



The DCN Drink Book

*Original Recipes submitted by the
Administration, Faculty & Staff
Of DCN – April, 2021*

Assembled: February-April, 2021
Editor: Mr. Leif Madsen, DCN LRC Manager

The Story

In the year 2020, the United States was afflicted with a Pandemic (COVID-19) which basically closed the nation down. DCN, adopting quickly, went into full “virtual” mode in March: as winter term ended, all classes shifted to online delivery. Staff and instructors who could work from home, did just that. Lecture classes delivered PowerPoint presentations via Zoom (recent addition to online services that handled meeting rooms with full audio/visual streaming for seamless interacting with groups). Labs & Clinicals that still required in person presence changed to small-group only & with social-distancing, mask wearing protocols in place for safety.

The entire DCN team, demonstrating remarkable versatility and commitment, went on almost without a hitch adjusting to the new reality and continuing to provide the high quality Nursing Education we are known for. As the Pandemic wore on and it became clear it would not be resolved before year-end, the Sunshine Committee (usually responsible for off-campus social events & regular birthday/anniversary recognitions of the DCN team) came up with an idea that folks could participate in safely, easily & virtually. The results are presented here.

A special thanks to all of the 2020 DCN team – who know how to keep going with good spirit & valiant effort.

Enjoy the recipes!

Coordinated by the “Sunshine Committee” @ DCN
(*Members: Sharon Bator, Andrea LeClaire, Leif Madsen,
Katey March, Diane Stallard, Cirilo Perez Tapia*)

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Section 1: Alcoholic Drinks

Note from the editor (Leif): While getting my MLS degree, I worked as a Bartender (yeah, truly an atypical librarian career path) and I did find the following "definitive reference" for drinks was "The Boston Bartenders Guide" - I used it often when I began and it truly is a wonderful reference to keep in any home library, where your cookbook collection is. As this is the 2021 DCN Drink book, I include this link so you can always see where the best "drink recipes" exist:

<https://mrbostondrinks.com/history/guide>

It tells the history of the guide, when, why & how it was created + there are links to drink recipes - it is not the book itself (that, you must purchase) but it is an awesome "teaser" and it is always available online (updated seasonally for best recommendations of the moment).

And now, for the DCN recommendations...

Drink: Harvey Wallbanger

Serving: for one (1).

Contributor: Leif Madsen

Source: <https://www.thespruceeats.com/harvey-wallbanger-recipe-759308>

Ingredients

1 1/2-ounces vodka

4-ounces orange juice

1/2-ounce Galliano L'Autentico

Garnish: orange slice

Garnish: maraschino cherry

Instructions

Mix Vodka & OJ over ice in tall glass, add Galliano on top (see web site for pouring instructions). Put garnish on top (w/toothpick) & serve

Comment: This is a fun variation on a "Screwdriver" vodka/OJ cocktail - a bit more style & taste with the Galliano addition...

Drink: Hot Rum Punch

Serving: for a group.

Contributor: Katey March

Source: *

INGREDIENTS

- 4 to 5 lemons
- 1 tangerine, tangelo or other thick-skinned, small citrus fruit
- ¾ cup Demerara sugar
- 1 ¼ cups amber or aged rum
- 1 ¼ cups Jamaican rum (preferably 100-proof)
- 1 cup cognac
- Freshly grated nutmeg, as needed

HOT RUM PUNCH

**PREPARATION**

Using a vegetable peeler, remove the zest of 2 lemons and the tangerine in strips. Drop into a large heatproof bowl (or use a fireproof bowl if you plan to set the punch on fire) and combine with sugar. Muddle together with a muddler, pestle or the back of a wooden spoon. Let mixture sit for at least 3 hours to infuse (or infuse overnight).

Halve the tangerine and squeeze juice into a measuring cup. Halve lemons and squeeze lemon juice into the measuring cup to make ¾ cup juice in total. (Save any unsqueezed lemon halves for another purpose.)

When ready to serve, bring 1 quart water to a boil. Pour rum and cognac into the bowl with the sugar and peels. If you want to flame the punch, do so now; see note below.

