

# Session Cocktails: Low Alcohol Drinks For Any Occasion



Are you tired of the same old high-alcohol cocktails that leave you feeling too buzzed too quickly? Look no further! Introducing session cocktails – the perfect solution for those looking for flavorful and refreshing drinks with lower alcohol content. Whether you're hosting a casual gathering or simply want to unwind after a long day, session cocktails are the ideal choice for any occasion.

## What are Session Cocktails?

Session cocktails are drinks with a lower alcohol content compared to traditional cocktails. They are designed to be enjoyed over an extended period of time without the fear of becoming intoxicated too quickly. These cocktails are perfect for socializing, allowing you to savor the flavors and enjoy the company, all while maintaining a gentle buzz.



## Session Cocktails: Low-Alcohol Drinks for Any Occasion by Drew Lazor(Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English  
File size : 61375 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 156 pages



### Why Choose Session Cocktails?

Session cocktails offer a myriad of benefits that make them an appealing choice for any occasion:

- **Socializing:** Instead of focusing on getting drunk, session cocktails enable you to fully engage with your friends and loved ones, fostering a fun and relaxed environment.
- **Flavorful and Complex:** Despite their lower alcohol content, session cocktails are not lacking in taste. Mixologists have perfected the art of creating complex and delicious flavors that will satisfy even the most discerning palate.
- **Versatility:** Session cocktails cater to all preferences and can be crafted with a variety of spirits, liqueurs, and mixers. From fruity and tropical concoctions to sophisticated classics, the possibilities are endless.
- **Hangover Prevention:** Thanks to their milder nature, session cocktails are less likely to leave you nursing a terrible hangover the next day. You can enjoy your evening without worrying about the aftereffects.

## Popular Session Cocktails

Now that you understand the appeal of session cocktails, let's dive into some popular choices that you can easily recreate at home or order at your favorite bar:

### The Spritz



A classic aperitif, the spritz is a perfect example of a session cocktail. With its combination of prosecco, Aperol, and a splash of soda water, this delicious drink

is both light and refreshing. Garnish it with an orange slice for an added burst of flavor.

## **Moscow Mule**



The Moscow mule is a trendy choice that has been gaining popularity in recent years. Made with vodka, lime juice, and ginger beer, this cocktail packs a punch

of flavor without being overly strong. Serve it in a classic copper mug to enhance the experience.

## **Virgin Mojito**



For those looking for an alcohol-free option, the virgin mojito is the perfect choice. This mocktail combines muddled mint leaves, lime juice, sugar, and soda water

for a refreshing and zesty drink. Ideal for hot summer days or when you simply want to quench your thirst without the buzz.

## **Creating Your Own Session Cocktails**

If you enjoy experimenting and prefer to craft your own cocktails, session drinks provide the perfect canvas for your creativity. Here are a few tips to get you started:

- **Choose Lower ABV Spirits:** Opt for spirits with lower alcohol by volume (ABV) to keep the overall alcohol content of the cocktail in check. Examples include vermouth, sherry, or light beers.
- **Balance the Mixers:** Use a combination of juices, sodas, and botanicals to complement the flavors of the chosen spirit. This will create a harmonious and enjoyable drinking experience.
- **Garnish with Fresh Ingredients:** Add a touch of freshness and visual appeal by garnishing your session cocktails with herbs, fruits, or edible flowers. This will enhance the overall drinking experience.

Session cocktails offer the best of both worlds – flavorful and refreshing drinks with lower alcohol content. Perfect for any occasion, these cocktails allow you to enjoy the company of friends and loved ones while sipping on delicious concoctions. Say goodbye to the days of getting too intoxicated too quickly. Embrace the world of session cocktails and discover a new way to enjoy libations.





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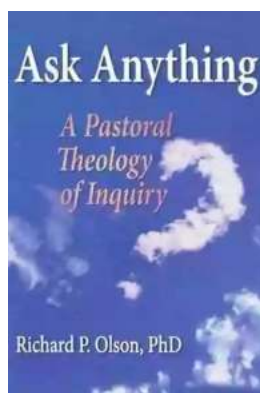
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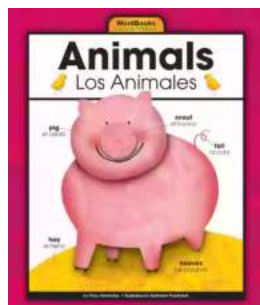
A cocktail book introducing a new canon of low-proof drinks that highlight fresh flavors and facilitate conviviality, featuring more than 60 inventive and delicious recipes.

Bartenders are increasingly moving away from strong, spirituous cocktails toward a lighter canon of low-alcohol drinks that you can drink all day. These drinks provide an occasion for more leisurely socializing through their "sessionability"--you can have a few at a time without having to go down for a nap. Driven by a renewed interest in aperitifs and the increasing availability of liqueurs and amari in the U.S., these drinks provide new creative opportunities for professional bartenders and home hosts alike. *Session Cocktails* explores this trend through the history and evolution of low-proof drinks, tips on building a low-ABV (alcohol by volume) bar, and more than 60 recipes appropriate for occasions ranging from brunch to the end of the night, contributed by some of the industry's best-known mixologists including Will Elliot, Natasha David, Dale DeGroff, and Leo Robitschek. In addition to drinks like the Mermaid Parade (Aperol, raspberry liqueur, grapefruit juice, and egg white), the Soft Shock (fino sherry, gin, lime, and mint), and Far East Side (sake, elderflower, tequila, and lemon), the book also features low-proof versions of your favorite classic cocktails.



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