



lonely planet THE WORLD'S BEST DRINKS

Whether it's a refreshing Mexican Michelada, a home-infused sloe gin or a classic American milkshake, Lonely Planet has scoured the planet for the best tipples and soft drinks it has to offer. Quench your thirst with over 60 recipes including cocktails, delicate tea brews and zingy aperitifs.

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Where to find them & how to make them



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FOREWORD

BY VICTORIA MOORE

Smell is the most evocative sense we have. One sniff of a glass filled with thick yoghurt mixed with luscious Alphonso mango can be enough to conjure up the chaotic hum of an Indian street – the flashes of colours, jangle of horns, wood smoke, drains, the beggars, the dirt, the cries and the calls. In the same way, the sugar-drenched sourness of a caipirinha can saturate your mind with Brazilian sun and a glass of spicy *glögi* transport you to the pine forests of a Nordic midwinter.

The part of the brain responsible for this potent effect is called the olfactory cortex. It's here that associations are made between the input coming from the flavour receptors in our nose and the memory traces from earlier experiences of that drink. The olfactory cortex possesses an almost magical ability to reconstruct a whole from a small fragment. In the same way that when we hear the timbre of a loved one's voice, their whole being seems to enter the room, the tiniest sip of a drink can connect us to a vast tapestry of remembered emotions, vistas and sensations.

The more we travel, the richer this experience becomes, of course, and perhaps that's one reason why our appetite for different drinks has become more adventurous. We don't always need to have been to a place to have a sense of it, either. Memories can also be built from films, photographs and snatches of music played on a sunny afternoon.

This Lonely Planet book of the world's best drinks is not, then, a mere drink guide, offering a brief guide to wine, charting the rise of artisan tonic water; steering you through the different styles of beer, from blonde ale to witbier to dunkel and providing a pithy history of the planet's most famous spirits. It is also a travelogue that will take you to the sophisticated and chic galleries of Milan where you can sip negronis made with carmine-coloured Campari as well as venturing into less well-trammelled territories. In these pages you might make new discoveries such as the *terremoto* – a Chilean cocktail made using pineapple ice cream, white wine and grenadine and apparently created in 1985 shortly after the earthquake that shook Valparaiso. And did you know that the Paloma – made with tequila, grapefruit juice and soda – is more widely drunk in Mexico than the Margarita? I didn't.

Sophisticated favourites like the Martini sit alongside the *tongba* – Himalayan millet beer quite possibly known only to trekkers who will associate it with the smell of a yak-dung fire and the relief of resting aching legs.

This book isn't only about booze either – it promises to expand your non-alcoholic repertoire with *horchata* from Mexico and East African cardamom tea, as well as reminding you of that old favourite, the fiery-sweet root beer float.

It only remains for me to say cheers – and, of course, happy travelling.



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SERVES 8

FINLAND GLÖGI

In the Nordic countries where spices were once as rare as a warm December evening, the imported tradition of hot mulled wine quickly became a Christmas and midwinter staple.

YOU'LL NEED

- 750ml (25fl oz) red wine
- 1l (34fl oz) blackcurrant or red grape juice (or a mixture of both)
- white granulated sugar, to taste (up to 100g/4oz if desired)
- 2 cinnamon sticks
- ½ vanilla pod
- 4 whole cloves
- 4 cardamom pods
- 1 tsp ground candied orange peel (or zest from 1 orange)
- 1 tbsp raisins
- 1 tbsp blanched slivered almonds
- vodka, to taste

METHOD

- 1 Place the wine and juice in a large pan over a medium heat until almost boiling. For a virgin version, leave out the wine (and vodka) and double the juice.
- 2 Add the sugar and dissolve fully. Bring down the heat.
- 3 Add all the spices (for easy straining tie them up in cheesecloth).
- 4 Simmer for at least one hour on a low heat (or up to several hours).
- 5 Remove spice bag or strain out spices.
- 6 Pour into glasses, dropping a few raisins and almonds into each glass.
- 7 Add vodka to taste.



TASTING NOTES

Hot wine, mulled in exotic spices with a generous helping of vodka; what's not to love? Known as *glögi* in Finland and *glögg* in Sweden, you can buy it ready-made in alcoholic or non-alcoholic varieties, particularly from a certain well-known Scandinavian furniture store. In Finland, the homemade tradition is back in vogue: there are few greater pleasures on a day that gets dark just after lunch than the smell of vanilla, cloves, cinnamon and wine filling up a home. Families often have a non-alcoholic version using blackcurrant or apple juice. *Glögi* is typically served with gingerbread cookies. ● by Alex Leviton

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ORIGINS

Warm, spiced wine made its first appearance in the records almost 2000 years ago, starting in Rome and making its way north. The drink became popular along the Rhine, through Germany and into the chilly Alps. The inviting smell wafted slowly north, where the cosy, wintertime drink has taken on a life of its own. We especially like the Finnish variety. Extra shot of vodka? Don't mind if we do.