Add reserved citrus juice and boiling water and stir well. Grate nutmeg over top of punch and ladle into glasses.

Tip: If you want to set the punch on fire, first make sure your bowl is fireproof. Silver or another metal is ideal; wood or tempered glass is not. Just after Step 3, use a fireproof long-handled bar spoon or ladle to remove a spoonful of the alcohol mixture, then light it on fire. Return spoon to bowl to ignite remaining punch. Stir flaming punch to help dissolve sugar; let it burn for a minute or two. To extinguish fire, place a metal tray over bowl. Proceed with recipe.

Drink: Incredible Hulk/Green-Eyed Monster

Contributor: Brandon Villarreal

Serving: for one (1).

Source: *

INGREDIENTS

For this cocktail you will need: Hpnotiq fruit liqueur, Hennessy brand cognac, Ice

Variation #1	Variation #2 (less strong and slightly sweeter)
2 oz Hennessy	1 1/2 oz Hennessy
2 oz Hpnotiq	3 oz Hpnotiq
1/2 cup ice	1/2 cup ice

Instructions

1. Pour Hennessy and Hpnotique in low ball glass, stir and add the ice.

An Incredible Hulk, also known as Green Eyed Monster, Shrock, or Hip and Hen is an eye-catching green-colored cocktail typically made by mixing equal parts (2 fl oz each) of the fruit liqueur Hpnotiq and Hennessy brand cognac and served with ice. Because of its color, not surprisingly, it was named after the green comic book superhero, the Hulk.

TASTING NOTES: As I mentioned above, the standard ratio for this drink is 1:1 (variation #1). But if you want the bright green color, the ratio becomes 1:2, or even higher, (variation #2) Hennessy to Hpnotiq. Both taste great and will appeal to different tastes.

COLOR

Variation #1 – looks like honey or malty beer, deep golden brown.

Variation #2 – bright green, which gets brighter and greener as you add more Hpnotiq.

NOSE

Variation #1 – strong, complex aroma of Hennessy cognac, with faint fruity tones.

Variation #2 – much less of cognac and more of tropical fruit.

STRENGTH

Variation #1 – medium strength, immediately feel alcohol burn in the mouth. Nice alcohol burn after swallowing.

Variation #2 – sweet and fruity initially, barely any alcohol taste. You get nice warmth from the alcohol in the back of you mouth and throat once you swallow it.

SWEETNESS

Variation #1 – sweet, like Bailey's, but doesn't feel as sweet due to alcohol content.

Variation #2 – sweetness is just a tad higher but is much more apparent due to lower alcohol content.

Both variations are great. I see the stronger variation (#1) appeal more to male drinkers. I see myself drinking it in a bar or just to unwind after a long day. Variation #2 is super easy to drink, fruity and sweet and sour, a perfect party drink. The color will be a major attraction here too.

Drink: Michelada

Serving: for one (1).

Contributor: Rose Jaramillo

Source: Personal Recipe

Ingredients:

- 1 Pacifico Beer, *Can substitute with any pale lager
- 2 Limes cut into 4 pieces
- 2 Cups of Clamato Juice (Spicy or regular)
- 1/4 teaspoon of garlic salt
- 1/4 teaspoon of pepper
- 1 Teaspoon of Valentina Sauce for spice (can be made with or without Valentina)
- 1 Teaspoon of salt for the rim
- 1 celery stalk for decoration

Instructions:

1. Take salt and put on a flat plate for the rim. Take a lime and press it against the rim of the cup, then gently press the lime-juiced rim of the cup on the salt to cover the rim in salt.
2. Juice the limes into cup.
3. Fill cup half-way with Clamato juice and add the garlic salt, pepper, Valentina and stir until everything is mixed.
4. Add desired amount of Beer and garnish with Celery stalk.

Drink: Pain-Killer

Serving: for one (1).

