

# MERLIN'S MOCKTAILS



**GIVE DRINK  
DRIVING THE  
RED CARD!**



**TWELVE AMAZING  
MOCKTAIL RECIPES TO KICK  
DRINK DRIVING INTO TOUCH...**



Diogelwch Ffyrdd



# A GREAT ALTERNATIVE TO ALCOHOL THAT'S LOADS OF FUN!

As part of our 'Give drink driving the red card' campaign, we've put together 12 amazing non-alcoholic cocktails or 'mocktails' recipes for you to try out. They're all based around special places in Carmarthenshire and each comes with a message that's worth listening to!

They're designed to give you positive, mouth-watering alternatives to alcohol - not only if you're driving but also if you'd like to cut down on the amount you drink.

They're also great fun to make and are packed full of healthy fruit which goes a long way to making up your 5 A DAY!



## PAXTON TOWER PUNCH

William Paxton spent thousands of pounds trying to get elected to Parliament in 1802 only to be defeated by 45 votes.

Thankfully things improved for Sir William. Two months later he became Mayor of Carmarthen and the following year succeeded in becoming the local MP.

His election promise was to build a bridge across the River Tywi. Instead he built Paxton Tower in 1811 in memory of Lord Nelson after his death at the battle of Trafalgar.

The Tower was built in the spirit of the times, as a place to wine and dine his guests and take in the panoramic views from this spot.

So why not raise a non-alcoholic glass to the memory of Sir William and his magnificent Gothic Folly?!



### INGREDIENTS

- 2 cups cranberry juice
- 1 cup pineapple juice
- 1 cup orange juice
- 1 (4 ounce) jar maraschino cherries
- 2 tablespoons lemon juice
- 1 (12 fluid ounce) can or bottle ginger ale
- 1 orange, sliced in rounds

### DIRECTIONS

In a gallon jug or bowl, combine cranberry juice, pineapple juice, orange juice, cherry juice and lemon juice.

Just before serving, slowly add ginger ale; stir to blend.

Fill glasses with ice and gradually pour in punch.

Garnish with orange slices.



## SCARLET SCREAMER



### CELEBRATE GOOD TIMES!

Llanelli has seen many a rugby triumph over the years...

Not least Llanelli RFC's stunning victory over the mighty New Zealand All Blacks in 1972, what a night that must have been!

But here's something that any good rugby player will tell you - fail to prepare - prepare to fail!

So whether you're out celebrating another Six Nations triumph or a special birthday why not think a step ahead? Choose a designated driver who won't drink and can get you home safely. Or better still, why not just take a taxi?!

**IF YOU'RE DRINKING LEAVE THE CAR AT HOME...**

### INGREDIENTS

- 1/4 cup raspberry juice
- 1/4 cup orange juice
- 1/4 cup pineapple juice
- 1/4 cup cranberry juice
- mint sprig

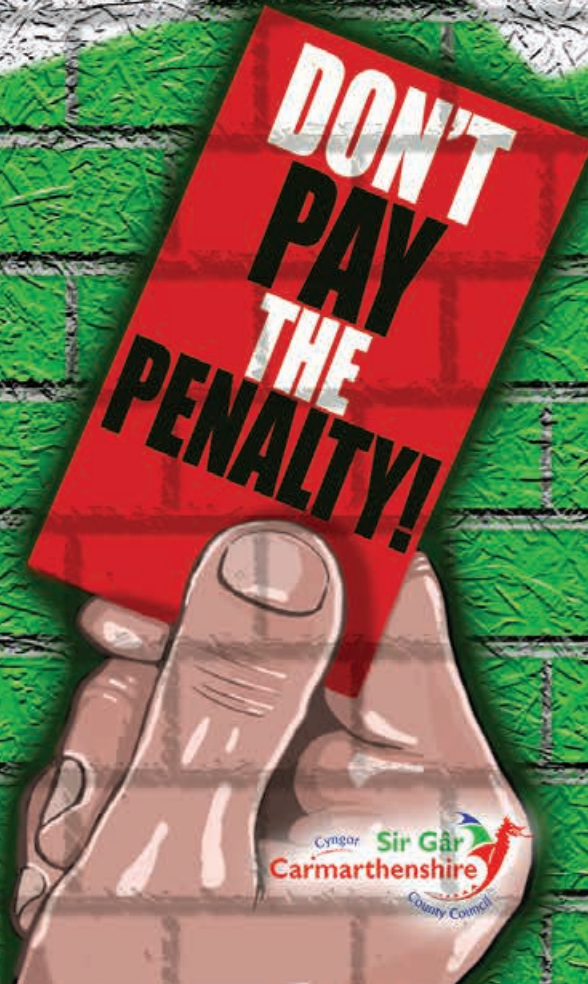


### DIRECTIONS

Place all ingredients in a shaker filled with ice and shake well.

