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**NON ALCOHOLIC BEVERAGES AND MOCKTAILS**

#### Structure

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  17. **INTRODUCTION**

As we know that non alcoholic beverage are potable drinks which may be nourishing, stimulating, refreshing may have thirst quenching properties. They also help in maintaining of body ph balance. Non alcoholic beverages provide supplement diet to invalids, infants and convalescents. Some non alcoholic beverage eg. Mocktails (considered as equivalent to cocktails) are consumed by teetotaler at social gatherings. Some non alcoholic beverages provide instant energy after exertion from sports/games or other activities. They prevent dehydration and help in maintaining blood volume in case of bleeding, heat stroke, vomiting, excess sweating or diarrhoea. In this unit we will concentrate on all the basic non alcoholic drinks, which may be taken as a single drink or modified and mixed to make it tastier, refreshing and a new appearance. We will read about tea, coffee, juices, squashes, cordials, mixed drinks etc. where you will also know about the basics of these drinks and how these can be taken in different ways and enjoyed. Certain ingredients in milk like theobromine induce sleep. It decreased body temperature when taken chilled resulting in refreshed feeling.

After reading and understanding this unit you will get the basic knowledge about the non alcoholic drinks. You can also use this knowledge to make innovative mocktails, and surprise the guests whether in the house, working place or at the parties. You will know that in a single drink you can add some edible colored drink or mix with juices and make

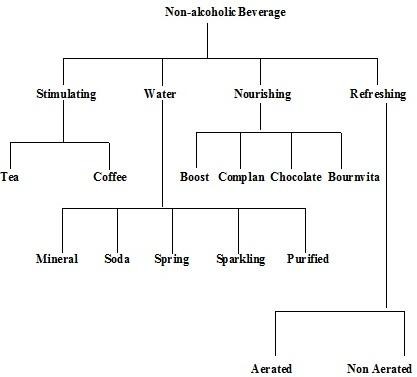
beautiful drinks which will look good and taste good too. So enjoy the drinks for all occasions in a new mix, taste, color, style and aroma.

## OBJECTIVES

After reading this unit you will:

* + - Have knowledge about non-alcoholic beverage.
    - Have knowledge about different mocktails.
    - Have knowledge about different types of non-alcoholic beverage like tea, coffee, aerated drinks, juices etc.

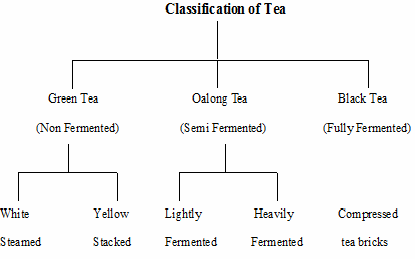
## Classification of Non-alcoholic Beverage



* 1. **TEA**

Tea is a non alcoholic beverage derived from a shrub Camellia Sinensis, an evergreen plant which grows mainly in tropical and sub tropical climate. Tea is said to have been discovered by Emperor Shen Ming of China in about 2737 BC. It is now widely cultivated in Japan, India in 1736 and in Sri Lanka in 1767. At first they used seeds from China, Camellia Sinensis but later seeds from Assam Camellia Assimica were used.

Today India stands first in the production of tea, approx 750000 tons ahead of China and Sri Lanka. Darjeeling tea is world famous with international certification.



**Tea Species:** There are following variety of tea:

* + - Thea Sinensis
    - Camellia Sinensis

**Green Tea:** Green Tea leaves are steamed immediately after plucking. This prevents oxidation and fermentation. It is then dried and rolled. Green tea has a delicate taste and is pale green/golden in colour. It has more tannin in it, astringent and is slightly bitter in taste. There are four varieties of Green tea:

* + - * Gyokuro
      * Sencha
      * Bancha
      * Matcha

**Oalong Tea:** Oalong tea is popular in China. The tea leaves are withered and oxidized for a shorter term compared to Black tea. It produces

tea which is in between black and green tea in taste. The tea is amber in colour.

**Black Tea (Fully fermented tea):** In Black tea, the leaves are withered, twisted and then rolled by placing them in rolling machines which releases the natural enzymes and juices of tea. The leaves are then fermented during which some of the acid in the leaves oxidizes and is converted into less soluble forms while more essential oils develop. The leaves are

then fired in a drying machine. Black tea leaves produce a red orange to deep red liquor which releases a hearty flavour. Some popular Black tea is Darjeeling, Assam Tea (India), Ceylon Tea (Sri Lanka), Keemun (China).

**White Tea:** This is a rare tea from China and is the least processed. It is not oxidized or rolled but simply withered and dried by steaming. White tea produces a pale colour infusion which is not a sign of strength. Freshly infused White tea is harmless to digestion but contains infusion extracts tannin which causes harm to human body.