Contributor: Janie Hanson-Ernstrom

Source: Janie's book club

Ingredients:

- 2, 3, or 4 oz of Rum of your choice
- 4 oz of pineapple juice
- 1 oz of cream of coconut
- 1 oz of orange juice

Instructions:

- Combine all ingredients in glass
- Stir or shake well
- Serve on the rocks
- garnish with a little nutmeg on top

Drink: Raspberry Beret

Serving: for one (1).

Contributor: Tara Haskell

Source: *

Ingredients

- 1 ounces vodka
- 1-ounces Chambord® raspberry liqueur
- 1-ounce Bailey's® Irish cream (I buy the Kirkland brand of Irish cream as it's much cheaper)
- Ice
- Splash of grenadine

Garnish: optional- top with a Raspberry, Pour in a mug rimmed with red-coloured sugar, top with whipped cream and/or sprinkle with red colored sugar

Instructions

Mix all ingredients together with ice and blend (think like a Mudslide). I sometimes leave out Grenadine until blended and then pour on top. Pour into a mug (I use a highball glass). Top with garnish such as rim cup with sugar (red is fun), other garnish as desired & serve.

Comment: There are other versions of the Raspberry Beret but this is the most common one.

Drink: Spiced Honey Bourbon Old-Fashioned

Serving: for six (6).

Contributor: Deborah Skeen

Source: HalfBakedHarvest.com

Ingredients for Spiced Honey Syrup:

½ cup honey
 2 sprigs fresh rosemary, plus more for serving.
 2 cinnamon sticks (or 1 tsp ground cinnamon)
 1 tablespoon cardamom pods (or ½ tsp ground cardamom)
 1-inch fresh ginger, sliced
 Zest of 1 orange
 1 teaspoon vanilla extract

Ingredients for Old Fashioned:

2 ounces (¼ cup) bourbon
 1 ounce (2 tablespoons) orange or clementine juice
 1-2 dashes orange bitters
 1-2 ounces (2-4 tablespoons) spiced honey syrup

Instructions:

1. To make the spiced honey syrup: bring ½ cup water, the honey, rosemary, cinnamon, cardamom, and ginger to a boil over high heat in a medium pot. Boil 2-3 minutes, then remove from heat. Stir in the orange zest and vanilla, let cool.
2. In a cocktail shaker, combine 2-3 tablespoons honey syrup, the bourbon, lemon juice, orange juice, and orange bitters. Add ice and shake. Strain into a glass. Garnish with an orange slice and rosemary, if desired.

**Drink: Spicy Cayenne Shandy**

Serving: for four (4).

Contributor: Barbara Calo

Source: *

Ingredients

1 C. lemonade
 2 Tbsp. kosher salt
 ½ tsp. cayenne pepper
 2 (12 oz) bottles of lager beer

Directions:

Combine the salt and cayenne on a small plate.
 Moisten the rims of 4 glasses and dip in the salt mixture.
 In a pitcher, combine the beer and lemonade.
 Serve over ice in the glasses

Drink: Thyme & Lime Lemonade

Serving: for four (4).

Contributor: Barbara Calo

Source: *

Ingredients:

3 c. lemonade
 10 fresh thyme sprigs, plus more for garnish
 ¼ c. fresh lime juice
 ¾ c. Vodka (optional).

Directions: In a pitcher, mash the thyme with the lime juice. Add the lemonade and refrigerate for at least 1 hour and up to 1 day. Add the vodka (if using). Serve over ice and garnish with a thyme sprig.

Section 2: Non-Alcoholic Drinks

Note from the editor (Leif): In each section of this publication, I researched a reasonable source for a broader selection of options. For non-alcoholic drinks, the BBC “Good Food” publication yielded the best results. There are many sections in Good Food but this reference goes directly to “Mocktails” (non-alcoholic cocktails), thus I include it here:

<https://www.bbcgoodfood.com/recipes/collection/non-alcoholic-cocktail-recipes>

And now, for the DCN recommendations...

Drink: Classic Lemonade

Serving: for four (4).