Pour contents of shaker, including ice, into a glass. Garnish with mint sprig.

# Give Drink Driving the Red Card





# BLACK MOUNTAIN BREEZE



The Black Mountain is a stunning range of mountains cloaked in folklore, mystery and legend.

At Llyn-y-Fan Fach lake near Llangadog, legend has it that a young local lad was enchanted by the sight of the most beautiful woman he had ever seen, sitting tranquilly in the middle of the lake. After several attempts to woo her, he finally won her over when he arrived with armfuls of his mother's home made baking.

We can't claim that Black Mountain breeze will increase your popularity in quite such a spectacular fashion but it will help you stay clear-headed and safe enough to drive that special person home at the end of an evening out...

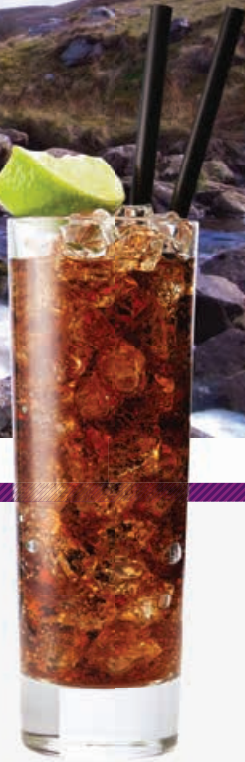
## INGREDIENTS

$\frac{3}{4}$  cup Cola drink

$\frac{1}{4}$  cup lemon and lime flavoured fizzy drink

Dash of lime cordial

Lime slice



## DIRECTIONS

Fill a tall glass with ice. Add Cola, Lemon and Lime drink and a dash of lime cordial and stir. Add a slice of lime to garnish.



# PEMBREY PARADISE

There's something for everybody at Pembrey Country Park. It's a great place to take the family to visit the amazing sandy beach at Cefn Sidan, experience the dry ski slope, the toboggan ride or simply watch the kids go wild on the adventure playground. Whatever you decide to do, there's no more perfect way to round off the day than with a BBQ or your own mouth-watering homemade picnic.

And what could be better to accompany it than a real taste of summer with the heavenly mocktail, the exquisite Pembrey Paradise...



## INGREDIENTS

$\frac{1}{4}$  cup orange juice

$\frac{1}{2}$  cup lemon and lime flavoured fizzy drink

2 tablespoons grenadine syrup

Fruit to garnish

## DIRECTIONS

Fill a tall glass with ice, add orange juice and lemon and lime drink. Pour grenadine in and let it sink to the bottom. Garnish with fruit and a straw for stirring.



# GIVE DRINK DRIVING THE RED CARD!

**REMEMBER!**  
THIS IS ONLY A ROUGH  
GUIDE, THE BEST ADVICE  
IS NOT TO DRINK AT ALL!

**MANY DRINK DRIVERS ARE CAUGHT OVER THE  
DRINK DRIVE LIMIT THE MORNING AFTER!**



## Pints of Beer or Cider

4% pint = 2 hours per pint  
5.5% pint = 3 hours per pint



## Bottle of Beer or Cider

250ml - 330ml bottle 5.5% = 2 hours  
per bottle  
550ml bottle = 3 hours per bottle



## Can of Beer or Cider

3% - 4% = 2 hours per can  
5% - 5.5% = 2.5 hours per can  
7.5% = 3.5 hours per can  
9% = 4 hours per can



## Alco-pops

175ml - 330ml 4% - 4.5% =  
2 hours per bottle



## Spirits - 40%

25ml = 1 hour  
35ml = 1.5 hours  
70ml double = 3 hours



## Glass of Wine

15% - 250ml = 4 hours per glass



## Bottle of Wine

15% = 12 hours per bottle



## Shots

Some shots can be as high as 70%  
70% shot = 1.75 hours per shot

**ALWAYS ADD AN EXTRA HOUR TO THE  
TOTAL, TO ALLOW FOR ABSORPTION  
INTO THE BLOOD STREAM.**

Drinking 4 pints of strong beer or cider will mean that  
you can't drive for at least 13 hours from finishing your  
last pint. If you finish at midnight, you probably won't be  
legal and safe to drive until after 1 pm the following day.

Drinking 5 large bottles of beer or cider will mean that  
you can't drive for at least 16 hours. That's 4pm the  
next day if you finish drinking at midnight.

Drinking 5 super-strength cans will mean you can't  
drive for about 21 hours.

Drinking four 70% shots means you can't drive for  
8 hours - that's 8am the next morning if you last drank  
at midnight.

**MIX YOUR DRINKS,  
MIX THE MATHS**

**If you can after having a few!**

Best not only to plan how you're getting home,  
but also how you're going to get about the next day...

