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BAR ACADEMY

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BARTENDERS 101:

TOOLS, TECHNIQUES & COCKTAILS





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The background of the page is a blurred photograph of a bar. In the foreground, several bottles are visible on a counter. In the background, a person, likely a bartender, is standing behind the bar. The overall lighting is warm and the image is out of focus.

BASIC BARTENDER TOOLS



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A BASIC TOOL KIT

The art of bartending involves several basic techniques, and their selection usually depends on the characteristics of the ingredients used for a given formula, such as density or mixing ease. In this chapter you will find an overview of the most popular techniques with the description of their three basic parameters: chilling, dilution and aeration.



BASIC BARTENDER TOOLS

Perfecting one's techniques and mastery of the required tools are some of the key elements of any profession. Our customers judge us not only in terms of our cocktail compositions, but also in terms of how deft we are with the tools.

Watching a skilled bartender in action is one of the most enjoyable parts of the entire bar experience. To prepare most of the standard cocktails, you don't need a lot of expensive tools. A basic tool kit will be more than enough for that purpose:


- | | |
|---------------------------------|-------------------------------|
| 1. TIN-IN-TIN SHAKER | 8. ZESTER |
| 2. MIXING GLASS | 9. SPICE GRATER |
| 3. HAWTHORN STRAINER | 10. JIGGER & MEASURING SPOONS |
| 4. JULEP STRAINER | 11. TWEEZERS |
| 5. FINE STRAINER | 12. BAR BLADE |
| 6. MIXING SPOON | |
| 7. SHARP KNIFE & CHOPPING BOARD | |



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BARTENDING TECHNIQUES

SHAKE (WITH ICE)

The technique is most often used to combine ingredients of different density, such as base alcohol with citrus juice or thick fruit purée. Shaking helps to aerate, chill and dilute a cocktail by breaking up the ingredients inside the shaker with ice cubes.

As a result, the mixture of the ingredients becomes uniform, well-aerated and more palatable, with the taste of alcohol less pronounced. After pouring the ingredients into one of the shakers, add ice, close it and then shake vigorously up and down to break the ice cubes inside the shaker (try to do it with as much force as possible). Frosting of the shaker is a sign that the cocktail is ready to be served.

To perfect your shake, you need to:

- Make sure that the shaker is tightly closed.
- Hold the shaker firmly with the small cup oriented towards you. Shake with long,decisive movements.
- Adjust the shaking time to the ingredients, the weight and temperature of the ice.
- When pouring take care to strain out small pieces of broken ice.





DRY SHAKE

A "dry shake" refers to shaking ingredients in a cocktail shaker without ice. Any recipe containing egg or egg substitute requires a dry shake. This breaks up the egg white proteins and adds a frothy, "fluffy" texture to the mixture.

Shake all the ingredients, with the egg white but without ice, for at least 30 seconds to get froth. When you have the desired texture, add ice and shake again then you're ready to strain and serve."



Tips to perfect your dry shake:

- The longer and harder you shake without ice, the stiffer the froth you get.
- After shaking with egg white, thoroughly wash the shaker and jigger.

STIR

A technique used for cocktails with ingredients of a similar density (such as different types of alcohol). Stirring ensures the perfect amount of dilution and chill to get your signature serves spot on every time. Pour the ingredients into a pre-chilled glass with fresh ice. Slide the bar spoon down the inside of the glass and stir for up to 30 seconds, controlling the degree of dilution. Strain and serve into a chilled glass of your preference.

