



Course: **Mocktails and Zero-Proof Mixology 101**

Guided Learning Hours: **20 Contact Hours**

Pre-requisites: None. This level is open to everyone, including enthusiasts and beginners without prior experience. However, a basic understanding of drink-making techniques (e.g. building, shaking, stirring, muddling, rolling, throwing, layering, blending, flambéing, etc.) is useful.

Familiarity with common bar tools and glassware, flavour profiles, ingredient pairing, and mixology principles; and hands-on experience in drink preparation (at home, in a bar, or in the hospitality industry) would help participants get familiar with mocktail mixology basics before starting the course.

Requirements:

- A basic interest or passion for mixology and beverage creation
- A notebook for recipe logging and flavour pairing notes
- Adherence to hygiene standards when handling food and drink items
- A digital platform and flash drive would be required for digital recipes, eBooks, PowerPoint lectures, and supplementary notes.

Abstract:

Mocktails and Zero-Proof Mixology 101 is designed to equip participants with the skills and knowledge to craft innovative, non-alcoholic beverages that rival traditional cocktails in complexity and flavour. The course explores a variety of techniques, from flavour balancing and ingredient selection to advanced mixing methods, while emphasizing creativity and presentation.

Participants will learn to create a diverse range of mocktails, incorporating fresh ingredients, herbs, spices, and non-alcoholic spirits, while also gaining insights into the growing trends in the non-alcoholic beverage industry. By the end of the course, students will have the expertise to confidently create sophisticated zero-proof cocktails for both professional and personal settings, catering to a wide range of tastes and dietary preferences.

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Target Audience:

This course is designed for a diverse range of individuals interested in the evolving world of non-alcoholic beverages. It is particularly suited for:

- **Health- conscious individuals** or those who prefer to avoid alcohol while still enjoying flavorful, sophisticated drinks.
- Those who are **mindful of their alcohol consumption** due to lifestyle choices, personal health reasons, or cultural preferences.

- **Cocktail enthusiasts, professional bartenders, mixologists, and hospitality staff** looking to expand their skill sets and enhance their menu offerings with innovative non-alcoholic cocktails
- **Individuals who enjoy crafting creative beverages** for social occasions or personal enjoyment, particularly as the demand for sophisticated mocktails continues to rise across all age groups.

Learning outcomes

On the completion of this course, students will be able to:

1. Understand the Fundamentals of Non-Alcoholic Mixology

Objectives:

- a) Explain the principles of flavour balance and layering in non-alcoholic beverages.
- b) Identify common ingredients and tools used in non-alcoholic mixology.
- c) Describe the history and evolution of zero-proof beverages.

2. Explore Ingredients for Mocktails

Objectives:

- a) Differentiate between fresh, preserved, and alternative ingredients.
- b) Explain the role of acids, bitters, and sweeteners in mocktail creation.
- c) Develop an ingredient inventory suitable for a non-alcoholic bar setup.

3. Enhance Creativity with Ingredient Selection

Objectives:

- a) Identify and experiment with herbs, spices, and botanicals for flavour innovation.
- b) Use fresh and preserved fruits effectively to create complex profiles.
- c) Incorporate unique non-alcoholic syrups, shrubs, and teas in recipes.

4. Develop Techniques for Crafting Non-Alcoholic Drinks

Objectives:

- a) Demonstrate techniques such as muddling, shaking, and stirring for mocktails.
- b) Apply carbonation and infusion techniques to enhance flavour profiles.
- c) Understand the use of emulsifiers and foams for texture in drinks.

5. Apply Zero-Based Mixology Principles

Objectives:

- a) Define the concept of zero-based mixology and its focus on alcohol-free innovation.
- b) Explain the role of sustainability and zero-waste practices in zero-based mixology.
- c) Identify alternatives to traditional spirits for use in zero-proof cocktails.

