



[Session Cocktails: Low-Alcohol Drinks for Any Occasion](#) by Drew Lazor and the Editors of PUNCH, copyright © 2018. Published by Ten Speed Press, an imprint of Penguin Random House. Photography credit: Lizzie Munro © 2018.

Our Summary:

Session drinking, essentially a British term, refers to drinking a large quantity of beer during a *session*, without becoming intoxicated. Most commonly promoted as *low-ABV's* (alcohol by volume), *aperitifs* or *session cocktails*, these libations are made to keep the party going! [Drew Lazor](#) in his new book, [Session Cocktails](#) suggests that a “session cocktail” contain no more than three-quarters of an ounce of a strong spirit, like whiskey, gin, tequila and rum. The rest of the cocktail is made with subtler spirits – sherry, vermouth, port, herbal liqueurs and more. These are the building blocks to smartly crafted low-alcohol drinks. And, as Lazor says, the heart of “sessionability” is *sociability*.

What you need to know:

Get it: [Session Cocktails: Low-Alcohol Drinks for Any Occasion](#) by Drew Lazor and the Editors of PUNCH ©2018. Photography ©2018 by Lizzie Munro. (Published by Ten Speed Press May 22, 2018) (Hardcover \$18.99; [Amazon \\$14.92](#) ; [Kindle \\$11.99](#))

See it: 153 pages packed with interesting and how-to information. A concise table of contents and beautiful color photos of session cocktails in proper and period glassware. A perfectly organized index offers the user an easy cross-reference tool to concoct the perfect beverage.

Make it: More than 50 high-flavor, low-alcohol cocktail recipes. A wonderful chapter titled, “The Session Bar” offers advice and information on the fundamentals of session cocktails. You are guided through the rules, templates, and the necessary ingredients to build and complete your own session cocktail bar.

Cherie’s Review:

On trend and ever forward-thinking, [Drew Lazor](#) brings us an updated history for imbibing delicious low- alcohol cocktails in his latest book, [Session Cocktails: Low-Alcohol Drinks for Any Occasion](#). Through his work as a food, drinks and travel writer, Lazor has compiled these diverse and flavorful recipes appropriate for brunch, though they’ll keep you going right through night’s end.

[Session Cocktails](#) engages and intrigues you in its first pages where you learn to appreciate the historical evolution of the art of cocktail making. Then, Lazor continues on to make the point



that current convention – “the higher the proof, the better the drink” – is mis-placed in our imbibing culture. Session cocktails are intended to keep you on your feet, while allowing you to enjoy layer upon layer of flavor with each drink.

But these aren't all new cocktails. [Session Cocktails](#) takes to task a list of your favorite classic cocktails and transforms them into lower-proof *session cocktails*. Recipes for the *Session Margarita*, *Session Manhattan* and the *Session Dark 'N' Stormy* are included. Lazor just lowers the ABV with a clever change in ratios, making the spirits the supporting player. You end up with recipes that preserve the classic flavor profiles, only now you can drink them all day long.

Dividing recipes for [Session Cocktails](#) into four categories: *Shaken, Stirred, Built and Frozen*, Lazor offers a multitude of options for creating interesting and delicious flavor combinations in each drink. A tasty addition of recipes for *simple syrups* adds yet another element to this collection, which is useful beyond cocktail making. Still, if building your private bar and cocktail repertoire is your goal, recipes for *Ginger Syrup* and *Honey Syrup* will easily find their way into use.

Want to have a party? Get creative and craft your own cocktails? [Session Cocktails](#) has you covered. Lazor offer guidance and advice in sections on *Batching for a Crowd*, or how to *Know Your Ratios!* Using [Session Cocktails](#) as a reference and a learning tool gives you the confidence to prepare delicious and even unusual drinks for your family and friends. Even your most ardent “strong and stirred” friends will quickly become *session* supporters, staying on their feet and enjoying the delicious flavors a cocktail has to offer!

Recipes to make from [Session Cocktails: Low-Alcohol Drinks for Any Occasion](#) by Drew Lazor and the Editors of PUNCH, copyright © 2018. Published by Ten Speed Press, an imprint of Penguin Random House.

[Watermelon Cooler](#)

[Basilinia](#)

[Kitty Highball](#)