

## 12. F & B Services — Beverages

Beverage is any liquid consumed by humans for quenching thirst, or merely for pleasure. Beverages come in various types:

### Non-Alcoholic Beverages

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There are two types of non-alcoholic beverages.

**Hot Beverages:** These are served hot. Hot beverages typically include tea, masala tea (spiced tea), milk, hot chocolate, and variants of coffee such as espresso, latte, and cappuccino.



**Cold Beverages:** These are served and consumed while chilled. Cold beverages include juices, mocktails, coolers, cold versions of tea and coffee, milkshakes, carbonated drinks, mocktails, and sherbets. The following beverages are famous in countries like India:

- **Buttermilk** with a dash of powdered cumin seeds and salt.
- **Aam Panna**, a sweet and sour raw mango juice with a dash of cardamom in it.
- Tender coconut water locally called **Nariyal-Pani**.
- **Sol Kadhi**, thin coconut milk flavored with *Kokum* and ginger-garlic-chili paste.

There are a few cold beverages which come as cocktails and are prepared using alcohol.

## Alcoholic Beverages

These are served cold. Alcoholic beverages are intoxicating and contain **ethanol**, commonly known as alcohol. Such beverages need to undergo fermentation and distillation to generate alcohol contents. The percentage of alcohol varies in the range of 0.5% to 95% depending upon the methods of fermentation and distillation.

- Wine, Cider, Perry, and Champaign are **fermented** alcohols.
- Beer, ale, and lager are **fermented and brewed** alcohols.
- Gin, Vodka, Whisky, Rum, Brandy, and Tequila are **distilled** alcohols.



If a beverage contains at least 20% **Alcohol by Volume (ABV)**, it is called **spirit**. **Liquors** are similar to spirits. The only difference is that liquors come with added sweetness and flavoring. Liquors and spirits, both are strong alcoholic beverages. The following are a few most popular alcoholic beverages:

| Beverage | Process/ Raw Material  | Origin                | Alcohol by Volume (ABV in %) |
|----------|--|-----------------------|------------------------------|
| Beer     | Beer is obtained by fermenting liquid mixture of cereals such as corn, rye, wheat, barley and yeast. | Throughout the world. | 5 – 10                       |

## Food and Beverage Services

| <b>Beverage</b> | <b>Process/ Raw Material</b>  | <b>Origin</b>                    | <b>Alcohol by Volume (ABV in %)</b> |
|-----------------|---|----------------------------------|-------------------------------------|
| Brandy          | Brandy is obtained by distilling the fermented fruit juices.  |                                  | 40 - 50                             |
| Gin             | Gin is obtained by distilling the fermented juice of Juniper berries with water.  | Holland                          | 40 - 50                             |
| Rum             | Rum is obtained by fermenting Sugarcane juice or Molasses for at least three years.   | Central/<br>South<br>America     | 40 - 55                             |
| Tequila         | Tequila is obtained by distilling fermented juices of Blue Agave plants.  | Mexico                           | 40 - 50                             |
| Vodka           | Vodka is prepared by distilling starch or sugar-rich plant matter.  | Russia                           | 35 - 50                             |
| Whisky          | Whisky is prepared by distilling fermented juice of cereal grains.  | Scotland                         | 40 - 55                             |
| Wines           | Wines are obtained from fruits such as grapes, peaches, plums, apricots, pomegranate. The fruits are crushed and fermented in large containers. | France/<br>South<br>Africa/India | 5 - 20                              |

Due to the unwanted side effects of alcohol on consumer and the society, it is the responsibility of food and beverage service staff to verify the young customer's age before serving alcoholic beverages.