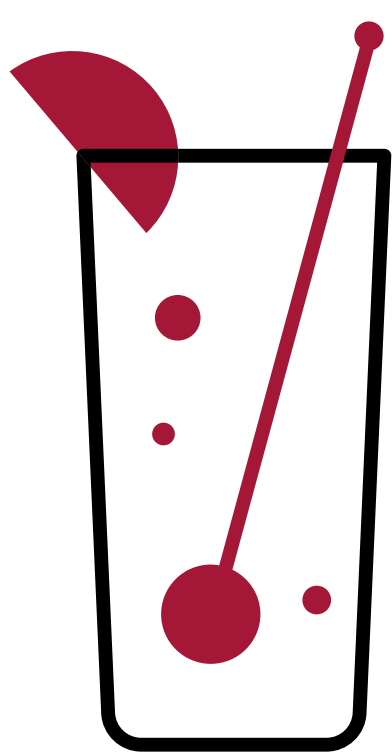
Practice stirring with these tips:

- When stirring try to keep the tapping noise to a minimum (make elegant, smooth movements).
- Pour the cocktail from the mixing glass to a drinking glass at the lowest possible height, avoiding aeration.
- Stirring time directly affects the taste of the cocktail - if it's too short, the cocktail will not be sufficiently chilled and will have an excessively strong taste; if it's too long, the cocktail will be excessively diluted and taste bland.



SWIZZLE (WITH ICE)

A cocktail mixing technique which allows you to combine ingredients of different densities in a glass by using a swizzle stick.



Consider these tips to improve your swizzle:

- When swizzling with ice, use an up and down movements.
 - Take care as the hard end of the swizzle stick may damage the glass.
 - Avoid spilling ice when swizzling.
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THROW

By "throwing" the cocktail, we are able to prepare a well-chilled and aerated mixture, while keeping the level of dilution low. An advantage of this technique is the possibility of using a carbonated ingredient in the mixture.

Pour the ingredients into the smaller shaker cup, and ice - into the larger one, holding it in place with a strainer.

Pour the drink from one cup into the other, making sure that the distance between the cups is as large as possible to aerate the mixture.





Master your throw with these top tips :

- Place enough ice in the large cup to rest the strainer against it.
- Choose the number of throws according to the flavour profile of the cocktail (longer throwing = greater dilution).
- Hold the small cup at an angle to avoid spilling the drink.

ROLL

The roll is a gentler version of the throw method. It involves pouring the entire contents from one cup to the other filled with ice, avoiding excessive aeration. The purpose of rolling is to gently aerate the cocktail while chilling and diluting it at the same time.

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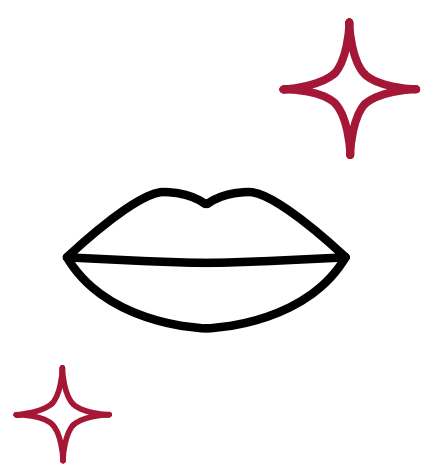




THE BALANCE OF FLAVOURS

THE FIVE TYPES OF TASTE RECEPTORS

Taste is one of our basic senses and is used for chemical analysis of food composition. There are 5 types of taste receptors, corresponding to important groups of chemical substances found in the consumed food.

