

The Repeatable Cocktail Specification

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Measure it, record it, then change one variable at a time.

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DRINK NAME:	_____	VERSION:	_____			
METHOD:	☐ SHAKE	☐ STIR	☐ BUILD	☐ OTHER	SERVES:	_____
GLASS:	_____	SERVING ICE:	_____	TOTAL UNITS:	_____	

ML	INGREDIENT	ABV %	UNITS	ROLE
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

TECHNIQUE + SERVICE

Ice used / amount: _____

Shake or stir time: _____

Strain / finish: _____

Garnish + purpose: _____

TASTE, THEN ADJUST

- | | |
|---|------------------------|
| ☐ Sharp / thin | +5 ml syrup |
| ☐ Sweet / heavy | +5 ml citrus |
| ☐ Hot / disjointed | more chill / dilution |
| ☐ Watery | colder ice / less time |

FINAL SPECIFICATION + RESULT

What changed and why: _____

Repeatability check: ☐ measured ☐ hard ice ☐ served promptly ☐ final ratio recorded

Cocktail Unit Calculator

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Use the UK formula and count every alcoholic ingredient using the ABV on the actual bottle.

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FORMULA **$ABV (\%) \times \text{volume (ml)} / 1,000 = \text{UK units}$**

Example: 50 ml at 40% = 2 units; 25 ml at 20% = 0.5 units; cocktail total = 2.5 units.

ALCOHOLIC INGREDIENT	VOLUME ML	ABV %	ABV x ML / 1,000	UNITS

TOTAL THE RECIPE, THEN DIVIDE ONLY IF IT MAKES MULTIPLE SERVES

TOTAL UNITS IN RECIPE: NUMBER OF SERVES: UNITS PER SERVE:

QUICK REFERENCE

25 ml at 40%	1.0 unit
35 ml at 40%	1.4 units
50 ml at 40%	2.0 units
25 ml at 20%	0.5 units

Use these only when the bottle ABV matches.

SERVE + WEEKLY CONTEXT

Cocktail:

Units per serve:

Serves planned:

Units already this week:

The weekly guideline is not a target or a risk-free level.

LOW-RISK GUIDANCE + SAFETY

UK guidance: do not regularly exceed 14 units a week; if drinking that much, spread it over 3 or more days.

Do not drink and drive. The safest approach in pregnancy is not to drink. Check medicines or health conditions with a clinician.