**Herbal Tea:** This actually contains no tea leaves. But is made from flowers, berries, peels, seeds and roots of different plants like Camellia, Rosemary, Mint, Lemon Grass, Ginseng, Nulfoil and Rose Chip Herbal teas are growing popularity since they contain no tannins and are favoured by people who are health conscious.

**Instant Tea :** This is made by spray or freeze drying an infusion of tea. The tea is then packed in tight containers. It is widely used in automatic vending machines.

**Yerba De Mate :** It is made from leaves and stems of a species of a tree which grows in Paragway and Brazil and is processed like Black tea. It is taken without milk and has medicinal properties.

**Scented Tea :** This is made by adding flavourings like Jasmine flowers, rose petals, orange zest or mint leaves to tea during the firing stage after which they are sieved out eg. Earl grey, lemon scented, cinnamon tea, lama tea.

**PRODUCTION OF BLACK TEA:** The processing of Black tea is carried out in the following stages :

**Withering (Drying) :** The plucked leaves are weighed and then spread out evenly on wooden racks to wither naturally or by means of heated air forced over withering racks. The object of withering is to evaporate much of the water content of the tea leaves so that the leaves become soft and pliable.

**Rolling :** The leaves are now passed through rolling machines where they are twisted and rolled until they become soft and mashy. This is done to break up the tissues and the cells of the tea leaves and to liberate their juice which gives tea its flavour.

**Roll Breaking :** The leaves in trusted lumps are broken up and sifted through sieves before being sent for fermentation.

**Fermentation or Oxidation :** The purpose of fermentation is to make the tannins present in the tea leaves less soluble so as to prevent a bitter beverage. The term fermentation in connection with tea simply means oxidation. The tea leaves are spread out in order to absorb more oxygen. During this process the tannins are oxidized while more essential

oils develop which impart the characteristic flavour and aroma to the tea beverage. The colour of the leaves changes to black.

**Drying or Firing:** The tea leaves are then heated and dried in a drying machine to arrest further oxidation and to dry the leaves evenly without scorching. The beverage made from Black tea has an amber colour, is less bitter than green tea and has rich flavour and aroma.

**Black Tea Grading:** Black tea is graded according to leaf size. There are four main grade of Black tea:

* + - Leaf Tea
    - Broken and small leaf tea
    - Fannings
    - Dust

#### Leaf tea grading are :

SFTG FOP Super Fine Tippy Golden Flowery Orange Pekoe TGF OF  Tippy Golden Orange Pekoe

FOP Flowery Orange Pekoe

P  Pekoe

PS Pekoe Souchong

#### Broken and Small Leaf Tea :

BOP  Broken Orange Pekoe

FBOP  Flowerery Broken Orange Pekoe

BP  Broken Pekoe

BPS  Broken Pekoe Souchong

1. **Fannings :** These are small pieces of leaf. The grading includes BOP fannings, Pekoe fannings and Fannings.
2. **Dust :** Trade name for smaller leaf particle size. This grade yields stronger and darker brew having shorter infusion time.

**Green Tea :** In the processing of Green tea the tea leaves are withered then rolled to break the tissues and cells of the tea leaves and to liberate their juices. The leaves are then heated and dried in a drying machine but not fermented. Thus the leaf retains much of its

original green colour. The beverage made from green tea is greenish yellow in colour and is distinctly bitter. It has little flavour and aroma as compared to black tea.

**Oalong Tea :** This is semi fermented tea. The fermentation period is too short to change the colour of the tea completely. They are only partially blackened. The beverage made from Oalong tea is intermediate between Black tea and Green tea.

**CTC (Cut, Tear & Curl) Method :** The leaves are processed through a special machine which cuts, tears and curls the withered leaf all in a single process during the beginning of fermentation stage. The leaves have pellet like appearance and are broken in size. They have browner leaf & produce strong liquor will less flavour.

**Principles of Tea Preparation:** In making of Tea, the goal is to extract the maximum flavour with minimum of tannins so as to avoid a bitter tea. To get good results the following rules should be observed.

1. Use good tea and always remember the recipe (high quality blends produce good tea). For good tea making the tea should be weighted or measured for each brew. For tea pot service the ideal recipe is one tea spoon full of tea or one tea bag per cup of boiling water. When making tea in bulk allow 45-60 gms of tea leaves to each gallon of water.
2. Use freshly drawn, freshly boiled water. The water should be fresh from the tap and brought to boil before it is poured over the tea leaves. Water that has been boiled previously or that has been boiled for a long time or that has not come to boil i.e. off boil makes the tea flat.
3. Pre heat the pot, rinse the pot with hot water before putting in the tea leaves. Unless this is done the water goes off boil rapidly thus preventing the correct infusion of tea leaves.
4. Use the short pour, the water must reach the tea leaves as near boiling point as possible so as to infuse them properly. To ensure this take the pot to the water and never water to the pot and use the short pour so that when water enters the tea pot it is actually boiling.
5. Tea should be brewed, not stewed. To extract the full flavour and strength from the tea, the tea leaves should be allowed to infuse for 3-5 minutes depending upon the size of all pot and nature of water. The larger the pot, the longer the time for infusion. Tea infuses more readily in soft water than hard water.

