Owner/Chef

1½ ounces extra virgin olive oil 4 duck breasts

Kosher salt

Cracked black pepper

1 teaspoon minced garlic

1 teaspoon minced shallots

2 ounces cognac

3 ounces freshly squeezed orange juice

3 ounces chicken stock

4 ounces cold unsalted butter

Put 1 ounces of EVOO into cast iron skillet and heat pan to approximately 350 degrees. Season both sides of the duck breast with salt and pepper. Place duck non-skin side down in a cast-iron skillet, pan roast for 2 to 3 minutes, turn the duck over, sear until duck skin begins to brown. Take off heat and pour rendered duck fat into a separate glass container. Set duck aside.

In a small saucepan, add the remainder of EVOO and rendered duck fat (reserve 1 tablespoon for later). Turn burner to medium heat. Add in minced garlic and shallots; sauté until translucent. Pour in 1½ ounces of cognac (caution – cognac will ignite). Before cognac burns off, add freshly squeezed orange juice and chicken stock and turn the burner to medium-high heat. Bring sauce to a boil, reduce heat, and let simmer for 4 to 5 minutes. Whisk in cold butter ½ ounce at a time until sauce thickens. Add the remainder of the cognac.

 Peel oranges, slice into ½-inch thick wheels. Heat a small sauté pan, add 1 tablespoon of rendered duck fat, place orange slices into pan, and season with salt and pepper. Sear until sugars caramelized. Remove from heat.

• Finish cooking the duck in a 400-degree oven for 6 to 7 minutes (internal temperature should be between 135 to 140 degrees). Slice the duck breast, arrange on a plate. Ladle sauce on the duck and arrange caramelized orange slices on the plate.



The Boozy Cauary Alex Philips

2 ounces fresh-squeezed orange juice

³⁄₄ ounce Cody Road bourbon (or substitute other bourbon)

³/₄ ounce Courvoisier cognac (or substitute brandy)

1/2 ounce Grand Marnier (or substitute Cointreau)

 $\frac{1}{2}$ ounce Aperol

2 dashes of orange bitters

1/4 ounce simple syrup

1/2 of an egg white

 Put all ingredients into a shaker with ½ cup of ice; shake vigorously until frost forms on outside of shaker.
 Strain into a martini glass. Garnish with orange zest and a sprig of fresh thyme.



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Cobble Hill Eatery & Dispensary, Cedar Rapids Andy and Carrie Schumacher, Co-owners

When Andy and Carrie Schumacher lived in Brooklyn, New York, they lived right next to the neighborhood of Cobble Hill.

"We had all of these amazing restaurants and shops," Carrie recalls, "and the energy that came out of all of these was just amazing." That's the spirit that inspired the proprietors of the Cedar Rapids restaurant when they moved back to Iowa with their young family.

The Schumachers have brought the best of Brooklyn as it complements the best of Iowa. This means a dining space festooned with live plants, passionate chefs creating food tailored for the local community, attention to sustainability and local ingredients, and pure hospitality.

The menu changes with the seasons and according to what's available at Cedar Rapids farmers markets. The food is made from scratch, with unique local twists, and touched with the creativity of the Cobble Hill kitchen.



Mushroom Crepes (serves 4)

Chef Andy Schumacher

12 crepes (recipe follows)
1 pound oyster mushrooms (or any you can get your hands on)
1 pound shallots
3 tablespoons vegetable oil
Kosher salt
2 teaspoons ground black pepper
½ teaspoon ground clove
¼ teaspoon ground ginger
¼ teaspoon ground nutmeg

- 1 medium onion (1 cup sliced) 4 ounces cremini mushrooms (about 2 cups sliced) 3 sprigs thyme 1 branch rosemary
- 1 quart heavy cream

Fresh goat cheese, crumbled, about 2 to 3 ounces (we prefer Humboldt Fog)

Fresh chives, thinly sliced, about 4 tablespoons

CREPE RECIPE

3 tablespoons butter	$\frac{1}{2}$ cup water
1 cup flour	2 eggs
³ ⁄ ₄ cup milk	1/4 teaspoon salt

