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Atlanta Tastemaker

“Anatomy of a Toddy”

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By Erin Kasari

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Bartender, Rob Breen

Anatomy of a Toddy—By Erin Kasari

With cooler temperatures and the holiday season upon us, we here at Atlanta Tastemaker Magazine wanted to find a drink that would not only warm our bodies, but our spirits, too.

Simple. Classic. Versatile. The hot toddy has been a perennial, wintertime beverage for centuries.

We stopped by Livingston Bar to get a crash course from head bartender, Rob Breen, on how to prepare a traditional hot toddy and other ways to spice it up with a twist.



Choose Your Liquor

1 shot or 1.5 oz.

Traditional: In the South, we love our bourbon. In the summer, we like it straight up or on the rocks. But in the winter it makes for an excellent base spirit for the toddy.

Twist: cognac, spiced rum or brandy

Add Sweetener

1 Tablespoon

Traditional: The sweetener quells the spirit's bite. Widely recognized for its throat soothing and coating qualities, honey is most commonly used.

Twist: cane sugar, brown sugar, maple syrup

A Dash of Spice

Just a pinch (or more to taste)

Traditional: Cinnamon and cloves are the spices often used to make a toddy nice. While most recipes call for whole sticks or whole cloves, powder works best for quick blending.

Twist: star anise or ginger

Squeeze of Citrus

Juice from two lemon wedges

Traditional: The lemon juice not only provides a dose of vitamin C, but its sour flavor balances out the sweet.

Twist: orange

Add Hot Liquid
Fill it to the brim



Mint Tottie