**Composition:** The stimulant in tea is referred to as Theine, a chemical identical to caffeine in coffee. Tannins are also found in large quantities. They dissolve slowly in hot water and impart a bitter taste. The characteristic aromas of tea beverage are imparted due to the presence of essential oils in the tea leaves.

#### CHECK YOUR PROGRESS-I

* 1. Classify non-alcoholic beverages?
  2. Describe tea as beverage?
  3. What are the different types of tea?

## COFFEE

Coffee, the most popular after dinner beverage is derived from an evergreen bush which grows in sub-tropical and tropical climate. The coffee plant is native plant of Abyssinia (new ethopia) and other parts of tropical Africa. Coffee is grown in America, Mexico,

Brazel, Columbia, Cuba, Farnica, India, Indonesia, Arabia etc. Brazil is world‘s largest producer of coffee, Columbia 2nd, and Ivory Coast 3rd.

Coffee is said to have been discovered in Ethiopia by a shepherd, Kaldi who noticed that his sheep became hyperactive after eating the beans/red cherries from a plant Kaldi consumed a few beans himself and was affected by the caffeine. The local monks used this bean as it helped them to keep awake for long hours. Soon use of coffee spread all over with the Arabians growing it extensively.

**Varieties:** The two main varieties of coffee beans are :

Coffee Arabica  Milder, flavoured used in roasted blends Coffee Robusta  Strongly flavoured, used in instant coffee.

**Purchasing Unit:** Coffee beans may be purchased either roasted, unroasted or ground. Instant coffee is liquid coffee which has been dried into powder form.

Coffee essence is concentrated form of liquid coffee which may contain chicory.

**Note:** ―French coffee usually contains chicory. The roots of chicory are washed, dried, roasted and ground, then added to coffee. The addition of chicory gives a particular flavour and appearance to the coffee‖.

**Storage:** Points to note with regard to storage of coffee :

* + - Clean, dry, air tight container.
    - Well ventilated store room.
    - Away from excess moisture and strong smelling commodities.

**Composition:** Coffee contains caffeine, tannins and caffeol. Caffeine is 90-125 mg per 5 onze of beverage. Caffeine gives the coffee its stimulating quality, the flavour and aroma of coffee beverage are derived from caffeol and to a lesser degree from tannins.

**Coffee Production:** Coffee is produce from the beans of the coffee plant. The coffee plant is an evergreen shrub that is called berry or cherry. Each coffee berry contains two oval beans or seeds enclosed in a parchment like membrane in the fruit pulp. The beans or seeds are the part used to make the coffee beverage. In the processing of coffee berries the outer side pulp and inner parchment covering are removed leaving the beans that are light green in colour. The green beans are then cleaned, graded and packed into fibre or jute bags and shipped to various markets. When required the beans are blended, roasted and ground to bring out the flavour and aroma.

**Roasting and Grinding:** The green coffee beams contain little flavour and aroma. The flavour and aroma associated with coffee beans is brought about by roasting. Roasting

can be done either on a charcoal roaster or in a electric roaster Roasting should be done evenly without any scorching. It should be done on slow fire and the beans should be uniformly rotated. During roasting the moisture is lost, carbon dioxide gas is formed and the colour of the beans changes from green to golden brown. The fat content of the beans undergoes a change developing a group of essential oils, caffeol which gives the coffee its characteristic flavour and aroma. The time required for roasting depends on whether the desired roast is to be light, medium or dark and the coffee roast are classified according to the colour of the roasted beans into the following :

1. Light Roast
2. Medium Roast
3. Dark Roast

The roasted beans are then ground according to requirement. There are three coffee grinds in the market:

1. Fine Grind
2. Medium Grind
3. Regular Grind
   * + - Fine grind for vacuum coffee maker
       - Medium grind for dripolator
       - Regular grind for percolator

**PRINCIPLES OF COFFEE MAKING:** In making of coffee the goal is to extract the maximum amount of caffeine and flavouring substances (caffeol) and minimum of tannins and to have a clear infusion.

To get good results the following principles should be observed for making of good coffee.

1. Use freshly roasted and ground coffee.
2. Use freshly drawn, freshly boiled water.
3. Use the correct coffee grind boiled water.
4. Use a clean coffee maker
5. Add a set measure of coffee to water  For weak coffee use one level table spoon coffee to 3/4th cup of water, for medium coffee use two level table spoon coffee to 3/4th cup of water.