2 shots and 4 pints. Finish drinking at 3am, you won't  
be safe to drive until after 7pm the following evening!

IT WILL TAKE AT LEAST ONE HOUR FOR YOUR  
BODY TO GET RID OF EACH UNIT OF ALCOHOL.

IF YOU WANT TO BE LEGALLY SAFE TO DRIVE,  
AND AVOID A CONVICTION, THIS INFORMATION  
WILL HELP YOU CALCULATE ROUGHLY WHEN  
YOU WILL BE ALCOHOL FREE.

## PENDINE COLADA

Pendine Sands have seen some action over the  
years! Several world land speed records have  
taken place there including Malcolm Campbell's  
successful attempt in Blue Bird in 1924.

Thankfully such activity is now something in  
the past, so if your idea of a grand day out is  
sitting on the beach doing absolutely nothing,  
you needn't fear that a supersonic intrusion will  
shatter your peace and quiet.

Drink driving is a real problem during the summer  
months. A pint or two at a BBQ or in a sunny  
beer garden can still leave you over the limit the  
following morning when you're driving to work.

But here's a great way to make sure that those  
long hot summer days don't end up with a trip to  
the police station or worse.

The Pendine Colada gives you a great taste  
of summer without paying the price the  
morning after!

## INGREDIENTS

$\frac{3}{4}$  cup pineapple juice

$\frac{1}{4}$  cup coconut cream

1 cup ice

Fruit to garnish

## DIRECTIONS

In a blender, add 1 cup ice, pineapple juice and  
coconut cream. Blend until slushy. Pour into a  
chilled glass. Garnish with fruit.

**It doesn't matter what mixer you use, the alcohol takes the same time to  
leave your system. You're still drinking the same amount of alcohol, even  
if it's watered down with soft drink.**



# BRECHFA FOREST FIZZ

The ancient woodland of Brechfa Forest within the Cothi Valley is the perfect destination for walking, cycling or horse riding. It's also the inspiration behind the sparkling, translucent delights of the Brechfa Forest Fizz, an ideal thirst quencher that goes down a treat in the cool green shade of the forest's leafy lanes.



## INGREDIENTS

- ¼ cup Lime juice
- ¾ cup Sparkling Lemonade
- Crushed Ice
- Lime Slice
- Green food colouring

## DIRECTIONS

Mix all ingredients in a cocktail shaker or use a stirrer. Place crushed ice in cocktail glass and pour liquid over ice. Add green food colouring for a more colourful drink. Garnish with slice of lime.



# MERLIN'S MAGIC

## INGREDIENTS

- ¾ cup grape juice
- 1 tablespoon lime juice
- 1 tablespoon orange juice
- Sprig of mint

## DIRECTIONS

In an ice filled container, shake (or stir) all ingredients together. Pour into glass over crushed ice and garnish with a sprig of mint. For extra magic top up a long glass with fizzy lemon & lime flavour drink.



For a mystical, otherworldly mocktail experience why not sample the dark secrets of Merlin's Magic?

We can't guarantee a flash of blue smoke as you add the vital ingredients to our local hero's special brew. But rest assured the time honoured combination of grape juice, lime and orange will keep your head clear and make sure it's not *you* that's away with the fairies when it's time to drive home...



**TO FIND OUT MORE ABOUT THE ANNUAL MERLIN FESTIVAL VISIT:**  
[WWW.DISCOVERCARMARTHENSHIRE.COM](http://WWW.DISCOVERCARMARTHENSHIRE.COM)





## CORACLE COOLER

Coracle fishing has taken place on the River Towy for over 2000 years! So what could complement a fresh, succulent fish dish better than the ice-blue delights of the 'Coracle Cooler'? It's a snappy mocktail with just a hint of the wild outdoors. Coracle fishing nowadays is undertaken by a handful of experts seeking out the Towy's best salmon and this mocktail is for all those with a taste for the finer things in life...

### INGREDIENTS

- 1/4 cup Blue Curacao (Non Alcoholic)
- 3/4 cup Pineapple Juice
- 2 teaspoons Lime Juice
- Sparkling Water or Lemonade
- Fruit to garnish



### DIRECTIONS

Pour all the ingredients into a tall glass. Add ice cubes and stir. Top up with Sparkling Water or Lemonade. Garnish with fruit.

# Give it The Red Card

**KICK  
DRINK  
DRIVING  
INTO TOUCH!**



# DOLAUCOTHI GOLD



Dolaucothi has been the site of a gold mine since Roman times so it's no surprise that the mocktail dedicated to this extraordinary place is more than a bit special itself.

Deep from the dark heart of the ancient mines comes the precious mocktail that many consider to be the finest of them all - the iconic Dolaucothi Gold.