• TO MAKE THE CREPES: Melt the butter in the microwave. Combine all ingredients in the blender and puree on high; drizzle in the melted butter. Stop the blender and scrape down the sides of the blender and make sure all the flour is incorporated. Blend again and pour out in a bowl; let the batter rest 30 minutes. Heat a 10-inch nonstick pan over medium heat. Drizzle scant 2 ounces of batter into the pan and swirl to coat the bottom of the pan with the batter in an even layer. Cook until the bottom is starting to slightly brown, about 2 minutes. Flip the crepe and cook an additional 20 seconds. Cook 8 crepes for dinner. You will have extra batter.

• TO MAKE THE DISH: Preheat the oven to 500 degrees. Remove the stems from the oyster mushrooms and separate them into individual petals. Peel the shallots and cut them into quarters. Combine the mushrooms, shallots, oil, black pepper, clove, nutmeg, ginger, and 1 teaspoon kosher salt into a bowl and toss to coat. Spread the mix out into an even layer over two cookie sheets and roast in the oven until the veggies start to brown and are tender. Make sure they are not crowded on the cookie sheets so they can roast without steaming. They should get good and roasted with good color and caramelization. Set aside to cool.

While the veggies are roasting, peel and slice the medium onion and the cremini mushrooms, stems and all, and combine in a large saucepan. Tie the thyme and rosemary together with string and add to the saucepan with all the heavy cream. Bring the mixture to a boil and immediately turn down the heat and gently simmer for 20 minutes or until the cream is reduced by half and the onions and mushrooms are very, very tender – if they are not tender and the cream is reduced, add some water and continue to simmer. Once the mixture is ready, remove the herbs and let cool until just warm. Then puree in a blender on very high speed. The goal here is to create a smooth mushroom cream that should coat the back of the spoon and be the consistency of ranch dressing. If the mixture is too thick, add water and re-blend until it's the right consistency. Pour the cream back into a saucepan and season aggressively with kosher salt to bring out all the flavors.

• TO ASSEMBLE THE DISH: Take the roasted mushrooms and shallots and set aside a few of the cooked mushrooms for garnish on each plate; chop the remaining shallots and mushrooms until you have a very fine minced mixture – you can use a food processor for this as well. Roll the mixture up into the 8 crepes for dinner (each person gets 2). Place the rolled crepes on a cookie sheet and set aside. Lower the oven to 300 degrees. When you are ready to eat, place the crepes in the oven to warm, about 10 minutes; meanwhile, warm your mushroom cream on the stove until hot. Place two crepes on each plate, drizzle the mushroom cream over and around the crepes on the plate, garnish with the reserved oyster mushrooms (you can heat those in the oven with the crepe rolls), and top with some crumbled goat cheese and thinly sliced chives.



Bar Manager Casey Hall

 ounce Martell VS Cognac
 ounce Calvados Morin
 ounce fresh lemon juice
 ounce demerara syrup
 mint leaves
 Garnish: Angostura float and mint bouquet

Muddle mint in a shaker until aromatics are evident. Add cognac, calvados, lemon, and demerara. Add ice to a shaker and shake until the outside is getting quite cold to the touch. Double strain into a double old fashioned glass and top with crushed ice. Slowly pour in approximately ½ ounce of Angostura on top of the drink so that it is almost "floating" on top of the drink. Top with a mint bouquet.





Cheeve to Bourboon Bourboon on its National Day

The most American of spirits has a proud history.



Cedar Ridge, the first distillery in Iowa, makes its whiskey with 74% family-farm corn.

CEDAR RIDGE DISTILLERY



3-OAKS DISTILLERY

3 Oaks Distilling is a family operation in that uses apple wood for distinctive flavor.

Bourbon, as "America's spirit," is certainly worthy of its very own day, and National Bourbon Day is June 14.

Americans began producing bourbon near the end of the 18th century. It was first distilled by immigrant farmers—mostly from Scotland, England and Ireland—who were pioneers traveling westward. Many of these early Americans had settled in present-day Kentucky or Tennessee, and by the 19th century more than 2,000 farmers, along with their families, were making bourbon.

