



Welcome to...

How to make a great Gin and Tonic (aka G&T)

I'll be telling you...

about the various ingredients
for this practice, most of
which can be kept
in your freezer.



How to make a great Gin and Tonic

What you'll learn is...

- The best Gin to use
- The Tonic Water that is best suited
- The Ratios of Gin to Tonic
- The Garnishes – lemons and limes
- G&T Variations, and
- How to make your own great G&T.



How to make a great Gin and Tonic

A little history on how the G&T came about...

- Long ago, as a muscle relaxant and treatment for fever, the Quechua Indians of Peru ground the bark of *Cinchona officinalis*, the Cinchona tree, into a salty white powder.
- Quinine was the active ingredient in this bark. It is a natural white crystalline alkaloid with fever-reducing, analgesic, anti-malarial, painkilling and anti-inflammatory properties.
- Sweetened water was then added to offset the white powder's bitter taste.
- In the 1600s, Jesuit priests discovered this practice and imported tree samples and the Quinine mixture to Europe where it proved to be a great *tonic* for the treatment of malaria.
- Malaria, itself, is an infectious disease brought on by the bite of a (nasty) mosquito.



*Cinchona
officinalis*



How to make a great Gin and Tonic

A little history on how the G&T came about...

- In British colonial India, where malaria was rife, everyone was given the anti-malarial Quinine *tonic water* and to off-set the bitter taste of the Quinine and make it more palatable, the British mixed it with *gin*.



- This was the birth of the *Gin and Tonic*, that, today, is widely drunk all over the world.
- Me thinks, by the sounds of it, the British in India must have been plastered most of the time.



Soldiers taking their 'tonic'



How to make a great Gin and Tonic

Types of Gin...

- There are many brands of gin, ranging from dry to very dry...

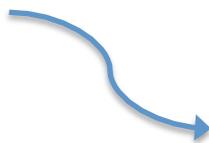




How to make a great Gin and Tonic

Types of Gin...

- Some of the cheaper brands of gin have an inferior non-gin taste – tasting something like vodka.
- Those that make great G&T's are the dryer ones.
- And one of the better brands that is synonymous with G&T's is... Gordon's.



How to make a great Gin and Tonic

A little bit about Gin and Gordon's...

- Gin was created, 300 years ago, as a medicine by the Dutch.
- Its curative powers became irrelevant as people felt better drinking it anyway.
- In the 1600s the British imported the Dutch potion and, because of its demand, started making their own gin.
- Its ingredients include assorted herbs, spices and, primarily, Juniper berries.
- In the 1700s most gins were sweetened to mask their rawness and became very popular among London's poor.
- However, pioneering distillers began making unsweetened gin, which was smooth in character, with elegant aromatic flavours. This became known as London Dry.



Hogarth's *Gin Lane*



Juniper berries

How to make a great Gin and Tonic

A little bit about Gin and Gordon's...

- One of those pioneers, *Alexander Gordon*, set the 'standards of quality' for superior gin.
- He called his – 'Special London Dry Gin' and its recipe hasn't changed for 250 years.



- The legendary boar's head, that Gordon's ancestors carried on their shields, is still prominent on the brand's label.

- Gordon's Gin today dominates the international gin market.



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Tonic Water...

- Of all the tonic waters available, the one that is also synonymous with G&Ts is *Schweppes Indian Tonic Water*.
- With the phrase “*I’ll have a G&T*”, the tradition was to have *Gordon’s* gin and *Schweppes’s* tonic water.



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A little bit about Schweppes's Tonic Water

- In the late 1700s, Johann Jacob Scheppe, a German-born naturalised Swiss watchmaker and amateur scientist developed a process to manufacture carbonated mineral water.
- His *tonic water* is the oldest soft drink in the world – it being first produced in 1771.
- The Silver Fountain on the Schweppes logo represents the Scheppe's Fountain that was located in the Great Exhibition in Hyde Park, London.



Johann Jacob
Scheppe





How to make a great Gin and Tonic

Methods of measuring G&T ingredients...

- There are two.

1 With a Jigger which holds 30ml and 15ml – 30ml being an Australian standard drink.

2 Then there's the 3-finger method – where the standard drink quantities are not known.

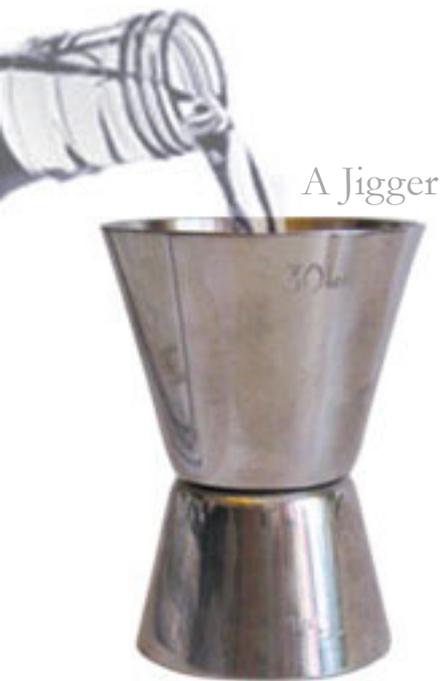




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A Jigger

The Question is : how many parts gin do you add to how many parts tonic water ?

- There are a few Jigger ratios – 1 : 1, 1 : 2, 1 : 3 and 2 : 3 or whatever you wish.
- For a great G&T where you can taste the gin, I recommend 1 : 1, or 1.5 : 2.



How to make a great Gin and Tonic

Finding a lemon or lime for garnishing



- A great method for availability is having slices of the fruits in the freezer.



How to make a great Gin and Tonic

Finding a **lemon** or **lime** for garnishing

Here's how to do it...

1 Slice up lemons and limes.



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- 3 Place the slices, wrapped in plastic, into a container and freeze.



Presto...
you'll always
have a **citrus**

garnish
for your G&Ts.



How to make a great Gin and Tonic

G&T Variations



1 Adding Angostura Bitters makes a Pink Gin and Tonic.

2 And, though not a true G&T, make a Pink one, but...

leave out the gin !

- This makes a refreshing summer drink that is slightly alcoholic – due to the alcohol content in Bitters.



Enjoy G&Ts in moderation :)