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How to Drink and Not Look Like an Idiot

Emily Miles

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A practical guide to help you differentiate between quality booze and cheap rubbish, helping you to see alcohol as more than just a tool to get you drunk. Friday night at the bar in town: revellers swig beer, slam shots, and repeat until failure. Happy hour turns into kebab o'clock, then everyone staggers home, job done. We've most of us been there (and had fun doing it), but there comes a time when you want to graduate from downing cheap booze in sticky venues to something a little more sophisticated. And, as the flood of new artisan alcohols and serious bars we're currently enjoying attest, refinement is enjoying a resurgence - which means there has never been a better time to know how to drink and not look like an idiot. The pursuit of quality over quantity is at the heart of drinking well - and it's easier than you think. The following chapters will provide the tips, tricks, and tools to ensure you know what you're doing whether you're in a high-end restaurant or navigating a cocktail menu at your local bar. So if you want to know how to match wine with your evening meal, why you should sip a single malt rather than slam it, how to prepare for an all-day drinking event, or how to build a home liquor cabinet, then read on.

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