0407

BOURBON WHISKEY

Bourbon has played a substantial role in American culture and history. George Washington himself, the father of our country, distilled the spirit on his farm in Mt. Vernon, Virginia. Bourbon has also been used as currency in America, and for the past 200-plus years distillers have used the same basic ingredients and techniques as their ancestors.

In 1964, Congress characterized bourbon whiskey as "America's Native Spirit," the only liquor "distinctive to the United States." Through an act of Congress in 2007, September was named National Bourbon Heritage Month after a unanimous Senate vote. So, in addition to having a national day, bourbon has its very own month.

Today, bourbon is more popular than ever, making it a nearly \$6 billion industry in America alone—global sales of course place the total figure much higher. One reason for this is the craft bourToday, there are more distilleries in Iowa making bourbon than ever before. Take a tour, sample their drinks, and learn how the distillers produce such great flavors. bon boom throughout the country. Every state in America has at least one distiller that makes bourbon, and some have dozens. There are now upwards of 1,000 distillers across the country producing the spirit.

What is bourbon? Like other whiskeys, it's a distilled spirit made from a fermented grain mash—wheat, rye, barley and corn. This mash needs to be made from at least 51% corn, and the distillate has to be aged in new charred oak casks. The spirit must be distilled at 160 proof or less, put into the barrel at no more than 125 proof, and bottled at 80 proof or higher. Bourbon can be made anywhere in America—not just Kentucky. If the product is labeled straight bourbon, then it's aged for at least two years and contains no added flavors, colors or preservatives.

The flavor of bourbon is typically a mixture of sweet, fruity, spice and smoke, sometimes with floral notes. The sweet taste, which come from the corn, is typically dominant, and often includes the taste of vanilla, caramel, tapioca, butterscotch or honey. Other common flavors include apple, pear, fig, currant, raisin, pepper, nutmeg, allspice, clove, cinnamon and oak from the barrels.



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June 14 will be here soon, and there are many ways to observe National Bourbon Day. A good start is to mix your own bourbon-based cocktails. Try your hand at an old classic—such as a whiskey sour or old fashioned—a trendy modern drink, or concoct one of your own. Another option is to visit a local distillery. Today, there are more distilleries in lowa making bourbon than ever before. Take a tour, sample their drinks, and learn how the distillers produce such great flavors.

Here are a few Iowa bourbons to test drive:

3-OAKS DISTILLERY STRAIGHT BOURBON WHISKEY

3-Oaks is a small, family owned and operated distillery in Northeast Iowa. They make hand-crafted bourbon that matures for at least two years in new oak barrels. Apple wood is added near the end of

Cody Road emphasizes local ingredients in its product named after William "Buffalo Bill" Cody, who was born in LeClair. the aging process for extra flavor and complexity.

CEDAR RIDGE IOWA STRAIGHT BOURBON WHISKEY

Cedar Ridge was the first distillery to open in the state since the 18th amendment to the US Constitution, Prohibition, was ratified. Their Straight Bourbon Whiskey is a medium-bodied spirit, well balanced and very drinkable. This award-winning tipple is produced from 74% family-farmed corn.

CODY ROAD BOURBON WHISKEY

Made by hand in LeClaire, Cody Road is a wheated bourbon and, according to the distiller, perfect for sipping. This spirit is named in honor of William "Buffalo Bill" Cody, who was born in LeClaire. The mash is made up of 70% corn sourced from LeClaire, 20% Illinois wheat, and 10% unmalted barley from Davenport. Cody Road matures for two years prior to bottling.

IOWA DISTILLING COMPANY STRAIGHT BOURBON WHISKEY

This is a robust, complex whiskey that's been distilled and hand-bottled in the tiny (pop. 162!) city of Cumming. The Iowa Distilling Company is a micro-distillery housed in a 100-year-old brick building that overlooks corn fields. The flavor profile of their straight bourbon whiskey is multilayered, touching on butterscotch, vanilla, baking spices, tobacco, caramel and tree nuts.