## INGREDIENTS

- ½ cup ginger ale
- ¼ cup orange juice
- ¼ cup apple juice
- Teaspoon of lemon juice
- Fruit to garnish

## DIRECTIONS

Fill a glass with ice cubes, pour in orange juice, apple juice and gently top up with Ginger Ale.

Add a teaspoon of lemon juice – stir and serve garnished with fruit.



# BOTANIC GARDEN BLOOMER

Carmarthenshire itself has been called 'The Garden of Wales' so it's a fitting home to the Botanic Garden at Llanarthne. Set in 500 acres of parkland it boasts the largest single-span glasshouse in the world, featuring an amazing array of endangered plant species. So why not raise a glass of the 'Botanic Garden Bloomer' in appreciation of the green, green grass of this must-see attraction?

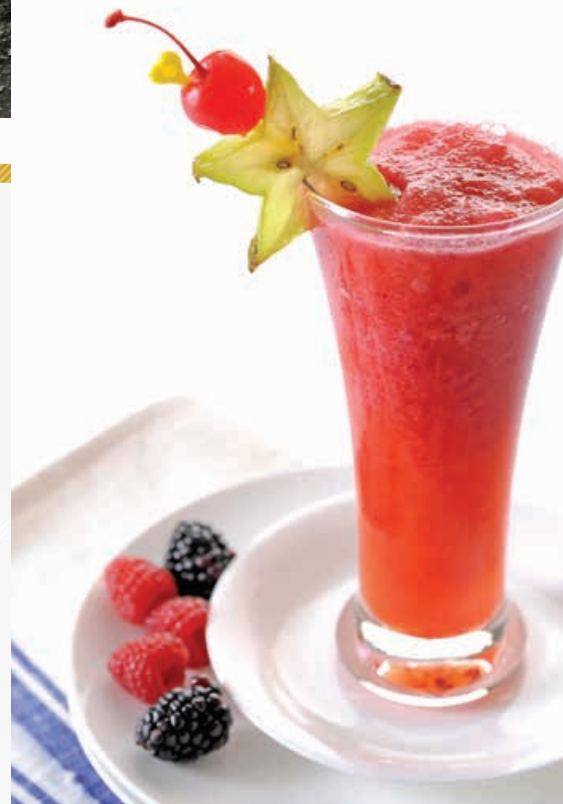


## INGREDIENTS

- ½ ripe Honeydew melon
- ½ papaya
- ½ mango
- 6 strawberries
- ¼ cup peach juice
- ¼ cup passion fruit juice
- ½ cup orange juice
- Grenadine
- Teaspoon of lemon juice
- Fruit to garnish

## DIRECTIONS

Peel, de-seed and dice the fruit. Place in a blender with passion fruit and peach juices. Add lemon juice, 2 teaspoons of grenadine and handful of ice cubes and blend again. ¾ fill a high glass with the fruit, blend then pour orange juice slowly, over the back of a teaspoon, onto the surface of the drink. It will slowly sink to the bottom of the glass adding an orange colour to the bottom of the glass. Add fruit to garnish.







## FFOS LAS FLYER

For many of us there's nothing better than a day at the races and what finer place to spend it than the Ffos Las Racecourse?

To celebrate this amazing venue we bring you the classic taste of the Ffos Las Flyer. The odds are that this thoroughbred mocktail is going to prove a BIG favourite with the punters...

### INGREDIENTS

- 1 cup of energy drink
- 4 strawberries
- Slices of lime
- Mint leaves
- Sweet strawberry syrup
- Ice cubes



### DIRECTIONS

Halve the 4 strawberries and place in a tall glass along with slices of lime, mint leaves and ice cubes. Mix a shot of strawberry syrup with the energy drink and pour into a tall glass over fruit and ice. Decorate with mint leaf and fruit.



## KIDWELLY KICKER

If you're a connoisseur of the finer things in life, why not indulge yourself with the old world charms of the Kidwelly Kicker?

Kidwelly Castle was built by the Normans who enjoyed a glass or two of the amber nectar themselves. They even slurped down a quick weak ale for breakfast known as 'small beer'. Obviously this sort of behaviour predated the invention of the motor car by a small matter of 900 years. We can be sure that if the delights of the Kidwelly Kicker had been around in 1066 they would have gladly exchanged their second rate brews for a drop of the 'good stuff'...

### INGREDIENTS

- 2 tablespoons of Coconut Cream
- 2 Kiwi fruit
- 3 cups of crushed ice



### DIRECTIONS

Blend together the crushed ice, 2 tablespoons of coconut cream and 2 peeled and sliced kiwis. Pour into a glass and chill in the fridge for half an hour. Serve with a slice of kiwi fruit.



# Give it The Red Card

**DON'T BLOW IT.  
DON'T  
DRINK  
AND  
DRIVE!**