

# food

food  
insider's  
guide

Issue 155

**MAGAZINE**

Where to eat, stay and shop in the South West

**FREE** take me home (hic!)  
November 2017

## DRINKS SPECIAL

**CRAFTING  
COCKTAILS AT  
BATH'S WORLD-  
CLASS BAR**

**COFFEE  
COLLABORATIONS**

**EXMOOR'S  
WICKED  
WOLF**

**WHAT THE  
BARTENDER  
WISHES  
YOU KNEW**



**PAUL AINSWORTH**

talks Christmas  
culinary chaos

**Bristol bucket list**

How many can you tick off?

**EATING OUT**

in Bath, Totnes, St Columb Major,  
Brampford Speke & at Devon's  
newest country house hotel

# STIRRED? UP FOR A QUALITY-BAR TRAWL?

You'll also like ...



## DRAGONFLY

by Will Barber

Somerset Cider Brandy 3yo 30ml  
Lemon juice 20ml, freshly squeezed  
Yellow Chartreuse 15ml  
Apricot liqueur 10ml  
Demerara syrup\* 5ml  
Orange 1

- 1 To make the demerara syrup\*: gently heat one part demerara sugar to one part water and allow to cool.
- 2 To assemble the cocktail: put all of the ingredients in a cocktail shaker with ice and shake vigorously for 5 seconds.
- 3 Strain cocktail ingredients into a chilled coupe or martini glass and garnish with the spray of an orange zest.

## TOM THUMB, NEWQUAY

You'll find the boozy bill of drinks at this pocket-sized cocktail bar presented in classic editions of its namesake book.

Dealing in refashioned classics and innovative new finds, the team of spiritsmiths at this Newquay bolthole have compiled a world tour of whiskies, vodkas and little-known liqueurs. Meanwhile, aspiring home alchemists can brush up their skills at regular masterclasses and tasting events.

### Order a KANSAS CITY SHUFFLE

Montelobos mezcal, Solerno blood orange liqueur, clementine syrup and lime.

[www.tom-thumb.co.uk](http://www.tom-thumb.co.uk)

## THE MILK THISTLE, BRISTOL

With an (almost) hidden location in the city centre, The Milk Thistle is one of Bristol's best kept secrets.

The big little sister to prohibition trailblazer Hyde Et Co, Milk Thistle's four floors – complete with taxidermy, vintage furnishings and stained glass windows – contain a labyrinth of lounges, bars and function rooms from which to sip your carefully crafted concoction. The cocktails change seasonally and spirits sourced from local distilleries rub shoulders with the classic stalwarts.

### Order an EARTH ANGEL

Botanist gin, elderflower cordial, Somerset Cider Brandy and celery bitters.

[www.milkthistlebristol.com](http://www.milkthistlebristol.com)

## DRINK'S CURIOSITIES, EXETER

This bijou cocktail bar at Exeter Quay pays homage to Victorian curiosities in its quirky decor and volumes of cocktails. It's also just won Best Themed List at the 2017 Imbibe Awards. Discover what the Doc wishes you knew, on page 18.

### Order an ORACLE

Hendrick's gin, jasmine and gentian petal-infused lychee liqueur, Akashi-Tai Honjozo sake and manzanilla sherry

[www.doctorinks.com](http://www.doctorinks.com)



What the

# BARTENDER

wishes you knew

Ever wondered what the bartender is really thinking as you blag your way through the cocktail list?

We asked **Patrick Fogarty**, owner of **Dr Ink's Curiosities** in Exeter, about the misconceptions that leave him reaching for the bottle. Here's what he wishes you knew ...



1

**DOWNING A LONG ISLAND ICED TEA WON'T INDUCE SLURRING AND DOUBLE VISION ANY FASTER THAN A CAREFULLY DESIGNED COCKTAIL**

The idea that different cocktails contain different volumes of alcohol is one of the biggest misconceptions.

A double measure comes as standard in most drinks – what changes is the amount and type of ice – so whether you're sipping a stiff negroni or a berry-infused bitters, neither are any more to blame for your rendition of Britney later in the evening.

2

**"FLAIR BARTENDERS" ARE ALL SHOW AND NO GO**

Bartenders are a fairly humble bunch but a couple of arrogant examples – I'm looking at you 'mixologist extraordinaire' and 'head libation engineer' – give us a pretentious reputation.

Forget flinging bottles and flashy job titles, the customers' experience is what really matters. Fantastic hospitality, quick service and a smile make a great bartender.

3

**AND DON'T GET HIM STARTED ON THE "MIXOLOGIST" ...**

The term is bandied about in bar culture but few realise the difference between a bartender and a mixologist.

Think of it like a head chef being referred to as a pastry chef: mixology is a skill set which some choose to master, but using the term "mixologist" rather than bartender limits that person to creating cocktails rather than serving a range of drinks.

4

**LOOK AT THE MENU BEFORE YOU ORDER A PINA COLADA**

At Dr Ink's we make our ginger ale, sherbets and syrups from scratch instead of stocking carbonated mixers such as lemonade.

One of my biggest bugbears is when customers bypass the menu and order a generic drink, such as sex on the beach. We don't serve them. We've taken six months to create our cocktail list, refined recipes and taste tested everything we create – take the time to see what we can do.