



Lift Your Spirits: A Celebratory History of Cocktail Culture in New Orleans

Elizabeth M. Williams, Chris McMillian

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The Sazerac, the Hurricane, and the absinthe glass of Herbsaint are among the many well-known creations native to New Orleans's longstanding drinking culture. But more than vehicles for alcohol, the cocktails and spirits that complement the city's culinary prowess are each a token of its history. In every bar-side toast or street-corner daiquiri you can find evidence of the people, politics, and convergence of ethnicities that drive the story of the Crescent City.

In *Lift Your Spirits: A Celebratory History of Cocktail Culture in New Orleans*, Elizabeth M. Williams, founder and director of the Southern Food and Beverage Institute, and world-renowned bartender Chris McMillian illuminate the city's open embrace of alcohol, both in religious and secular life, while delving into the myths, traditions, and personalities that have made New Orleans a destination for imbibing tourists and a mecca for mixologists.

With over 40 cocktail recipes interspersed among nearly three hundred years of history, a sampling of premier cocktail bars in New Orleans, and a glossary of terms to aid drink making and mixing, *Lift Your Spirits* honors the art of a good drink in the city of good times.

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