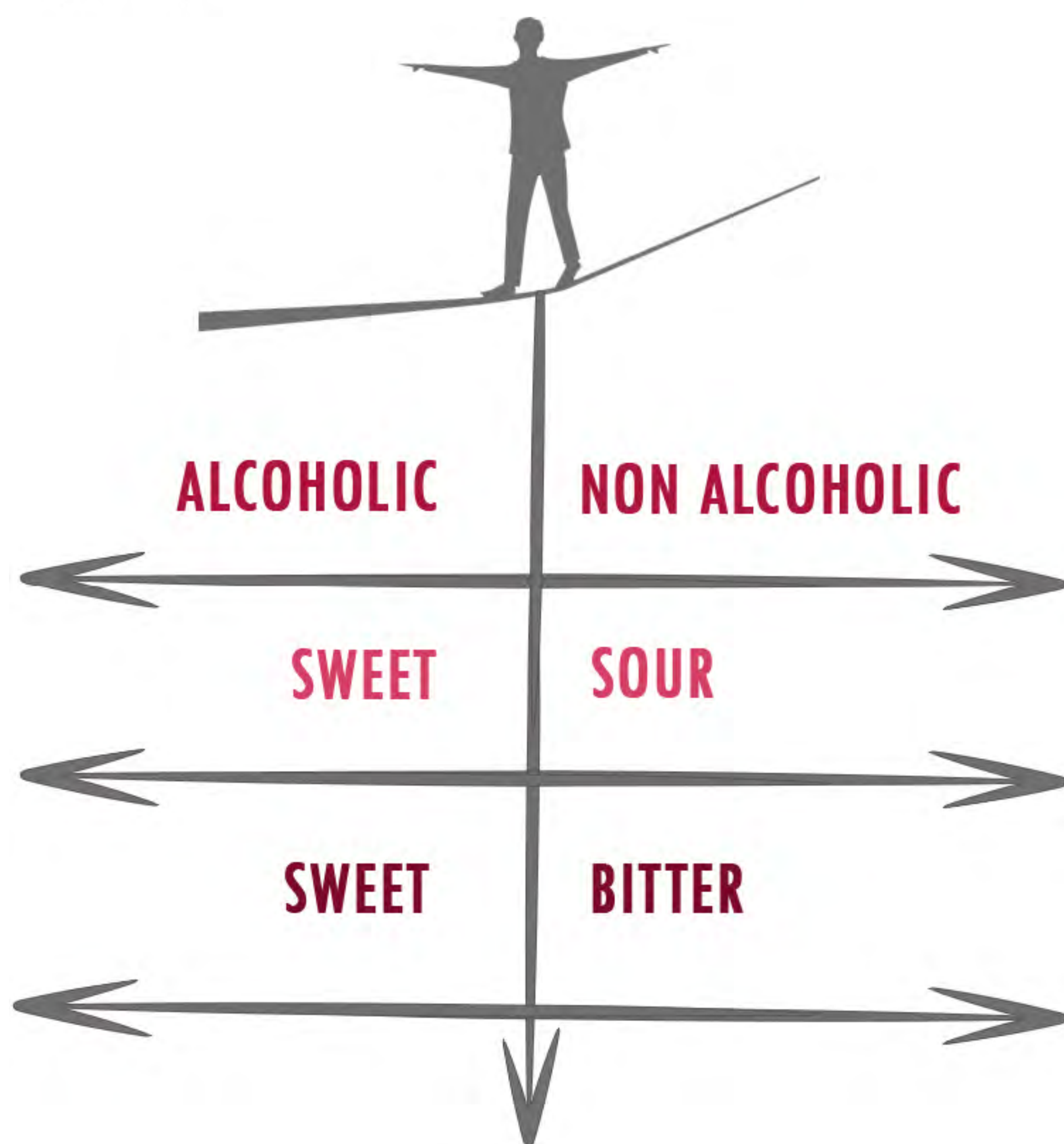
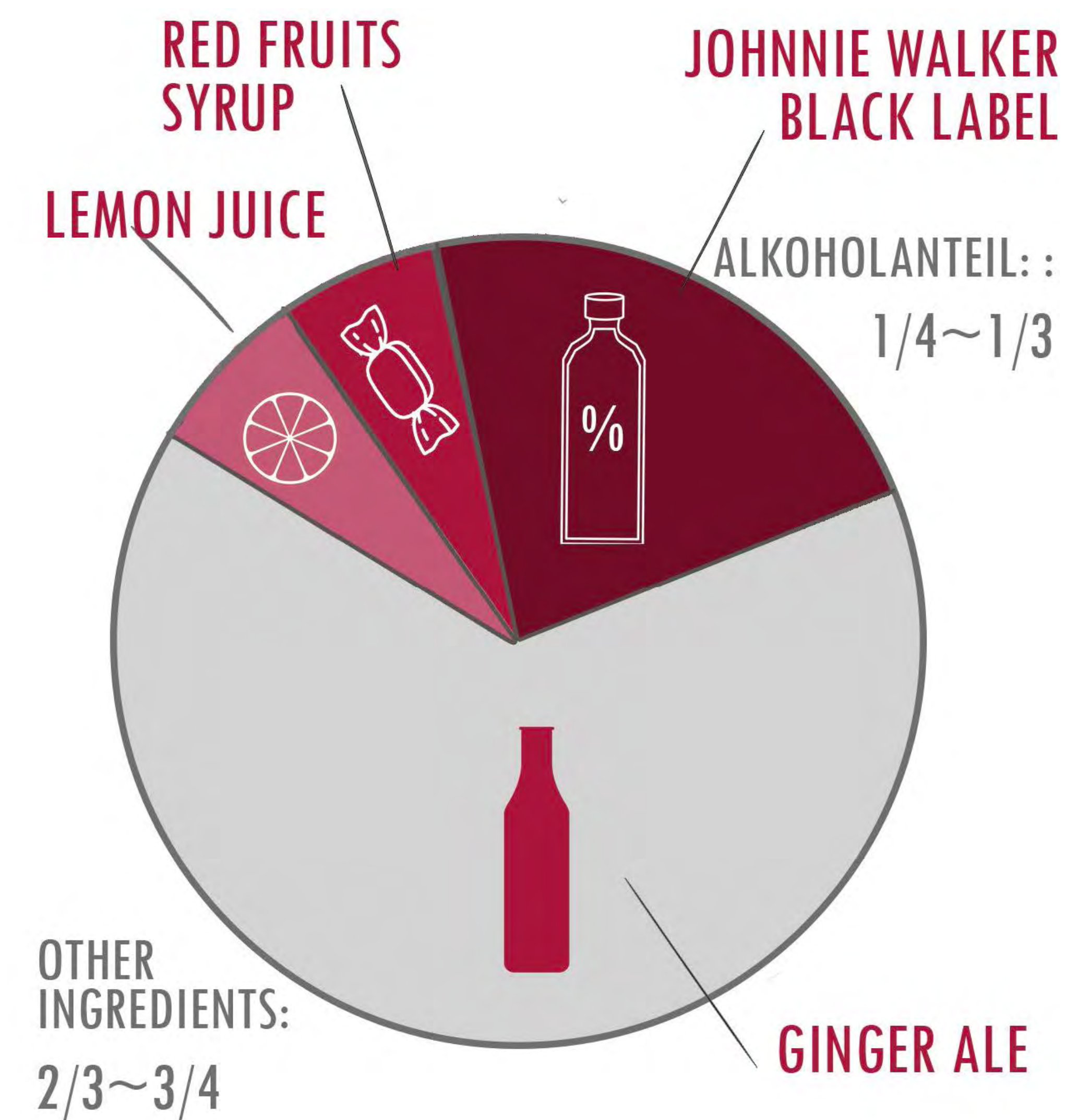


- **Sweet** – carbohydrates, mainly monosaccharides and disaccharides.
- **Salty** – salts of sodium and potassium.
- **Acid** – organic and inorganic acids.
- **Bitter** – alkaloids and many inorganic salts.
- **Umami** – glutamic acid.

In order to ensure that our food or drink (such as a cocktail) is palatable we need to strike a balance between different flavours.

When creating a cocktail we should focus on a balance between the sweet and sour or the sweet and bitter flavours. In addition, what is equally important is the balance between alcoholic and non-alcoholic ingredients.

- The sense of taste is closely lined to the sense of smell - it is believed that only 10 % of an overall taste sensation is perceived by the taste buds (the basic 5 tastes).
- Our sense of smell accounts for the remaining 90%. Our taste buds are ten thousand times less sensitive than our noses to the concentration of chemical molecules in the food.



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