For strong coffee use three to four level table spoon coffee to 3/4th cup of water.

When making coffee in bulk allow approx 300-360 gms of ground coffee to each gallon of water which will provide about 24 cups of black coffee.

1. Add boiling water to the coffee and allow to infuse property to extract the full flavour, colour and strength. The infusion time must be controlled according to the type of coffee being used and the method of making coffee.
2. Strain and serve.
3. Add milk and cream separately.
4. Control temperature as to boil coffee is spoil coffee. The best serving temperature for coffee is 700C and milk 650C.

**Coffee Making Methods:** Coffee may be made served in the following ways :

1. **Instant Coffee:** This form of coffee may be made very quickly, immediately before it is required by pouring freshly boiled water onto a measured quantity of coffee powder. Stir well and serve. Hot and cold milk, cream and sugar may be added to taste. Instant coffee may be made in individual coffee or tea cups or in large quantities. When making instant coffee in bulk allow appear 21/2 onze instant coffee to each gallon (4 ltr) of water. For each serving use ½ to 1 tea spoon according to the desired strength.
2. **Saucepan or Jug Method:** This is an American method of making coffee more suitable for home than commercial establishment. A set measure of ground coffee is placed in a saucepan/ jug and required quantity of freshly boiled water is poured over the ground coffee. It should then be allowed to stand for a few minutes to extract the full flavour, colour and strength from the ground coffee. Strain and serve Hot/Cold milk, cream and sugar may be added to taste.
3. **Percolator Method:** The Coffee percolator consists of a pot with a percolated coffee basket and stem. A measured amount of regular ground coffee is placed in the basket and freshly drawn water poured in the percolator, level being below the bottom of coffee basket. On application of heat, the water reaches boiling point and is forced upward through the percolator stem and sprayed gently over the ground coffee extracting full flavour, colour and strength. The length of infusion time depends upon the strength of coffee required. Upon reducing the heat, the liquid no longer infuses with the coffee and falls back into the percolator. The coffee is now ready for service. Hot or cold milk, cream and sugar added to taste.
4. **Cona Coffee:** The cona coffee maker or vacuum coffee maker consists of two flame proof glass bowls. The upper bowl has a open tube that extends to the bottom of the lower bowl. There is a filtered device in the upper bowl which is held in place over the tube opening.

Measured fine ground coffee is placed into the upper bowl and fresh cold water placed in the lower bowl. The upper bowl is set in the lower bowl and water heated from below. Upon reaching bowling point the water rises up through the tube into the upper bowl mixing with the ground coffee. The water filters through the ground coffee extracting its full colour and strength. Upon reducing the heat, the coffee liquid passes back into the lower bowl.

1. **Filter Coffee:** This method is popular in France and produces excellent coffee. The filter coffee pot consists of three sections:
   1. lower section – to receive the filtered beverage
   2. filter section (usually lined with filter) to place ground coffee
   3. upper section (with a percolated bottom) to pour freshly boiled water over coffee.

Ground Coffee is placed on the filter section and upper section placed into position. Measured freshly boiling water is poured into the upper section & covered with lid. The water filters through the ground coffee into the lower section extracting full flavour,

colour and strength.

When dripping is completed in 4-6 minutes the upper section and filter section are removed and coffee served from lower section. Hot/cold milk, cream and sugar added to taste.

1. **Espresso Coffee:** The method has its origin in Italy. Expresso coffee is made in a special apparatus called expreso

machine that passes a mixture of stream and hot water which gives a frothy effect to the coffee when served. The method involves passing steam through finely ground coffee and infusing under pressure served black the coffee is known as expresso. If hot milk is added in equal quantity the beverage is called cappuccino.

1. **Irish or Gaelic Coffee:** This is sweetened hot coffee served in a wine glass, tapped with whipped cream. The service of Irish coffee may be carried out at the table end has considerable eye appeal.

Tray laid out for service of Irish coffee

* 1. Silver solver7tray with serviette on it.
  2. Paris gobbled (7 onze / on doily on under plate with a tea spoon)
  3. Coffee pot
  4. Sugar pot with a spoon
  5. Jug of whipped cream
  6. Peg measure
  7. Bottle of Irish Whiskey

#### Recipe to serve one:

1. One tea spoon sugar
2. Two onze Irish whiskey
3. 1/4th pint hot black coffee.
4. One table spoon whipped cream

#### Method:

1. Place the sugar in a warned Paris goblet.
2. Pour the measured amount of Irish whiskey.
3. Placing a tea spoon in the goblet to conduct the heat and avoid cracking the goblet, pour in the strong black coffee to within an inch of the top of the goblet.
4. Stir well to dissolve the sugar and to mix the coffee and whiskey.
5. Pour whipped cream slowly over the back of a tea spoon onto the surface of the coffee.
6. Do not stir as the best flavour is obtained by drinking the coffee and whiskey through the cream.
7. The Irish whiskey in the Paris goblet is placed on an under plate and served to the guest.