Ingredients:

½ C. sugar
½ C. water (simple syrup)
1 C. fresh lemon juice
(from about 6 lemons)
2 ½ to 3 C. water

Contributor: Barbara Calo

Source: *

Instructions:

In a small saucepan, combine sugar and 1/2 cup water
Bring to a boil, stirring occasionally, until the sugar is dissolved
(let cool)
In a pitcher, combine the syrup with lemon juice and water
Pour over ice

Drink: Hibiscus & Mint Lemonade

Serving: for four (4).

Ingredients:

2-1/2 C. lemonade
4 bags hibiscus tea
(Celestial Seasonings Red Zinger works well)
2 C. fresh mint leaves
(plus some sprigs for garnish)

Contributor: Barbara Calo

Source: *

Directions:

Steep the tea and mint in 2 cups of boiling water
Gently mash the mint & let cool.
Discard the tea bags and mint
In a pitcher, combine the tea and lemonade
Serve over ice and garnish with mint

Drink: Mint Lemonade

Serving: for a group

Ingredients:

2 quarts water
1 cup sugar
1 cup freshly squeezed lemon juice
16 fresh crushed mint leaves,
(plus additional for garnish)

Contributor: Sharon Bator

Source: Wilson, N. (2018). Memere’s Country Creole Cookbook

Directions:

Bring water to a boil in a large saucepan and add sugar.
Stir, reduce heat, and simmer until sugar dissolves.
Remove pan from heat.
Add lemon juice and mint leaves.
Let steep 10 minutes & Strain out the leaves
Serve over ice and garnish with fresh mint leaves

Drink: Pumpkin Spice Latte

Serving: for two (2). Prep time: 10 min

Contributor: Marguerite Distel

Source: *

Ingredients

Coffee for 2 cups
 1 cup milk
 1/4 heaping cup pumpkin puree
 2 teaspoon pumpkin pie spice
 1 teaspoon cinnamon
 1 teaspoon vanilla
 2 tablespoons sweetener (agave, honey, brown sugar, maple syrup)
 Pinch of nutmeg
 Whipped topping for garnish

Directions

Combine all ingredients other than coffee in a medium bowl and whisk well or blend in a blender
 The spices will not completely dissolve. This is normal
 Warm the pumpkin milk in the microwave for 1 minute
 Pour 1 cup of brewed coffee into a mug and pour half of the pumpkin milk mixture over the top of the coffee
 Garnish with whipped topping and a sprinkle of pumpkin pie spice on top.

Drink: Shirley Temple

Serving: for one (1).

Contributor: Leif Madsen

Source: personal memory (bartender in college days)

Ingredients

* 7 Up, Sprite or Ginger Ale
 * Grenadine (Wikipedia Definition: a commonly used, non-alcoholic bar syrup, characterized by a flavor that is both tart and sweet, and by a deep red color. It is popular as an ingredient in cocktails, both for its flavor and to give a reddish or pink tint to mixed drinks and is traditionally made from pomegranate.)
 * Maraschino Cherry

Instructions

Fill tall glass w/ice, pour splash of grenadine in, then fill w/soda of choice. Garnish w/cherry

Comment: A fun drink for children to have if they are attending a family holiday cocktail party and want to feel included...

Drink: Thyme & Lime Lemonade

Serving: for four (4).

Contributor: Barbara Calo

Source: *

Ingredients:

3 c. lemonade
 10 fresh thyme sprigs, plus more for garnish
 1/4 c. fresh lime juice

Directions:

In a pitcher, mash the thyme with the lime juice.
 Add the lemonade and refrigerate.
 (at least 1 hour and up to 1 day)

Drink: White Hot Chocolate

Serving: for five (5).

Prep time: 5 min, Cook Time: 10 min

Contributor: Marguerite Distel

Source: *

Ingredients

3 cups half and half

2/3 cup vanilla flavored baking pieces or vanilla flavored candy coating, chopped

3 inches stick cinnamon

1/8 teaspoon ground nutmeg

1 teaspoon vanilla 1/4 teaspoon almond extract

Ground cinnamon (optional)

Directions

In a medium saucepan combine 1/4 cup of the half and half, vanilla baking pieces, stick cinnamon and nutmeg; whisk over low heat until vanilla baking pieces are melted. Remove stick cinnamon

Add remaining half and half. Whisk until heated through

Remove from heat. Stir in vanilla and almond extract

Serve warm, in mugs. Sprinkle with cinnamon if desired.

