



Afdis Online

An African Distillers Service

for the Restaurant Managers, Waiters and Barmen of Zimbabwe

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1. APERITIFS

The principal of a drink before dinner is so widespread that some South American countries refer to that time as the “vermouth hour”, the Dutch call it the “bitter hour” the Americans “the cocktail hour” and in France it is the hour of “l’aperitif”. The word “aperitif” is derived from the Latin aperire, to open - the inference being that an aperitif will stimulate the gastric juices and so sharpen the appetite in

readiness for the evening meal.

Each country has its own favourite beverages for this purpose. Vermouths and bitters are widely regarded aperitifs as their tangy aftertaste primes the appetite. In Britain, a chilled Sherry is the time-honoured aperitif and Scandinavians will take Schnapps. Spirit is still consumed before dinner in most parts of the USA. Accepted

everywhere - is fine Champagne or Sparkling wine!

What is a Vermouth?

Many of you will know better by the trade names Martini and Cinzano.

Vermouth dry is an aromatic aperitif wine sometimes called French Vermouth. It is tart, light-bodied and clear in colour. A delicate blend of white wines infused with a variety of herbs and

spices. Vermouth sweet is sweeter, more heavy-bodied, mellower and more highly flavoured than Dry Vermouth, sometimes called Italian Vermouth. It is produced in just about every wine making region in the world.

Bitter Sweet Success

Bitters - an infusion of roots, barks, herbs and other botanicals used for flavouring cocktails and other drinks, as an ingredient in cooking and sometimes as a tonic for stomach distress caused by overindulgence!

Pellegrini Herbal Bitters is produced and bottled by African Distillers!



AFRICAN DISTILLERS
LIMITED

Spirits - Ouzo, Cane, Gin, Vodka and Rum



Ouzo

The local drink of Greece and Cyprus. It is an anise flavoured colourless high proof liquor made by double distilling the basic spirit and then adding aniseed and other herbs for a redistillation.

The fruit of the anise plant is one of the oldest flavourings used by man. It tastes very similar to liquorice, and is used as a

flavouring in many drinks beside Ouzo. The French use the word "pastis" to describe their aniseed drinks and the best known of these are Pernod and Ricard. Ouzo is an aperitif. In its native Greece, it is usually taken cold with water or "on the rocks" and becomes cloudy on contact with

the water. Here in Zimbabwe, Ouzo and Coke is a popular drink!

Note: Ouzo's distinctive flavour and aroma tend to cling to the glasses, optics and tot measures. Reserve a optic and tot measure for "Ouzo only", otherwise one may run the risk of "tainting" other drinks served from the

Cane

Cane Spirit has its roots in the fiery past of pirate ships and sunken treasure, in the heart of the magical Caribbean. It was here that spirit was first distilled from sugar cane.

To-day it is distilled to a level of clarity and purity unsur-

passed by any other spirit which is why it blends so perfectly well with any mixer, at any social occasion - a stylish, versatile drink

Gin

Gin may be either distilled originally from a grain mash or redistilled from grain neutral spirit. Beets, cane, potatoes or grapes may also be used.

It gets its characteristic flavour from juniper berries.

Enjoy ice cold with tonic, or in a variety of cocktails and mixed drinks.

Vodka

Of Russian or Polish origin. It is a colourless, practically taste-

less and odourless spirit usually distilled from a grain mash. It is further treated or refined by the use of charcoal or activated carbon or redistillation process.

It is drunk straight or in a variety of cocktails and mixed drinks.

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Rum

Rum is distilled from the fermented juice of sugar cane, cane syrup, sugar cane molasses, or other sugar can by-products. Differences in the final by-product result from different methods of distilling,

aging and blending and variations in water, climate and soil. Heavy-bodied rums are darker, sweeter and more aromatic.

Rum and the sea have long been associated together. In medieval

times the Arab traders brought sugar overland to Europe, where it was regarded as a highly prized luxury, although some of the plant was able to be cultivated in the Canary Islands.

