

ESSENCE

Keke

ON BREAKING BARRIERS, HANDLING THE HATERS & OWNING HER SEXY

**GET THIN FROM WITHIN
HOW TO LOSE THE BAGGAGE & GAIN A NEW OUTLOOK!**

**25
FEEL GOOD HEALTHY HABITS FOR 2015**

**WHERE DOES OUR MONEY GO?
READERS GET REAL ABOUT SPENDING**
p. 64

**HOT TOPIC
THE ONLINE WAR BETWEEN BLACK WOMEN**

STEP INTO YOUR POWER!

- UNLEASH YOUR VISION
- TURN PASSION INTO PROFIT
- GO AFTER YOUR DREAM LIFE



HEALTHY & HAPPY : COCKTAILS

CELEBRATION SIPS

Toast the New Year with these creative and colorful concoctions, courtesy of Atlanta mixologist Tiffanie Barriere, that utilize easy-to-make syrups produced with fresh ingredients

BY SHARON BOONE
PHOTOGRAPHY BY KATE SEARS



Follow ESSENCE Editor Sharon Boone on Twitter @SHARONRBOONE.

Throwing a cocktail party doesn't have to be a big chore. "I just choose to keep it easy and colorful for the holidays," says Tiffanie Barriere, lead bartender at One Flew South, an award-winning bar and restaurant located in Atlanta's Hartsfield-Jackson airport. The Louisiana native, who prefers to go by the title "liquid chef," is known for her use of fresh ingredients in her drinks, both at work and while entertaining at home. "I like to make syrups of different flavors ahead of time, and then mix up a quantity of punch or big pitchers of cocktails to which the syrups can be added." And if your family gatherings are like Barriere's, where uncles and cousins arrive bearing their favorite bottle (vodka, gin, rum), the syrups can be mixed and matched with various spirits or added to sparkling water for the nondrinkers.

Below are a few of Barriere's favorite syrup recipes, along with cocktails that can be created with each.

SIMPLE SYRUP

"Simple syrup is the cream of the crop with cocktails. It is sometimes the binding element between sour and strong, and you don't need much. It's called simple for that reason alone. It can be made with any sweetener of your choice—sugar, agave, honey, sorghum, whatever. Just use equal parts water to sweetener."



The Holiday Star cocktail has a licorice-tinged sweetness.



Pineapple and bourbon play well together in this colorful drink.

32 ounces sweetener
32 ounces water

Simmer over medium heat, stirring until sweetener dissolves, let cool, then bottle and store in fridge. It can be kept one month or longer. Discard if you see mold floating on the top or growing on the sides of the container.

Fresh fruit and herbs can also be added to this recipe for flavor. Be sure to remove fruit using a strainer before bottling.

PINEAPPLE SYRUP

1 whole pineapple, peeled and cut into chunks
2 cups white sugar
½ cup water
2 ounces vodka or white rum

Place pineapple chunks into a large glass bowl. Add 1 cup sugar, stirring to coat, then cover with plastic wrap and let sit in the refrigerator overnight. The next day, make a 2-to-1 simple syrup with 1 cup of sugar and ½ cup of water and set aside. In a blender, add the pineapple and all the liquid that has formed in the bottom of the bowl.

Pulse to combine and to break down the pineapple. Add the warm simple syrup to the blender, blend briefly to combine, and pour into a clean bottle through a strainer lined with cheesecloth, pressing on the solids to extract all the liquid. Preserve with the vodka or white rum, and store in the refrigerator.

