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The Great Pretenders

Party Guide



Nonalcoholic Drink Recipes from AAA Diamond Award Restaurants in:
Illinois, Indiana, Iowa, Michigan, Minnesota, Nebraska, North Dakota, Wisconsin

Dear Friends of AAA

For 102 years, AAA has been involved in all

aspects of traffic safety, but none is more important than the effort to stop drunk driving.

In the United States in 2003, more than 17,000 people died in vehicle crashes in which alcohol consumption is believed to have been a factor. Thousands more were injured, and the cost of medical expenses and property damage was an estimated \$50 billion. There is no way to quantify the mental anguish and disruption of life for the families of those killed and injured in that traffic mayhem.

The only sure way to combat the menace of drunk driving is for drivers to responsibly control alcohol consumption before they get behind the wheel. The six AAA clubs in The Auto Club Group annually sponsor The Great Pretenders Party Guide to help hosts moderate alcohol consumption by guests during the holiday-party season. The recipes in this booklet can be festive options for those who are driving or prefer not to drink alcohol.

We hope you will have great joy entertaining family and friends during the holiday season, but please do so responsibly.



Cordially,

AAA Chicago
STEVE JN. BERNTH
President/COO

AAA Michigan
LINDA M. WOOLWINE
President/COO

AAA Minnesota/Iowa
JEFFREY S. OGDEN
President/COO

AAA Nebraska
AAA North Dakota
MARK E. GRIEB
President/COO

AAA Wisconsin
TED R. GAMBILL
President/COO

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Tasty Treats

Snack foods can be an important part of a good party, and they can help slow down alcohol absorption. The snack recipes in this booklet are from "All About Party Foods & Drinks," one of the volumes in Scribner's Joy of Cooking series of cookbooks, on sale at leading bookstores. The recipes are reprinted with the permission of Simon & Schuster Inc.

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 AAA Chicago

 AAA Minnesota/Iowa

 AAA North Dakota

 AAA Michigan

 AAA Nebraska

 AAA Wisconsin

Diamond Ratings ◆◆◆◆

Millions of people rely on the Diamond ratings in AAA's TourBook® guides to help decide on places to stay and dine. AAA inspectors visit more than 55,000 establishments each year and rate them from One Diamond to Five Diamond based on hospitality industry criteria and the level of value-added amenities an establishment provides.



Abbreviations and Quantities

T: tablespoon	t: teaspoon	c: cup	qt: quart
oz: ounce	sc: scoop	btl: bottle	stk: stick

Uptown Grill ◆◆◆

LaSalle, Illinois
JIM LANNEN

Turtle Frappacino

3 c	cubed ice
3 oz	espresso
3 oz	whole milk
1½ oz	caramel syrup
1½ oz	Hershey's chocolate syrup

Makes 1 serving. Blend all ingredients until smooth. Garnish with whipped cream and a sprinkle of crushed pecans.

Café Cortina ◆◆◆◆

Farmington Hills, Michigan
RINA & ADRIAN TONON

Il Sgroppino

1 sc	rich vanilla gelato ("Alinosi")
3 oz	nonalcoholic champagne
1 oz	lemon juice
2	small ice cubes

Makes 1 serving. Blend all ingredients until smooth. Pour into tall flute. Use candied lemon peel as garnish or trace of grated lemon peel.

Alcohol

The Myths

- It is a stimulant.
- It has nutrients.
- It increases mental and physical ability.
- In given amounts, alcohol affects individuals in the same way.
- There are ways to sober up quickly.

The Facts

- * It is a depressant.
- * It has calories.
- It decreases mental and physical ability.
- In given amounts, it affects individuals differently.
- Time is the only way to sober up.

Topolobampo ◆◆◆◆

Chicago, Illinois
RICK BAYLESS

Limonada

- $\frac{1}{2}$ - $\frac{2}{3}$ c sugar
- $1\frac{2}{3}$ c freshly squeezed lime juice (8 to 10 limes)
- 1 qt** sparkling water

Note: The juice and sugar may be mixed together a little ahead, but the sparkling water must be added at the last minute.

Makes 5 to 6 servings. Add the smaller amount of sugar to the lime juice and stir until the sugar is dissolved. Add the sparkling water, stir and taste for sweetness; add more sugar if desired. Pour over ice and serve immediately.

The Grill in the Ritz-Carlton ◆◆◆◆

Dearborn, Michigan
ABDULLAH VURAL

Place the orange, lime and lemon wheels in the bottom of a glass pitcher. Using a long spoon, muddle them together with orange juice, lemon juice and simple syrup. Add the white grape juice and top with club soda. Serve over ice in a large-stemmed wineglass. Garnish with fresh seasonal fruit.

Endless Summer

- 1 btl** white grape juice (46-oz)
- 3 oz** orange juice
- 2 oz** fresh lemon juice
- splash** club soda
- 1 T** simple syrup (50/50% sugar, water)
- 3** orange wheels
- 3** lime wheels
- 3** lemon wheels

Makes 6 servings.