To reduce fat, you can substitute lowfat milk for the half and half.

Section 3: Healthy Drinks

Note from the editor (Leif): In each section of this publication, I researched a reasonable source for a broader selection of options. For Healthy Drinks I found the “Taste of Home” website with the best recommendations / options, thus I include it here:

<https://www.tasteofhome.com/collection/healthy-drinks-you-should-be-drinking/>

And now, for the DCN recommendations...

Drink: Blueberry Soy Smoothie

Serving: for two (2). Prep time: 10 min

Contributor: Marguerite Distel

Source: *

Ingredients

6 ounces silken tofu
1 medium banana
1 cup frozen blueberries
2/3 cup vanilla soymilk
1 tablespoon honey
1 tablespoon ground flaxseed

Directions

Drain the silken tofu to remove excess water
Peel and slice the banana
Combine all ingredients in a blender and process until smooth

Drink: Fruit Breakfast Smoothie

Serving: for one (1).

Contributor: Rose Jaramillo

Source: Personal Recipe

Ingredients:

1 Banana
4-5 Strawberries
1 mandarin or orange *can substitute for 1/2 cup of orange juice
1/2 cup of non flavored instant oatmeal or 1 individual serving packet
3/4 cup of vanilla Greek yogurt
2-3 Cups of vanilla almond milk, depending on preferred consistency *Can substitute in any milk

Put all ingredients in the blender and blend till smoothie consistency.

Drink: Going Green Smoothie

Serving: for two/three (2-3).

Contributor: Deborah Skeen

Source: Vitamix.com

Ingredients

½ cup (120 ml) water

1 cup (170 g) green grapes

¾ cup (125 g) pineapple chunks, peeled, cubed, with core

¼ cup (30 g) medium banana, peeled

1 cup (30g) fresh spinach

½ cup (70 g) ice cubes

Directions: Place all ingredients into the blender in the order listed and secure lid. Turn machine on and slowly increase speed to high. Blend for 30 seconds or until desired consistency.

**Drink: Strawberry/Banana Smoothie**

Serving: for one or more (1+)

Contributor: Leif Madsen

Source: personal experiment, excellent results

Ingredients (equal portions depending on planned serving)

* Frozen Strawberries

* Frozen Banana

* Whole Milk

* Ice

Instructions

Mix equal parts of each ingredient in a blender, blend first on low speed (to chop up frozen elements) then on high speed to finish & make smooth. Pour into serving glass(es).

Comment: I came upon this idea when these purchased fruits (strawberries & bananas) were not immediately consumed and were moving toward rotting & being wasted. If the bananas were beginning to turn brown, I peeled them & put them in a freezer bag and then into the freezer - they can last for several months frozen; same with strawberries, freezer bag for the lot if they were not eaten in the first week of purchase.

Drink: Tropical Sunrise

Contributor: Nicole Crampton

Serving: three (3).

Source: Courtesy of © WellMe.com

Make Time: 5 min Calories Per Serving: 122 kcal

Equipment: Food processor, large knife, chopping board

Comment: Do you like piña coladas? This tropical-inspired recipe is packed full of vitamins to boost energy. Here is what you need to do to get the Tropical Surprise drink right.

Ingredients:

1 cup of coconut water

½ medium pineapple

1 medium apple

1 tsp of lemon juice

Water

Ice

Instructions:

Peel both the pineapple and apple.

Cut the fruit into medium-sized chunks.

Add the coconut water, pineapple, apple, and lemon juice into the food processor.

Blend until the liquid is smooth and chunk-free.

If this homemade energy drink looks too thick for your liking,

Add some water to make it thinner and easier to drink.

Serve over ice in tall glasses!