NEFARIOUS BOURBON WHISKEY

Based in Clive, a city in central Iowa that straddles both Dallas and Polk counties, Nefarious Bourbon Whiskey is smooth and drinkable with a long clean finish. Made in small batches at 86 proof, Nefarious is equally good for sipping or mixing highballs. The distiller recommends using their bourbon to make a Manhattan, old fashioned or black magic blinker.



Iowa Distilling's product is hand-bottled in Cumming.







Summer

Let us explore the ease and fun of big-batch concoctions.

Summertime and outdoor relaxation go hand-in-hand—like a baseball and glove, or a poolside lounge chair and a Tiki drink. When you're relaxing in nature with a calming cocktail in hand—surrounded by a soft breeze and the soothing sounds of cicadas, crickets, or katydids getting up for a refill can kill the mood. Or if you're entertaining friends in your backyard, refreshing your guests' drinks for every refill means you're working, not socializing.

How can you keep refills coming as peacefully as the breeze whispering across your face? How can you keep the drinks flowing as easily as the conversation?

Pitcher drinks are the answer!

Whether you start with a recipe or create your own, make-ahead batch drinks help you extract all of the goodness from summer.

RECIPES TO FOLLOW

Recipes provide the easiest way to plan your pitcher. They also provide a template for creating your own. Note the ingredients, the balances among alcohol, mixers, sweeteners (simple syrup or sweetened sodas), bitter flavors (like tea or alcohol bitters), fruits, etc. Then play with substitutes that especially tickle your tastebuds. Start with small samples rather than full recipes to play with proportions and adjust ingredients.

Using some of the recipes below as inspiration, for example:

• Cody's Punch uses Cody Road Bourbon, light beer, and frozen lemonade. A botanical twist could use gin, a light Belgian ale, and limeade (though the twist would probably call for less gin and limeade).

• A Moscow Mule can become a Kentucky Mule using bourbon instead of vodka, a Mexican Mule with tequila, an Irish mule using Irish whiskey, a Oaxacan Mule with mezcal, and a Gin Mule with wait for it—gin. And note the S&B Fiery Pomegranate Mule, for an Iowa distillery's idea for a Mule variation.

• Limoncello Collins could substitute gin for the vodka and grapefruit soda for the club soda (probably using less or no simple syrup, since grapefruit soda has sweetener).

• Boozy Strawberry Peach Punch could swap in a different sherbet and other sweet fruits, such as raspberry sherbet and fresh raspberries.

S&B Fiery Pomegranate Moscow Mule

From S&B Farms Distillery

cup S&B Farms Field Fire
 1/2 cup lime juice
 1/2 cup grapefruit juice
 1/3 cups pomegranate juice
 1 jalapeño, sliced
 Ginger beer, for topping

Combine the Field Fire, lime juice, grapefruit juice, pomegranate juice, and jalapeño slices into a large pitcher. The longer the jalapeños sit, the spicier the drink. Strain out the jalapeños and discard. Return the drink to the pitcher and chill until ready to serve. When ready, fill the pitcher with ice and top off with ginger beer. Or fill glasses with the mix and top off each glass with ginger beer.

SANGRIAS SHOW THE WAY

The Spanish invention of red wine and fruit has become embedded in American traditions. Modern sangrias have evolved to use white wine as well as red, brandy or other liquors for taste and kick, lemon-lime soda or other bubblies, and added sugar. Only one rule applies: follow your palate!

Follow these steps for a foolproof sangria. Start with a basic recipe or pick from your favorite ingredients. Experiment with measurements and ingredients until you find your sangria amor.

1. Pick your wine: Go for a red (a full-bodied Merlot or Cabernet Sauvignon) or use a white (like a Pinot Grigio or Zinfandel) to accentuate the flavors of the fruits.

2. Add your liquor: Typical liquors include brandy, rum, and orange-flavored liqueurs, but the possibilities are endless.

3. Pick your fruit: Add citrus (oranges, lemons, limes), tropical (pineapple, kiwi, mango), berries (strawberries, blackberries, raspberries) or even fruits that take you in an entirely different direction (apples, melons, and so many more). Add additional fruit before serving to freshen the appearance.

