

# The Perfect Summertime Sipper; Salud!

Written by Nadine Toren

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personality and AZfoothills.com columnist Nadine Toren is scouring the area, finding savvy Valley features, bringing readers on the scene." Every day she'll introduce you to , athletes, and give you an inside look into local events and hot spots. She'll touch on topical issues, and keep AZ fans posted on all the big talkers around town.



**Kick things up in the kitchen (and blender) with these creative margarita-making tips. Your taste-buds will thank you...**

It's said a woman named Margarita Sames created the famed (and fabulous) beverage.

Apparently, the socialite often hosted parties at her Acapulco home in the mid 1940s, serving her signature sipper: a tequila concoction infused with fresh lime and a hint of cointreau.

The tasty drink became her savvy staple, and as word spread, a number of people started requesting "The Margarita."

Yes, this is only one of the many stories describing the origin of the margarita, but one Valley cocktail connoisseur says it's the most popular.

"The drink's popularity took off in the '40s and early '50s," said Anthony Georgoulis, Area Manager, Salty Seniorita.

In fact, "Esquire Magazine" named the margarita "Drink of the Month" in 1953—the first official time the cocktail was unveiled in print.

"Exotic, savory drinks are timeless," said Georgoulis.

Anthony Georgoulis spends his days primping and preparing Salty Seniorita's 51 margaritas. He joined the Salty team a number of years ago, and now travels between the Valley's three restaurant locations.

"Creating margaritas is like cooking; have fun with it!"

He says you too can be a booze barista, no matter your background. Georgoulis originally wanted to be a history teacher after earning his college degree in Chicago, but instead, found himself at home behind the bar.

"I loved being a bartender."

He later ditched Chi-town to earn his Master's Degree in AZ; however, he stumbled upon Salty and the rest is history. Now, he's dishing his savvy secrets to creating the very best margaritas.

"It's all about using fresh foods and experimenting."

Georgoulis prefers hitting up the Farmer's Market for basil, cucumber, and watermelon, then adding the special ingredients to the mixed drink.

He says you'll first need to start with the foundation of a typical marg: tequila, some sort of citrus component (like lime), and a sweetener (like orange liquor). After that, the possibilities are endless.

"One of Salty's best-sellers is our Undertone Margarita where we use a splash of Jack Daniels."

And you can never go wrong with good old J.D.

Yep, he says you can kick things up by simply adding a ½ ounce-one ounce of just about anything to your personalized margarita—ginger, saki, or the vanilla-enriched Liquor 43. Each unique addition will delight your taste-buds.

However, they'll also pack on the pounds.

Here's the buzz-kill: margaritas can exceed 500 calories a glass, but Georgoulis says that's because the mixers are often fatty. In general, alcohol contains about 64 calories an ounce—and that's once ingredient you can't do without. BUT, to keep things on the lighter side, Georgoulis suggests adding freshly-squeezed lime juice (about 10 calories per lime), a splash of soda, and a ½ ounce of agave nectar (about 30 calories) to your tequila. On average, you'll end up with a 150 calorie "skinny" margarita.

"It will still taste just as good."

It's something dear Margarita Sames would surely "cheers" to, so "salud" to the margarita, and make the savvy sipper your refreshing poolside pick.

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For more information, visit: [www.saltysenorita.com](http://www.saltysenorita.com)

Want some of Salty's secret recipes??? Turn to Page Two...

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### El Pepino:

1 1/2 oz Peligroso silver Tequila

1/4 oz Agave Nectar

1/4 cup cucumber (finely chopped)

1/4 cup watermelon (finely chopped)

3oz Tres Agaves Margarita Mix

Shake and Strain (or flash blend) and pour into a Margarita Glass

### La Boheme

1 1/2 oz Peligroso Silver Tequila

1/2 oz St. Germain Elderflower liqueur

Squeeze Agave Nectar

4oz Tres Agaves

Shake and Strain over ice.

### Ginger Basil and Berries

1 1/2oz Peligroso Silver

2oz Ginger Simple syrup

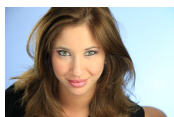
Squeeze agave nectar

1oz Tres Agaves Margarita Mix

4 or 5 leaves of fresh basil

3 or 4 fresh berries (raspberries)

Muddle Berries Basil and 1/2oz Ginger Simple Syrup, Top with Peligroso Tequila and all other ingredients. Shake thoroughly and strain over ice.



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