Exotic

Did You Know?

- ◆ Your judgment is the first important driving ability affected by alcohol and it is affected by even one drink.
- ◆ The penalties for drunk driving are stiffer than ever. Thirty-nine states have laws that allow police to take away an intoxicated driver's license on the spot.
- ◆ Two of every five Americans will be involved in an alcohol-related crash at some time in their lives.
- ◆ Every three hours, someone under age 21 dies in an alcohol-related crash.

Schumacher's Hotel and Restaurant ◆◆◆◆

New Prague, Minnesota
BOB LINCOLN

Schumacher's Sun Splash

- 3 oz** orange juice
- 2 oz** cranberry juice
- 2 oz** pineapple juice
- 1 oz** grape juice
- splash** 7-up
- float of** grenadine

Makes 1 serving. Blend ingredients and pour over ice. Garnish with pineapple rim and a cherry.

Duba's ♦♦♦

Grand Rapids, Michigan
JEFF MINNEMA

Cranberry Burst

- 1 oz cranberry juice
- 1/2 oz grenadine
- 1/2 oz cherry juice
- 2 oz Sprite
- 2 oz Squirt

Makes 1 serving. Blend ingredients and pour over ice.

Make Guests' Safety Your First Concern

The most important thing you can do as a party host is make sure your guests don't drive after consuming too much alcohol.

- Serve a variety of nonalcoholic beverages like the drinks in this booklet. Don't force alcoholic drinks on your guests.
- Put away the alcohol after a reasonable time, and make it known that coffee and desserts are available.
- Slow down the drinking rate of your guests with lively talk, party games and lots of good food.
- Serve protein-rich and starchy foods throughout the evening to help retard alcohol absorption.
- Encourage car-pooling. Give a small gift to designated drivers.
- For guests who have consumed too much alcohol, take the car keys and call a cab, or let them sleep overnight in your home.



BPIISK

Liberty Tavern in the
Hilton Omaha ♦♦♦♦

Omaha, Nebraska
DAVID BARBOUR

Rub raspberries through wire strainer with back of wooden spoon; transfer puree to cocktail shaker. Pour the peach juice into the cocktail shaker with ice and shake until a frost forms. Strain into a tall, chilled glass and top off with sparkling mineral water; stir gently.

Liberty Tavern Sparkling Peach Melba

- 1/2 c frozen raspberries
- 4 oz peach juice
- sparkling mineral water, to top off

Makes 1 serving.

The Wellington
Restaurant ♦♦♦

Green Bay,
Wisconsin
LISA MILLER

Batman

- 4 oz orange juice
- 1 oz grenadine
- splash club soda

Makes 1 serving. Mix orange juice and grenadine. Top with club soda. Pour into glass over ice.

Fanny Hill Dinner
Theatre and Dining
Room ♦♦♦♦

Eau Claire, Wisconsin
JEFF MADISON

Cranberry Spritzer

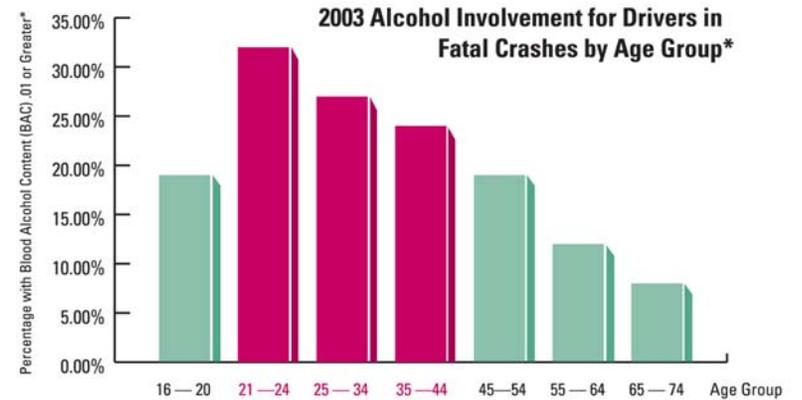
- 5 1/3 oz** cranberry juice

- 5 1/3 oz** orange juice

- 2 oz** 7-up

- 2 oz** bar sour

Makes one 16-oz serving. Fill two-thirds of a glass with equal parts cranberry juice and orange juice. Top with 7-up and bar sour.



There were 17,013 alcohol-related fatalities in 2003 — 40 percent of the total traffic fatalities for the year. AAA urges all motorists not to drink and drive.

Source: U.S. Department of Transportation, National Highway Traffic Safety Administration

Sip

The Carriage House
Dining Room ♦♦♦♦

South Bend, Indiana
JUDY COTE

Infuse apple cider with cinnamon sticks, then chill for a minimum of two hours leaving cinnamon sticks in mixture. Mix frozen cranberry juice with cider to a slushy state. Reserve cinnamon sticks for garnish. Pour slush into small wine or martini glass. Top with slowly poured ginger ale to form a sparkling layer. Garnish with fresh frozen cranberries and cinnamon sticks. Serve immediately.