4. Give it some fizz: Add cold sparkling soda just before serving.

5. Sweeten the punch: Sodas such as lemon-lime or grapefruit add both sweetener and fizz. If you need additional sweetener, use simple syrup.

6. Chill with ice: Add ice right before serving.

Chilled and covered, sangria typically keeps for up to three days (though the fruits may need replacing).

A CHILLING EFFECT

Ice is not only nice, it's also necessary on a hot summer day to keep the drink fresh and cool.

Chunks: Ice rings and large ice cubes last longer than standard ice cubes while minimizing the dreaded watered-down effect.

Chilling stones: Use non-melting options to avoid diluting the drink. Reusable "ice cubes" are made from materials such as chrome, stainless steel, and granite and come in a myriad of shapes – from cubes and balls to diamonds and bullets.

Flavored ices: Use a recipe ingredient, like lemon-lime soda or juice, in your ice ring or cubes. Arrange decorative garnishes within the cubes or ring, like fruit slices and berries, herbs and flower petals.



Cody's Punch

From Mississippi River Distilling

375 ml Mississippi River Cody Road Bourbon 6 cans light beer

12-ounce can frozen lemonade concentrate, thawed

 Mix ingredients in a one-gallon pitcher. Add ice, stir, and serve. Be careful, a little goes a long way! To tame it down a bit, add 12 ounces of water.



Moscow Mule

- 375 ml bottle vodka
- 4 ounces lime juice
- 32 ounces ginger beer

Add all ingredients to a pitcher with ice and stir.
 Garnish with a lime or lemon wedge. Traditionally served in a copper mug.

The ginger beer can be substituted with a mixture of ginger-infused simple syrup and club soda. The recommended ratio is 1 part simple syrup to 2 parts club soda, but it can be altered for a stronger or more muted ginger flavor.

Limoncello Collins

1½ cups vodka
1 cup fresh-squeezed lemon juice
6 tablespoons simple syrup
¼ cup limoncello
1½ cups club soda, chilled

• Combine vodka, lemon juice, simple syrup and limoncello in a large pitcher. Pour in the club soda and stir. Serve the Limoncello Collins in highball glasses with ice or in a Champagne flute.

Insulated pitchers: An insulated pitcher keeps the drink cold and adds a cover to ward off the critters. By using a clear pitcher, you can still show off the floating fruits or custom ice cubes!

TEATIME

Traditional tea tends to be a summertime favorite, mixing the tannic taste with a splash of relaxing alcohol. Vodka adds booze without interfering with the flavor of other ingredients. Bourbon melds its rich essence with the earthiness of tea. And gin contributes an herbal, botanical touch.

You can also use fruits and fruit liqueurs or liquors, including the neutral spirits of moonshine and vodka. Experiment with those flavors that are traditionally used with tea: lemon, as in limoncello; peaches, as in S&B Farms Distillery's Sir Winston Peach; raspberry, as in Chambord; or apple and pears, as in Cedar Ridge Distillery's Apple Brandy or Pear Brandy.

FESTIVE

Fizzy mixers can create a more festive atmosphere. Club soda, lemon-lime soda, sparkling wine and beer add a bubbly effect and complement the taste. When mixed with quality liquors and other flavorful ingredients, the result is a heady treat to all your senses.

On the other hand, beverages without a bubbly still make for palate-pleasing pitcher drinks—and they don't lose their fizz.

THE RECIPES

These recipes represent all of the above—sangrias, tea-touched, bubbly, and still. And all can be tailored to your personal preferences.

Ginger Snap

From Mississippi River Distilling

11/2 cups Mississippi River Rose Gin

2 cups premium lemonade

2 12-ounce bottles ginger beer

Mix in a pitcher and pour over ice.

Basic Citrus Sangria

1/2 cup brandy

- 1/4 cup lemon juice
- $\frac{1}{3}$ cup frozen lemonade concentrate
- ¹/₃ cup orange juice
- 1 bottle dry red wine

1/2 cup triple sec

- 1 lemon
- 1 orange
- 1 lime
- 2 cups ginger ale

 At least 8 hours before time to serve, mix the first six ingredients in a large pitcher. Slice the lemon, orange, and lime, then add to the pitcher. Let the flavors meld in the refrigerator. Add the ginger ale immediately before serving.