6. Implement Zero-Waste Principles

Objectives:

- a) Implement strategies to minimize waste during preparation and service.
- b) Repurpose byproducts like pulp, peels, and seeds in drink components.
- c) Develop a sustainable bar setup focusing on resource efficiency.

7. Elevate the Sensory Experience

Objectives:

- a) Use aroma, visual appeal, and texture to enhance mocktail presentation.
- b) Incorporate seasonal and regional ingredients to appeal to diverse palates.
- c) Experiment with interactive presentation styles to engage customers.

8. Create Bespoke Non-Alcoholic Cocktails

Objectives:

- a) Personalize cocktails to reflect individual customer preferences and lifestyles.
- b) Develop a systematic approach for crafting custom recipes on demand.
- c) Showcase signature drinks that emphasize creativity and innovation.

9. Improve Presentation and Garnishing Skills

Objectives:

- a) Learn creative garnishing techniques using edible flowers, fruits, and herbs.
- b) Select the appropriate glassware to complement non-alcoholic cocktails.
- c) Use layering and visual elements to create Instagram-worthy presentations.

10. Ensure Ethical and Inclusive Practices

Objectives:

- a) Promote inclusivity by addressing diverse cultural and dietary preferences.
- b) Ensure all mocktails comply with ethical and health-conscious standards.
- c) Educate consumers about responsible choices in beverage consumption.

Course Content

Session 1: Introduction to Non-Alcoholic Mixology Basics

Key Topics:

- **Understanding Non-Alcoholic Mixology:** Definition, history, and significance.
- **Tools of the Trade:** Overview of essential bar tools and equipment.
- **Glassware Selection:** Matching glass styles to drink profiles and enhancing presentation.
- **Ingredient Basics:** Identifying common mocktail ingredients (juices, syrups, bitters, herbs, et al.).
- **Basic Techniques:** Demonstration of stirring, shaking, and muddling.

Learning Outcomes:

Students will gain foundational knowledge of tools, ingredients, and basic preparation techniques.

Session 2: Mastering Flavor Balancing and Syrups

Key Topics:

- **Flavour Profiles:** Sweet, sour, bitter, salty, and umami.
- **Flavour Depth and Complexity:** Understanding secondary and tertiary flavour notes.
- **Flavour Balancing Techniques:** How to adjust and combine flavours.
- **Introduction to Syrups:** Preparing simple syrups (e.g., vanilla, citrus, and herb-infused).

Learning Outcomes:

Students will assess the importance of flavour balancing and learn how to prepare and use syrups effectively.

Session 3: Crafting Classic and Creative Mocktails

Key Topics:

- **Classic Mocktails:** Virgin Pina Colada, Virgin Daiquiri, Virgin Mary, et al.
- **Infusions:** Techniques for creating herb-, spice-, and fruit-infused liquids.
- **Syrups:** Crafting compound syrups (e.g., lavender honey, chilli-lime).
- **Adapting Recipes:** Turning alcoholic classics into zero-proof versions.
- **Creative Additions:** Utilising tea, juices, nectars, purees, sparkling water and non-alcoholic sparkling wine as bases.

Learning Outcomes:

Students will be able to replicate classic mocktails and begin creating their recipes.

Session 4: Presentation, Sustainability, and Pairing

Key Topics:

- **Garnishing Fundamentals:** Edible flowers, citrus twists, and herb sprigs.
- **Sustainability Practices:** Using local and seasonal ingredients, minimizing waste.
- **Zero-Waste Techniques:** Utilizing peels, stems, and seeds in mocktail recipes.
- **Basic Pairing Principles:** Matching mocktails with food flavours and textures.
- **Signature Mocktail Development:** Creating a personal or brand-inspired drink.
- **Mocktail Pairing:** Matching drinks with specific cuisines and multi-course meals.

Learning Outcomes:

Students will gain confidence in garnishing and presenting mocktails, incorporating sustainable practices, and pairing beverages with meals.