Rum, continued

. It was here that Christopher Columbus obtained the cane cuttings he carried with him on his epic sea voyage to the Americas and those cuttings were the beginnings of what is now the major economic crop of the West Indies. The Spanish, who had financed Columbus's expedition, began settling in the Carribean. They took with them

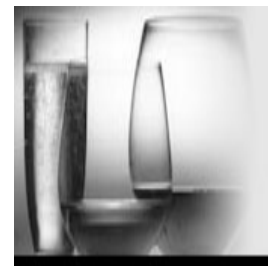
the knowledge of distillation, so soon the fiery alcoholic beverage distilled from fermented sugar was freely available on most of the islands. it was aptly named Rumbullion, a word meaning "rumpus", because of the uproar caused by those who had been drinking it! Until 1970, the British Royal Navy used Rum freely as a prevention against

scurvy, a cure for colds, an anaesthetic before operations and as fortification against the wather.

Serve Rum straight or in an infinite variety of mixed drinks.

What is the proof of a liquor?

The proof of a liquor is twice its alcohol content. 100 proof, for example, indicates the spirit is 50% alcohol.



2. SHAKEN OR STIRRED

Basic Drink Making Techniques

There are 5 simple steps to creating the perfect drink.

GLASSWARE - ICE - PROCEDURE - INGREDIENTS AND GARNISH

GLASSWARE

Use the correct glassware. Each recipe specifies a particular glass

Ensure the glass is spotless

Ensure the glass is correctly prepared ie. preheated or chilled. To preheat the glass, place

a spoon or fork inside the glass, then fill with boiling watter. Leave for 30 seconds, then discard the contents. To chill a glass, fill it with cubed ice and watter. Leave for 30 seconds and then discard the contents

If the recipe requires a sugar or salt rim,

do it properly. Place the glass on a sponge, and then place in the sugar or salt. Create a light even rim. Shake any excess salt or sugar out of the glass

NEVER touch the glasses by the rim or use glasses to scoop ice

ICE

The majority of drinks that you serve are made with ice in some form or another

Make sure the ice is fresh ie. very cold and dry to touch

Do not use your hands to pick it up. Ice is an

ingredient to be consumed

When making drinks, use plenty of ice. This will ensure your drinks are cold and taste correct

PROCEDURE

There are many different techniques in-

involved in making a drink: do you shake it, stir it, strain it, or just pour it into a glass?

Ice, continued

'A "built drink" is one in which you build the drink in the glass.'

Mixing: Using the Hamilton Beach Mixer is actually a faster form of shaking. Shaking keeps the "traditional" method of cocktail mixing alive, whilst also chilling "straight up" cocktails, such as the Grasshopper. a straight-up cocktail is one in which the drink is served without ice, usually in a cocktail glass. When using the Hamilton Beach Mixer, always make the drink in the

mixing tin, not the glass

Set the mixer on medium speed to allow for constant mixing and avoid spillage

Building: A "built drink" is one in which you build the drink in the glass. In other words, you would pour each liquor and/or mix straight in the glass, usually over ice ie:

Brandy and coke

Blender: is used when the ingredients have to be finely chopped ie: strawberries, ice cream etc. Blended drinks will be thick in consistency, similar to a sorbet. Thus blended drinks are often referred to as frozen drinks like the Strawberry Nut

The blender cup should be placed on the base correctly to ensure proper functioning

The blender speed should be kept on medium to ensure consistency and prevent spillage

Never blend a solid on its own (ice or ice cream) as this will wear out the motor

Use the blender cup top to blend a liquid on its own, so as to avoid spillage

DO NOT place fingers or any type of bar equipment in the blender cup

Shaken Drinks: The idea behind shaking cocktails is to both mix and chill a drink that will be served without ice. This method is of-

ten referred to as "straight up" and utilises a cocktail shaker or a Boston Glass. A Boston Glass is a glass made out of specially hardened glass which is designed to fit into a tin creating a seal that is water tight.

The procedure is as follows:

Chill the cocktail glass

Ice up the mixing glass (or Boston Glass)

Pour liquid into mixing glass (Not into tin)

Pour modifying agent or mix into glass

Place tin, or cocktail shaker top over tin, shake and strain into cocktail glass.

DO NOT use fingers to strain drinks

Stirred Drinks: both mixes the ingredients and chills the drink. In every instance, stirred drinks are drinks made either in the mixing glass or in the actual glass used for serving the drinks. For instance, a classic Vodka Martini is made by stirring the Vodka and Vermouth in a bar mixing glass with ice and straining it into a chilled

cocktail glass, or built straight over ice and served with a sip stick (a short straw)

A classic example of a drink stirred and served in the same glass is a hiball drink ie. vodka and tonic in which the sip stick would be used as the stirrer

Layered drinks: Layering

involves pouring two or more liquors into a glass without ice over a bar spoon so that the liquors separate and float on top of each other. Usually the recipe states the order in which to pour the liquors due to the varying density

Chill the glass used for layering, a drink as it helps the liquors to separate

More on Layered Drinks...