**Note:** If Brandy is used instead of whiskey it takes the name Café Royale‘.

#### 7. Turkish or Egyptian Coffee:

This coffee is made from darkly roasted mocha beans which are ground to a fine powder. It is made in a special coffee pot with a long handle and is narrower at the top than the bottom. The coffee is put into coffee pot and brought to boil. Now sugar and coffee is added and mixture allowed coming to a frothy boil. Remove the pot from the heat again and bring the coffee to a

frothy boil. A little of broth is poured into coffee cups, then the coffee brought to a frothy boil for a third time poured into the coffee cups.

1. **Iced Coffee:** Make strong black coffee in the normal way and then strained and chilled well. This may be served mixed with an equal quantity of cold milk or cream to make a smooth beverage. It is served in a tall glass with ice cubes added and with straws.
2. **Decaffeinated Coffee:** This is coffee from which the stimulant caffeine has been removed. It is made from beans after the caffeine has been extracted. For this the beans are soaked in very hot water for about five hours. This softens the beans opening their pores. The beans are then treated with a solvent which reacts with caffeine and is then evaporated away taking away 97% caffeine.

#### Equipment Required for Service of Coffee and Tea:

The following equipment are required for service of Tea & Coffee:

#### Coffee Tray Tea Tray

Tray or Salver Tray or Salver

Serviette Serviette

Coffee cup and saucer Tea cup and saucer Coffee spoon Tea spoon Sugar basin and tongs Sugar basin and tongs Coffee pot Tea pot

Hot Milk jug Hot Milk jug Tea strainer Slop Basin Hot water jug

#### Service:

* 1. The tray is set with beverage on the right with spouts facing inwards and handles outwards.
  2. Coffee cups with saucer, coffee spoons resting in the saucer at right angles under the handle of the cup are placed on the table.
  3. Like all beverages coffee is served from the right hand side of the guest.
  4. First, sugar is offered to the guest which is placed in the coffee cup.
  5. Now coffee is poured into the guest cup.
  6. After the coffee is poured to 3/4th capacity of the cup, ask the guest if he would like to have milk with the coffee.
  7. If the guest asks for milk, pour milk just upto the brim of the cup otherwise pour some more coffee into the cup. Keep an eye on the table and refill when asked by the guest.

**Tea Service:** Tea is served in similar method to coffee but may also be served in the following way.

1. Service from a pot of tea placed at the sideboard, milk and sugar being placed on the table.
2. Service of both milk and tea from pots, each held in one hand with sugar placed on table for guest to help themselves.
3. In function catering, the milk and sugar are placed on the table. Tea is then served from tea pots kept at the sideboard on the hot plate.

#### CHECK YOUR PROGRESS-II

1. What are the verities of coffee?
2. What is Irish coffee?
3. What is decaffeinated coffee?

## COCOA AND CHOCOLATE

Both Cocoa and Chocolate are made from the beans or seeds of the cocoa tree, the botanical name of which is Theobroma Cacao. The translation of Theobroma is food for the Gods indicating the esteem in which these products were held.

**Places of Growth:** The cocoa tree is grown in countries near the equator mainly South and Central America, East and West Indies and West Africa.

**Production:** The fruit of the cocoa tree is called cocoa pod. The cocoa pods are 7 to 12 inches long having thick leathery rinds containing 25-75 seeds arranged inside rows. The cocoa beans are encased in the flashy mucilaginous pulp of the cocoa pods.

The production of cocoa and chocolate is carried out in the following stages :

**Depoding :** The cocoa pods are gathered in heaps and cut upon with sharp rounded knife. The cocoa beans are scooped out or removed from the mucilaginous pulp of the cocoa pod. The fresh bean from the cocoa pod has a strong bitter taste and must be fermented to develop its flavour and colour.

**Fermentation :** The cocoa beans are placed on fermenting heaps and fermented to remove the pulp from the outside of the bean and to decrease the strong bitter taste. Oxidation begins almost at once causing the beans to become brown which is due to the oxidation to tannins.

**Drying :** The beans are then spread in the sun and dried to remove the moisture so that they are not spoilt during storage.

**Note –** ―The fermented dry beans resemble almonds, they are surrounded by thin paper like skin or shell‖.

**Roasting :** The beans are then roasted in revolving cylinders by currents of hot air, the roasting process further improves the colour and flavour and aroma of the beans and dries the husks or shells so that they can be easily removed.