KISS OF LOVE

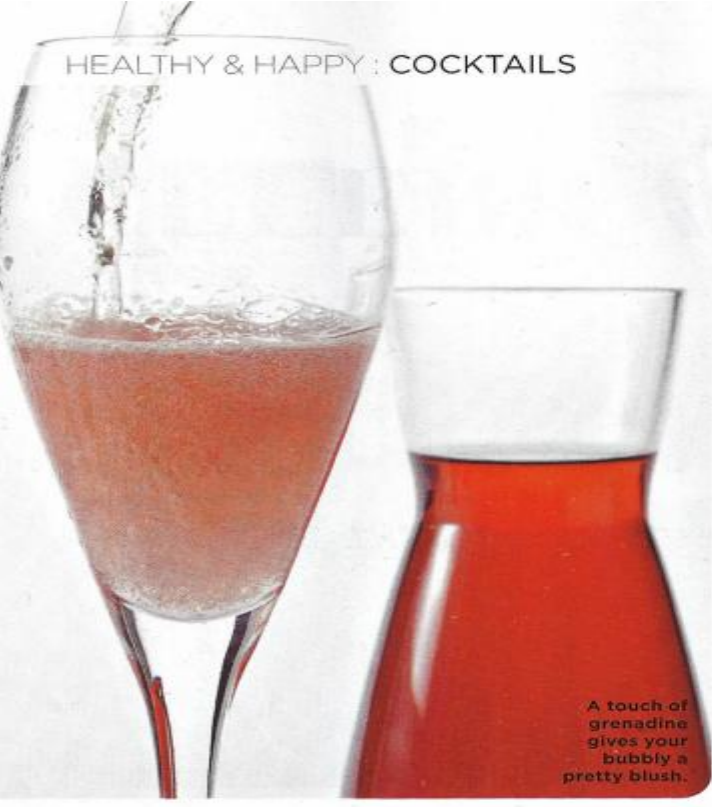
1½ ounces bourbon or cognac
¼ ounce fresh lemon juice
1 ounce homemade pineapple syrup
Pinch of cayenne
Ice
Pineapple slice for garnish

Combine all in a shaker with ice. Shake well. Strain and pour into a short glass with fresh ice. Garnish with a pineapple slice and enjoy.

HONEY ANISE SYRUP

32 ounces honey
32 ounces water
Handful of whole star anise

Bring all ingredients to a simmer until honey has dissolved. Turn off heat and let cool. Strain out the star anise and bottle. >



HEALTHY & HAPPY: COCKTAILS

GINGER SYRUP

- 80 ounces water
- 1 cup minced ginger
- 1 ounce lemon juice
- ¼ cup brown sugar

Boil water, then turn off heat. Add ginger and cover. Allow to infuse for an hour. Strain mixture. Add citrus and sugar. Store in a bottle and refrigerate.

MISTLETOE

- 2 ounces white or dark rum
- ½ ounce ginger syrup
- ½ ounce homemade rosemary grenadine
- Club soda
- Ice
- Rosemary sprig for garnish

Combine all ingredients except soda into a shaker and shake until cold. Strain into a tall glass over fresh ice. Top with soda and garnish with a rosemary sprig.

A touch of grenadine gives your bubbly a pretty blush.

HOLIDAY STAR

- ½ ounces vodka
- ½ ounce honey anise syrup
- ¼ ounce lemon juice
- Ice
- Champagne Brut
- Whole star anise for garnish

Combine all ingredients except champagne into an ice-filled shaker and shake until cold. Pour into champagne flute and top with champagne. Garnish with one whole dry star anise.

HOLIDAY BELLINI

- 1 ounce homemade rosemary grenadine
- Champagne Brut
- Cinnamon

Pour grenadine in the bottom of a champagne flute and top with brut. Sprinkle cinnamon atop for smell and flavor.

It's not too late for a little "mistletoe."

Cheers!

HOMEMADE ROSEMARY GRENADINE

- 12 ounces POM
- Pomegranate Juice
- 12 ounces superfine sugar
- 1 rosemary stem

Combine juice and sugar in a bottle. Stir (or shake) mixture until sugar dissolves. Add a fresh rosemary stem to the bottle. Store in refrigerator for 6 to 12 hours.



Mixer Fixer

Show your liquor some love with our fave sodas

What's the point of making a cocktail using top-shelf gin or vodka if you're only going to add cut-rate club soda or tonic water? Q Drinks, a line of sodas made with fresh ingredients, has clean flavors and minimal added sugar. The brand's latest offering, ginger beer, will transform your Dark & Stormy and Moscow Mules (\$7 for four-pack of 9-ounce bottles or \$2 each for 9-ounce bottle, amazon.com; \$5 for four-pack of 12-ounce cans or \$1 each for one 12-ounce can, Target). Visit qdrinks.com for more information. □

ESSENCE health editor and cocktail connoisseur **Sharon Boone** is founder of thelushiouslife.com.

Use these as building blocks of a great cocktail.



For More Information Contact:

Green Olive Media, LLC.
 361 17th Street, Suite 1,
 Atlanta, Georgia 30363
 404-815-9327
www.greenolivemedia.com