INGREDIENTS

The ingredients that you use must always be fresh and properly stored

Juices and certain spirits, such as Advocaat, must always be stored under refrigeration

GARNISH

A garnish serves two purposes; it is an attractive compliment to

the drink enhancing presentation

It also gives the customer something to eat or play with at the bar

Garnishes should be cut just before the start of the shift, so at time of use they are fresh and bright in colour



3. WINNING PARTNERS

Food and Wine

The traditional colour formula of red wine with red meat and white wine with white meat is a useful guide. The reason for the rule is very simple. Red meats, such as beef, are usually full of robust flavour, so the most appropriate wines are

usually the full-bodied reds. But, many of today's wood matured Chardonnay and Sauvignon Blanc wines, are rich enough to enjoy with roast beef. The important point is to match the body of the wine to the weight of the food - neither should overwhelm the

other.

Here are some suggestions for matching food and wine. They are offered merely as a guide, because most dishes can be made in a wide variety of styles and flavours, each can be matched with a different wine:

Issue 4. The Festive Spirit - Mixed Drinks: look out for delicious recipes!

Breakfast - Add a romantic touch to a breakfast by serving Sparkling wine - mix with fresh orange juice and enjoy a "Buck's Fizz!"

Hors D'Oeuvres - Pate is delicious served with Sparkling wine, richer pate with a sweet desert wine. Antipasti, suggest a pale dry

sherry, fruity aromatic white or rose

Soup - Dry sherry, Chardonnay with a thick creamy soup, a fish soup could call for a crisp dry white

Braai - An unpretentious red

Roast beef or lamb - A well-matured red, Cabernet Sauvignon

Roast Chicken - A dry white wine is safest. If it is a particularly flavourful chicken, try a dry rose or red

Fish - Light dry white for delicately flavoured fish. Sauvignon Blanc, Chenin Blanc or

South African Riesling. Tasty fish like smoked salmon served in a sauce may require a

smoked salmon served in a sauce may require a rich, dry wooded Chardonnay. Reds - light, low in tannin

Pork - Dry or off-dry white, light-bodied red.

Veal - Dry white, light-bodied red, dry rose or blanc de noir

Pizza and Pasta - With a tomato, a young fruity red.



More Food & Wine

Creamy sauces, flavourful white

Curry - Sparkling wine, or a sweet fruity red or white wine like a Muscat

Chinese - Often a combination of sweet and sour flavours. Suggest an off dry white

Puddings - Sweet wine, late harvest or fortified Hanepoot

Cheese - Strong fla-

vours call for a strapping red, dessert or fortified wine such as Port

Food and wine are natural partners - there is no other drink that complements a good meal as well as a glass of the right wine!!

What is a liqueur?

A sweet alcoholic drink usually made by adding an infusion of fruits

or herbs to grain alcohol, brandy or whisky. Also called cordial.

4. BE A WINNER

Answer this simple question and you could win a Cellphone!

Test your Hospitality knowledge - in every issue we will include a competition section

- prize winners will have their names published in our next issue!

Issue 3??

What is the biggest selling International brand of Vodka in Africa?

African Distillers are responsible for the production of major spirit brands in Zimbabwe and are licenced to make International brands such as Mainstay Cane: Yes or No?

Answers to: Afdisonline@afdis.co.zw or Telephone Afdis on 308354 ext. 277

Only the first correct answer will win a cellphone, so hurry!

* Please note:

This competition is only open to waiters and barmen in Zimbabwe.

1 answer per person. Answers to reach Afdis by no later than 31st October 2005

5.ASK AFDIS

Hospitality Training Courses

African Distillers offer the following training courses:

F&B Managers Wine Service Excellence, Wine Waiter Training and Barman Training

Any queries on wine and

spirit availability/ ordering/service/training courses -

Your comments are very welcome! Please e mail: Afdisonline@afdis.co.zw

Yours In Fine Wines and Spirits!

African Distillers

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