**Shelling :** The beans are then cracked to remove the shells; the beans are now turned cocoa nibs which is the basis for cocoa and chocolate products.

**Grinding the Cocoa Nibs :** The cocoa nibs are ground to a thick brown semi liquid paste called chocolate liquor or cocoa mass which contains 50-57% cocoa butter, the natural fat of cocoa bean. This material solidifies on cooling to a hard brown block that is sold as bitter chocolate and is used to make sweet chocolate and milk chocolate. To make sweet chocolate sugar and flavouings are added to the bitter chocolate and to make milk chocolate, milk, sugar and flovourings are added.

**Pressing the Cocoa Mass :** The cocoa is second benefitive of chocolate liquor or cocoa mass. To make cocoa the cocoa mass is pumped into powerful hydraulic press where some of the cocoa bitter is removed.

**Making the Cocoa:** The pressed cocoa cakes remaining in the press are removed, then crushed, ground and sifted to a fire powder making cocoa.

#### Types of Cocoa:

High Fat Cocoa : Break Fast Cocoa 22%

Medium Fat Cocoa : 10-20%

Low Fat Cocoa : Less than 10%

Dutch Process Cocoa : Darker in colour and flavour

|  |  |  |
| --- | --- | --- |
| **Composition:** | **Cocoa** | **Chocolate** |
| Water | 4.6% | 5.9% |
| Protein | 21.6% | 12.9% |
| Fat | 27.6% | 47.7% |
| Carbohydrates | 37.7% | 30.3% |
| Minerals | 7.2% | 2.2% |
| Theobromine | 9.55mg/5oz of beverage | 125mg/50z of beverage |

The stimulant agent in Cocoa and Chocolate is called. Theobromine which is similar to caffeine in coffee. Cocoa also contains proteins, fats, large proportion of carbohydrates in the form of starch and sugar so apart from being a stimulating agent it is also a nourishing food.

**Uses:** Both Cocoa and Chocolate are widely used in the production and finishing of various puddings, cakes pies, cookies, sauces, icings and ice cream. To make a hot beverage it is mixed with water, milk and water or milk.

## AERATED DRINKS

These are fizzy drinks aerated with carbonic gas commonly found in kiosks, café, restaurants, bars, discotheque etc. These drinks are artificially coloured, flavoured & sweetened with small amount of natural ingredients.

#### Example of Aerated Water:

|  |  |
| --- | --- |
| Soda Water | Colourless and tasteless |
| Tonic Water | Colourless and quinine flavoured |

|  |  |
| --- | --- |
| Dry Ginger | Golden straw coloured having ginger flavour |
| Bitter Lemon | Pale, cloudy yellow coloured haring lemon flavour |

|  |  |
| --- | --- |
| **1.8 OTHE** | **R FIZZY DRINKS** |
| Lemonade | Colourless , lemon flavoured, sweetened beverage eg. Seven up, Sprite, Mirinda |
| Orangeade | Artificially flavored and coloured with a semi translucent – appearance, emulsifier, vegetable oil eg. Mirinda, Gold Spot, Fanta |
| Gingerale | Translucent yellow aerated drink having ginger extracts, artificially coloured. |
| Cola | Made from bark of cola tree having phosphates, tannins, artificially sweetened. |

Fizzy drinks are available in bottles and cans. They are also available as post mix in operations having high turn over.

## JUICES

These may be freshly squeezed, bottled or canned The most common available are:

* + 1. Orange Juice
    2. Pineapple Juice
    3. Grapefruit Juice
    4. Tomato Juice
    5. Lemon Juice
    6. Apple Juice
    7. Guava Juice
    8. Mango Juice
    9. Mix Fruit Juice
    10. Melon Juice

## SQUASHES

These are generally made of citrus fruits having high sugar content, colouring, flavouring and class II preservative.

Squashes are non fizzy but may be served diluted with water, soda water or lemonade.

eg. Orange Squash Lemon Squash Grapefruit Squash Lime Juice

## CORDIALS

These are sweetened citrus fruit juices eg. Lime Juice Cordial

Black Currant Cordial Ginger Cordial

#### CHECK YOUR PROGRESS-III

* + 1. What are various juices served in hotel?
    2. Write a note on Fizzy drinks?
    3. What is squash?

## MOCKTAILS

Mocktails are contemporaries of cocktails except for the sense that unlike cocktails, they contain no alcohol. The concept of Mocktails originated from the urge to cater to the people who frequented the bar but had no desire or urge to consume alcoholic drinks. Earlier, these people were served with either carbonated drinks or fruit juices. These however, lacked the style and mystery associated with the cocktail. To satisfy the urge of these people, the bartenders came up with exotic ideas and created drinks which had all the qualities of a cocktail without any alcohol in it. Since, these drinks were created as a substitute to cocktails; they came to be called as ‗Mocktails‘ or a drink which had the qualities and sophistication to make mockery of a cocktail.