Fiery Sangria

1 cup orange peach mango juice 1 cup Iowa Distilling Prairie Fire hot cinnamon whiskey

1 bottle dry red wine

Mango cubes (fresh or frozen)

• Combine the juice, whiskey, and wine in a large pitcher. Stir gently. Add the fruit and allow to chill for 10 minutes. Serve.

Cucumber Melon Sangria

Seedless cucumber, thinly sliced Honeydew melon, in cubes or balls Mint leaves, about 12 1 ounce simple syrup 6 ounces gin 1 bottle dry white wine 8 ounces club soda 1 lime, thinly sliced

 Add cucumber slices, mint leaves and melon cubes to small punch bowl and drizzle with simple syrup. Pour gin, wine, and club soda and stir well. Serve in white wine or rocks glasses. Include cucumber, melon, and mint in each glass and garnish with a lime wheel.





Berry Rosé Sangria

1/4 cup sugar
1/4 cup water
1 cup strawberries, halved
1 cup raspberries
1 cup blueberries
1 bottle dry rosé
1/4 cup raspberry liqueur
1/4 cup brandy
1 cup club soda
Lime wheels
Extra berries for garnish
Fresh mint, for garnish

Bring sugar and water to a simmer in a small saucepan, stirring until sugar is dissolved (or use ¼ cup simple syrup). Let cool. Put berries into a pitcher, drizzle with cooled syrup and let stand for 5 minutes. Add wine, liqueur, and brandy and stir gently but thoroughly. Chill, covered, until ready to serve. Before serving, add the club soda and stir again.

• To serve, add ice cubes to glasses, pour the sangria, add a few berries and a lime wheel, and garnish with fresh mint.

Lynchburg Lemonade

- 1 cup Tennessee whiskey
- 1 cup triple sec
- 1 cup sour mix
- 4 cups lemon-lime soda

 Add whiskey, triple sec, and sour mix to a pitcher with ice and stir. Top with soda and garnish with lemon or lime wedges.

 Variations include using juice and simple syrup instead of the sour mix and soda; using bourbon instead of the Tennessee whiskey; and adding bitters for more complexity.



S&B Summer Peach Iced Tea

From S&B Farms Distillery

- 8 cups boiling water
- 7-8 black tea bags
- 1½ cups Sir Winston Peach
- 2-3 fresh peaches, diced
- 1 cup sugar
- 1 cup water
- 1 lemon, juiced

In a large pitcher, pour hot water over tea bags, letting steep 5 to 7 minutes. Bring peaches, sugar, water, and lemon juice to a boil, then reduce heat to medium and simmer. Strain syrup through a strainer to remove fruit chunks. Add peach syrup and Sir Winston to the tea and then chill. Serve over ice.

Peach Sweet Tea with Wine

750 ml bottle Riesling wine, chilled

61/2 ounces S&B Farms Distillery Sir Winston Peach

61/2 ounces soda water

15-ounce can sliced peaches, drained (or fresh sliced peaches)

40 ounces sweetened tea

• Add the wine, Sir Winston Peach, soda water, and peaches to a 2½-quart pitcher. Add sweet tea to fill the pitcher. Stir to combine and serve over ice.

Maker's Mark Sweet Tea Mint Julep

4 cups freshly brewed and chilled black tea 2 cups Maker's Mark Bourbon 1 cup simple syrup 1⁄4 cup fresh lemon juice Mint Lemon wedges

 Muddle half of the mint with simple syrup. Combine Maker's Mark Bourbon, chilled tea, muddled simple syrup, and lemon juice over ice and stir. Garnish with mint and lemon wedges.

Spicy Ginger Margarita

2¹/₂ cups mezcal or tequila

³⁄₄ cup bitter orange liqueur, such as Cointreau

4½ ounces frozen limeade concentrate, thawed

3 cups ginger beer

Blood orange or other citrus slices for garnish

 Chill all ingredients. Mix in a pitcher and top with blood orange slices.

