

Refresh. Reenergize. Relax.

Spring's Coolest Cocktails

Jennifer Gilbert

For those who seek the refreshing taste (but not the buzz) that a spring cocktail provides, here are our picks for the season's best virgin beverages.

sunrise punch

Recipe courtesy Food Network Kitchens

- 1 quart fresh orange juice
- 32 ounces canned or fresh pineapple juice
- 2 cups coconut milk
- 1 liter seltzer water
- 1 pineapple, peeled cut into 1-inch cubes and frozen
- 1 pint of strawberries, hulled and frozen
- 1 orange sliced thin
- 4 cups light rum, optional

To a large punch bowl, add orange juice, pineapple juice, coconut milk and seltzer. Mix well. Place frozen pineapple chunks and strawberries in the punch to keep it cold. Float the orange slices on top of the punch for garnish. If desired, add rum.

thai iced tea

Recipe courtesy Emeril Lagasse, 2003

- Thai red tea leaves are blended with star anise, cinnamon, and vanilla. The steeped tea then is flavored with sugar, and after being cooled is mixed with cream and often condensed milk for a refreshing creamy drink
- 6 cups water
 - 1 cup Thai tea
 - 3/4 cup sugar
 - 6 tablespoons cream
 - 6 tablespoons condensed milk

In a kettle, bring the water to a boil. Place the tea in a teapot or glass container. Pour the water over the tea and let steep until bright orange in color, 3 to 5 minutes. Strain into a clean container, such as a pitcher (or, if in tea bags, remove the bags). Add sugar and stir to dissolve. Let cool to room temperature, then cover and refrigerate until ready to serve. Fill 6 tall glasses with crushed ice and add tea to 3/4 full. Add 1 tablespoon cream and 1 tablespoon condensed milk to each glass.



strawberry lemonade

Recipe courtesy Emeril Lagasse, 2003

- 2 cups water
- 1 cup sugar
- 1 tablespoon grated lemon peel
- 1 cup fresh lemon juice
- 1 pint fresh strawberries, hulled and halved
- 2 cups cold sparkling water or club soda
- Ice
- Mint sprigs, garnish
- Whole strawberries, garnish

In a medium saucepan, bring the water and sugar to a boil. Reduce the heat and simmer, stirring occasionally, until the sugar dissolves. Add the lemon peel and lemon juice, stir, and remove from the heat. Let cool completely, then strain into a clean pitcher. In a blender, puree the pint of strawberries and add to the pitcher with the lemon juice. Stir well to combine and

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continued

refrigerate until well chilled. Add the sparkling water and stir well. Pour over glasses filled with ice and serve, garnished with mint and strawberries.

fruit punch

Recipe courtesy Paula Deen

2 (6-ounce) cans frozen orange juice concentrate, thawed
 2 (6-ounce) cans frozen lemonade concentrate, thawed
 1 (48-ounce) can pineapple juice
 3 cups water
 3 cups sugar
 2 pints strawberries, hulled
 1 (1-liter) bottle lemon-lime soda (recommended: Sprite)

Combine the orange juice, lemonade, and pineapple juice and stir well. Bring 3 cups water and the sugar to a boil in a heavy saucepan and boil until sugar is dissolved, about 5 minutes. Let cool. Add the syrup to the fruit juices. Place the whole strawberries into a ring mold. Pour in enough fruit juice to fill the mold. Freeze. Refrigerate the remaining juice.

mixed berries and banana smoothie

From Food Network Kitchens

1 cup frozen mixed berries
 1 frozen ripe banana
 1/2 cup low-fat vanilla yogurt
 1/4 cup orange juice
 1 teaspoon honey (optional)

Combine all ingredients together in a blender and puree until smooth.

mint iced tea

Recipe courtesy Paula Deen

1 quart water
 4 family size tea bags (recommended: Luzzienné)
 2 cups sugar
 1 bunch mint leaves
 1 lemon, slices for garnish

In a large pot bring the water to a boil. Remove pot from heat, add the tea bags, cover with a lid, and allow tea to steep in water for 20 minutes. Take a 1 gallon jug and pour the sugar into the jug and cover with some hot tap water. Stir the sugar around to dissolve while the tea is steeping. Once the tea has steeped, remove the lid and the tea bags. Pour the tea into the jug with the sugar, stir, and place the tea bags back into the jug. Stir the tea well, making sure the sugar dissolves. Fill the jug with cold water to yield 1 gallon.

To serve, pour each glass of tea and garnish with a slice of lemon and mint leaves.

Map It

How to Paint the Town Red on a Budget

Dibra Sela

To get the night started, stop by The Blue Martini for a few cocktails. Before an eventful evening filled with dining and enjoyment kick back and try one of their famous martinis.

Location:
2432 E Sunrise Blvd, Fort Lauderdale, FL
(954) 565-6833

Your next stop should be at Café Europa in Las Olas. You can choose from a divine variety of pasta, pizza, and seafood. Affordable and delicious, can you beat that? Give the dieting a rest, just this once!

Location:
726 E Las Olas Blvd
Fort Lauderdale, FL 33301-2237
(954) 763-6600

After a romantic dinner, go for a dip at the Melting Pot in Fort Lauderdale. Try their luscious chocolate covered strawberries. If heaven would have a flavor, this would be it.

Location:
1135 North Federal Highway,
Fort Lauderdale, FL 33304
(954) 568-1581

Just when your valentine thinks the night is over, surprise her by going somewhere unique, like The Funky Buddha Lounge where you can enjoy live entertainment and organic products to soothe the senses.

Location:
2621 N. Federal Highway
Boca Raton, FL 33431
(561) 368-4643

The maps were taken from Yahoo maps, All these images should be used for reference only go to Yahoo maps from more details and up to-date views.