Perhaps, the first mocktail to have been prepared was Virgin Mary, a teetotaler‘s answer to Bloody Mary. Mocktails are now as popular as cocktails and are served alone in a restaurant or in a bar famous for preparing cocktails. There are many outlets famous for their mocktails organizing mocktail sessions on a regular basis

It should always be kept in mind that like cocktails, mocktails are a delicate combination of various ingredients and all care taken in preparing cocktails and their service should be done also in the case of a mocktail. The ingredients and the equipment required in the case of mocktails is nearly the same except for the alcoholic beverage.

#### EQUIPMENTS REQUIRED FOR MAKING MOCKTAILS:

* Cocktail shaker
* Mixing glass
* Bar mixing glass
* Ice bucket and tongs
* Peg measure
* Strainer
* Strainer and funnel
* Cutting board knife
* Swizzle sticks
* Cocktail sticks
* Straws
* Bottle opener
* Cork extractor
* Ice chopper
* Ice shaver
* Refrigerator
* Soda siphon
* Glassware
* Salvers

#### INGREDIENTS REQUIRED:

* Syrups – Grenadine Syrup, Raspberry Syrup, coconut and chocolate syrup.
* Carbonated Drinks, Mineral water, soda, ginger ale and tonics.
* Fruit Juices – Pomegranate, grapefruit, mango, apple, orange, lemon, pineapple, tomato etc.
* Crush – Strawberry, blackcurrant etc.
* Ice creams – Vanilla, chocolate, mango, mixed fruit etc.

#### GOLDEN RULES FOR MAKING MOCKTAILS :

* + Make sure that the shaker is perfectly clean because impurities will spoil the drink.
  + Ingredients always mix better in a large shaker so try to avoid a small one.
  + Ice is nearly essential for most of the mocktails but the same ice should not be used twice because the ice will absorb the flavour from one drink and impart it to the other.
  + Mocktail glass should be previously chilled.
  + Shake the cocktail shaker as hard as possible for 10-15 seconds.
  + Serve immediately after shaking.
  + Always use the best quality of garnishes.
  + Mocktails containing carbonated beverage are never shaken.
  + If egg white or yolk is to be used as a modifier, it should always be broken in a separate bowl.

#### SERVICE OF MOCKTAILS:

* Greet the guest with a smile and according to the time of the day.
* Present the cocktail list to the guest and allow the guest to place the order.
* Suggest cocktail to the guest if he appears confused, up-sell if possible.
* Pass the order to the bartender/mixologist.
* Set tray for cocktail service.
* Place the mocktail and napkins on the tray.
* Holding the tray in one hand, serve the cocktail with the other hand onto the right hand side of the guest.
* Ask If any refill is required before the glasses are empty.
* Clear the glasses as soon as they are empty.
  + Serve the new drink as per the same procedure.
  + Present the bill to the host when no more mocktails are ordered and the guests have consumed their drink.
  + Thank the guest, collect the payment and deposit with the cashier.

#### MOCKTAIL RECIPES:

1. **Virgin Mary**

**Ingredients**

Tomato Juice – 180 ml Worcestershire Sauce – a dash Tabasco Sauce – a dash

Lime juice – as required Salt – as required Celery – for garnish

Lemon wedge – for garnish Ice cubes – 3-4 no

#### Method

* 1. Put all the ingredients in a cocktail shaker along with the ice cubes.
  2. Shake vigorously for 1-2 minutes.
  3. Pour the mixture in a high-ball glass previously rimmed with salt.
  4. Garnish with celery and lemon wedge.

#### Cinderella

**Ingredients**

Orange juice – 60 ml Pineapple juice – 60 ml Sour mix – 45 ml Grenadine syrup – a dash Soda – as required Maraschino cherry – 1 no Ice cubes – 7-8 no

1. Put the ingredients in a mixing glass.
2. Stir along with the ice cubes.
3. Put fresh ice cubes in a Collins‘ glass.
4. With the help of a strainer, pour the mixture over the ice cubes.
5. Top with soda.
6. Garnish with maraschino cherry and serve.

#### Cherry Fizz

**Ingredients**

Cherry juice – 60 ml Ginger ale – 60 ml

#### Method

* 1. Put thawed frozen cherry juice concentrate into a cocktail glass.
  2. Slowly pour the ginger ale.
  3. Stir with a stirrer and serve.