Jim Beam Kentucky Sweet Tea

1 cup DeKuyper Peachtree Schnapps Liqueur 2 cups Jim Beam Bourbon 3 cups sweet tea Lemon wedges

 Build in pitcher over ice. Garnish with a lemon wedge or peach slices.



WATERMELON MOJITO

From Piedmont Distillers, Inc.

2 oz. Midnight Moon Watermelon 10 Mint Leaves 2 Tbsp. Sugar ½ Lime 4 oz. Club Soda

....

 Muddle sugar with mint and lime. Fill glass with ice. Add Midnight Moon Watermelon and club soda and stir.



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SIGNATURE SERVE From Campari Group

1.5 parts SKYY® VODKA 4.5 parts soda water Cubed ice Grapefruit peel Highball glass

••••

• Fill a highball glass with cubed ice.

 Pour 1.5 parts of SKYY® Vodka.

 Top with soda water.

• Express the grapefruit peel and garnish.



Younger Adult TIPS FOR SIPS

How to enjoy a new pleasure responsibly.

inally, after years of being underage and waiting not-so-patiently for your 21st birthday, you've reached that stage of life where you can drink legally! The sky's the limit!

Well, not entirely. Four sage voices offer you advice for enjoying the benefits of alcohol without the dangers. May we present The Nag, The Planner, The Partier, and The Been-There-Done-That Friend.

THE NAG

You think of me, The Nag, as parents or other killjoy adults who seem to derive glee from foiling your fun. Well, I assure you, we're only thinking of your best interests.

And that legal drinking age? It was instituted for a reason. Drinking alcohol can be detrimental to the health of developing bodies, even for teens. It can affect the normal development of the brain, liver, bones and hormones. It's also associated with increased health risks, including alcohol-related injuries. So thanks for waiting—and don't share your newfound privilege with underage friends.

But I get it—you are fully legal now. However, no matter the age, anyone can be harmed by overuse and abuse of alcohol. Binge drinking (5 or more drinks in about 2 hours for a man, 4 or more drinks in that same time period for a woman) results in about a 0.08 blood alcohol concentration (BAC). That's the measure for being legally drunk, which can result in penalties for Operating While Intoxicated if you're driving—or in far worse consequences if you're involved in an accident.

Binge drinking is also harmful to your body and brain. You're more likely to become involved in something regrettable—something you do or something done to you. Frequent binge drinking also leads to diseases such as high blood pressure, stroke, heart disease, liver disease, and memory and learning problems.

As a wise old philosopher once said, "Everything in moderation."

THE PLANNER

I know, you want to have fun. I do, too, so I came up with my Top 10 Drinking Strategies and refined them for my own drinking pleasure. Now I'm happy to share them with you.

1. Eat protein-rich food before you start to fill up your belly. (This doesn't negate the alcohol, unfortunately, so don't let it fool you!)

2. Munch while you drink, too.

3. Identify some tasty low- and no-alcohol options. Start with one of these and intersperse them if it's a long evening. For me, these include tonic with lime and a wine spritzer.

4. Start learning about alcohol (best advice anyone's every given you, huh?). Some bits of knowledge can serve you well (so to speak). For example,

• Overproof rum is higher in alcohol, so it packs a bigger punch.

• Sweet cocktails (often favored by new drinkers) can reduce the perception of alcohol while being easier to drink quickly.

5. Sip, don't guzzle! Savor the taste and naturally minimize the alcohol.

6. Hydrate. Before, during and after.

7. Plan ahead for transportation—don't drink and drive! This may mean appointing a designated driver, surrendering your keys, or taking public transportation to and from your gathering.

8. Play games and drink—but avoid drinking games!

9. Don't accept a drink from anyone you don't know.

10. Be a careful and moderate drinker for the rest of your life. That way, you can continue to enjoy this pleasure guilt-free!

THE PARTIER

There's nothing like a good party, but nothing can send a good party south like too much alcohol and sloppy drunks. If you find yourself at such a party, you can leave (always a wise option!), take a stand or try the chameleon route and blend in with your camouflage superpowers. I've been known to refill my beer bottle or cocktail glass with water, coconut juice or a soft drink when no one's looking. Remember, a lime wedge in a glass of tonic water easily passes for a vodka tonic.