#### Tornado Twist

**Ingredients**

Cranberry / Raspberry juice – 60 ml Lime soda – 60 ml

Ice cubes – 3-4 no

#### Method

1. Put the juice in a high-ball glass.
2. Add the soda.
3. Pour the ice cubes and serve.

#### Pussy Foot

**Ingredients**

Orange juice – 90 ml Sparkling water – 90 ml Egg yolk – 1 no

Lime juice – 30 ml Lemon juice – 15 ml Orange slice – for garnish Ice cubes – 2-3 no

#### Method

* 1. Put all the ingredients except for sparkling water in a cocktail shaker.
  2. Add ice cubes and shake vigorously for 1-2 minutes.
  3. Pour into a tall glass.
  4. Add the sparkling water and stir gently.
  5. Garnish with orange slice.
  6. Serve chilled in a cocktail glass.

#### Sunset Cooler

**Ingredients**

Cranberry juice – 120 ml Orange juice – 75 ml Ginger ale – 45 ml

Ice cubes – 3-4 no

#### Method

* 1. Put the juices and ice cubes in a mixer.
  2. Blend till the mixture is smooth.
  3. Top with ginger ale.
  4. Garnish with a flag.

#### Virginia Pina Colada Ingredients

Pineapple juice – 45 ml Lime soda – 30 ml

Vanilla ice cream – ½ scoop Coconut milk – 15 ml

Ice cubes – 3-4 no Pineapple slice – for garnish

1. Put all the ingredients in a blender.
2. Blend until smooth.
3. Pour into a Collins‘ glass.
4. Garnish with pineapple slice.

#### Shirley Temple

**Ingredients**

Ginger ale – 60 ml Grenadine syrup – 10 ml Maraschino cherry – 1 no

#### Method

* 1. Pour ginger ale into a high-ball glass.
  2. Add the grenadine syrup.
  3. Stir with a stirrer.
  4. Garnish with maraschino cherry.

#### Purple Rain

**Ingredients** Grape juice – 50 ml Pineapple juice – 50 ml Lime juice- 20 ml

Lime soda / Carbonated water – as required Salt – as required

#### Method

* 1. Put all the ingredients except for the soda in a mixer.
  2. Mix with a bar spoon.
  3. Pour into a high ball or Collins‘ glass.
  4. Top with lime soda.

#### Mocktini

**Ingredients**

Tonic water – 90 ml

Fresh lime juice – 30 ml Fresh lemon juice – 15 ml Lemon wedge – for garnish Ice cubes – 3-4 no

#### Method

* 1. Put the ingredients in a mixing glass.
  2. Stir with a bar spoon.
  3. Strain into a cocktail glass.
  4. Garnish with a twist of lemon.

#### CHECK YOUR PROGRESS-IV

1. What is mocktail?
2. Write recipe of Virginia Pina Colada.
3. Explain the service procedure of mocktail?

## Summary

After reading this unit the students should have knowledge about the different type of non-alcoholic beverages available in the market and the number of uses these non alcoholic beverages may be put to. Main methods of coffee and tea preparation along with their service have been explained in an easy manner. Some prominent recipes of Mocktails have been detailed so that student may understand the difference between the various Mocktails.

## Key Words

**Aerated Drinks:** Drinks which contain carbon-dioxide either naturally or to which CO2 is introduced to cause aeration.

**Carbonated:** A liquid to which CO2 is introduced in order to create a fizz.

**Decaffeinated Coffee:** Coffee from which most of the caffeine has been extracted by processing the green beans under steam in vacuum.

**Herbal Tea:** These contain no tea leaf but are made up of flowers, berries, peels, seeds and roots of plant like Camellia, Rosemary, Mint, Lemon Grass, Ginseng, Milfoil, Rose Chip Tea etc.

**Irish coffee:** Black coffee, to which Irish Whisky is added, topped with whipped cream.

**Juice:** A liquid extracted from any raw food, usually fruits.

**Mineral Water:** Usually water from natural springs impregnated with various minerals and gases.

**Mocktails:** A delicate mixture of non-alcoholic beverages possessing all qualities of a cocktail except alcohol.

**Oolong:** Chinese tea fermented for a short period of time.

**Rectified Sprit:** A pure sprit eg. Vodka, gin.

**Squash:** Edible fruit of the gourd family, divided into two categories – (1) summer (2) winter.

## References and Bibliography

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## Terminal Question

* + 1. What do you understand by the term non-alcoholic beverages? Elaborate your answer.
    2. Classify non alcoholic beverages into different categories and give use of each.
    3. What is tea? Discuss its types.
    4. Explain in brief the process of coffee making
    5. Short Notes
       - Characteristics of good coffee
       - Type to tea
       - Use of Cocoa & Chocolate
       - Mocktails
    6. Explain the process of Tea production in detail.
    7. Discuss the following methods of Coffee preparation.
       - Cona
       - Espresso
       - Cappuccino
       - Filter

7. Explain method of tea service in the restaurant.

1. Explain in brief the method of tea production.
2. Discuss the various aerated, carbonated and other drinks served in a hotel along with their use.