Professor Kelly O, Drunk of the Week columnist for Seattle's The Stranger blog, offers this advice. "I've been doing immersive research on the fine art of drunkenness for more than a decade," Kelly O admits.

First, she advises, avoid liquor shots completely—they're way too potent. Second, if you're having mixed drinks, sip yours and get refills on ice. Next, use a drink koozie so your beer will stay colder and you won't have to drink as much (and you could even sneak in a non-alcoholic beverage and no one will be the wiser).

"Partying is 100 percent competitive," Kelly O says, "and the winner is the last person standing! Be the one at the end of the night still cracking semi-coherent jokes in the kitchen and not the guy hugging the toilet bowl in the bathroom mumbling nonsensically."

THE BEEN-THERE-DONE-THAT FRIEND

Yes, I've been there and done that, and I have just one piece of advice: Remove your exes' numbers from your smartphone contacts before you begin your evening. Trust me on this one!

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FEATURED SPIRIT SCOTCH

July 27 marks the day to celebrate Scotland's national drink.

ational Scotch Day-also called Scotch Whiskey Day—is held each year on July 27 in honor of Scotland's national drink, which is a spirit made from malted barley and other grains, such as rye and wheat.

Scotch Whiskey has been around since the 15th century. By the 1800s, the Scottish parliament started

taxing the beverage because it was so widespread and popular. Today, there are over 130 Scotch distilleries in the country, earning approximately 125 pounds (\$174 U.S.) every second for the national economy. Scotland exports 100 million cases of Scotch each year, which amounts to nearly 40 bottles a second.

> National Scotch Day is the perfect time to open a bottle of your favorite whisky and enjoy a dram or two. A few to consider:

> Buchanan's Red Seal. The James Buchanan Whisky Co. was founded in the 1880s. Red Seal is a carefully selected blend of Islay and Highland premium whiskeys

inspired by the Buchanan's Royal Household whisky, first distilled in 1901 for the court of King Edward VII. Every bottle matures for 21 years, giving it a complex, elegant and well balanced taste.

Clan MacGregor Scotch. This whisky was named in recognition of one of Scotland's oldest clans, which dates back to the 8th century. The family was filled with brave, loyal and dedicated warriors. Clan MacGregor Scotch has a distinctive straw gold color and an aroma of malt and vanilla with a touch of peat. The flavor is smokey with

DALMORE

notes of roasted apple, fresh baked bread, honey and toffee.

Dalmore 12 Year. The Dalmore 12 is a premium single malt aged in American oak ex-bourbon and oloroso sherry barrels. The mouthfeel is

BUCHANAN'S.

MAGREGOR



thick and buttery, and the flavor profile includes citrus, espresso, winter spices, dried fruit and a suggestion of vanilla. The finish is long and clean with notes of dark chocolate.

Dewar's White Label. Dewar's signature whisky was first distilled in 1899, more than 120 years ago. It's an iconic, versatile scotch that can be sipped straight, mixed in a cocktail or paired with food. White Label has a full-bodied, smooth, creamy texture and a subtle peaty aroma. The mildly sweet flavor touches

on dark chocolate, honey and crisp apples.

Glenfiddich 21 Year Old. A classic Speyside single malt that's aged four months in ex-Caribbean rum barrels, which lends notes of tropical fruit and ginger to the scotch. You'll also get honey, caramel, brown

sugar, malt, citrus peel and hot peppers on the palate. Glenfiddich 21 YO is a rich, complex whiskey with a long, jammy finish.

Johnnie Walker Black. Johnnie Walker Black Label, one of the world's best known and most popular whis-





1909. This is an 80-proof blended scotch that's matured for 12 years before bottling. The spirit has a deep caramel color, and on the nose you'll detect charred oak, toasted pecan, grapes and toffee. The flavor is rich and

> deep with shades of peat, butterscotch, tree nuts and vanilla. 🛑

DALMORE



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