Sparkling Cranberry Apple Cinnamon Slushy

- 1 qt** almost frozen cranberry juice

- 1 c** apple cider

- 4** cinnamon sticks

- 8 oz** chilled ginger ale

- 1 pkg.** fresh frozen cranberries

Makes 4 servings.

Dakota Magic Casino
& Hotel ♦♦♦♦

Hankinson, North Dakota
REBECCA LECLAIR

Note: Can be blended together to make a great cooler.

Magic Punch

- 1 1/2 oz** pineapple juice

- 1 1/2 oz** cherry juice

- 2 1/4 oz** orange juice

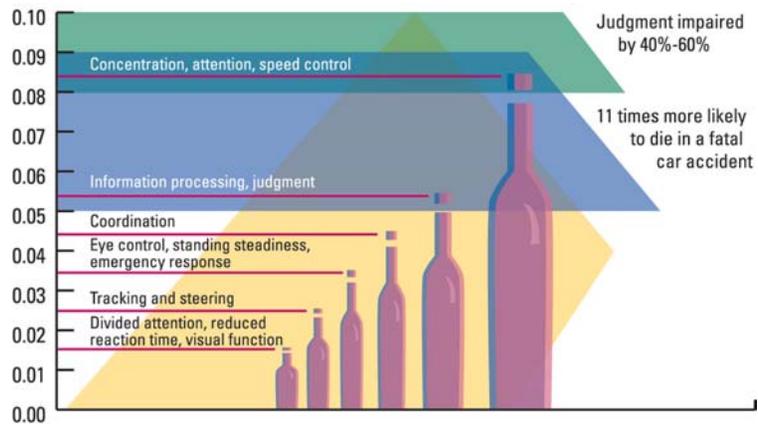
- 2 1/4 oz** cranberry juice

- 2 1/4 oz** lemon juice

- 2 1/4 oz** 7-up

- 2 1/4 oz** nonalcoholic strawberry margarita mix

Makes one 16-oz serving. Blend all ingredients and pour over ice.



Blood Alcohol Content (BAC) And Areas Of Impairment

Biaggi's Ristorante Italiano ◆◆◆

Davenport, Iowa
BENJAMIN SHEELER

Clean fruit accordingly and place in blender with ice cream, pineapple juice, cranberry juice and pina colada mix. Blend until liquefied. Add ice and continue blending until smooth.

Serve in a frozen pint glass with whipped cream and a fanned-out strawberry as garnish.

Il Gelo di Firenze
(The Florence Freeze)

- 1 oz** raspberries (fresh or sauce)
 - 1½ oz** strawberries (fresh)
 - 3½ oz** bananas (fresh)
 - 4½ oz** vanilla ice cream
 - ½ oz** pineapple juice
 - ½ oz** cranberry juice
 - 1½ oz** pina colada mix (nonalcoholic)
 - 7 oz** crushed ice
- Makes 2 servings.

SAVOR

Terrace Grille Restaurant in The Cornhusker Hotel ◆◆◆

Lincoln, Nebraska
ROBB SHULL

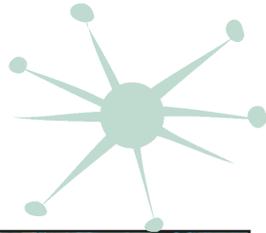
Strawberry Orange Banana Fruit Smoothie

- 1 sc** ice
- ½** peeled banana
- 3 oz** strawberries (fresh or frozen)
- 4 oz** orange juice
- 1* sc** vanilla ice cream or frozen yogurt

*optional
Makes one serving. Blend all ingredients. Garnish with fresh orange slice.



Bruschetta with Tomatoes and Basil



8	thick slices of crusty firm Italian or other country-style bread
2	large cloves garlic, halved
3-4 T	extra-virgin olive oil
4	medium ripe tomatoes, cored and diced
1/2 c	slivered fresh basil leaves
	salt and ground black pepper to taste

Makes 8 slices

For bread:

Prepare a medium-hot charcoal fire or preheat broiler. Place bread slices on the grill or under the broiler. Grill or broil, turning once, until golden brown, about 3 minutes each side. Remove from heat and rub the bread surface with halved garlic cloves. Brush bread slices with olive oil. Set aside.

For tomato mixture:

Combine tomatoes and basil leaves. Add salt and ground pepper to taste.

Divide tomato mixture among grilled bread slices and serve immediately.



Spinach and Feta Triangles

For pastry:

4 T	butter melted
8	sheets frozen phyllo dough, thawed

Preheat oven to 375° F. Remove one sheet phyllo dough and brush with melted butter. Lay another sheet over the first and cut lengthwise into 9 strips. Working with 1 strip at a time, spoon 1 teaspoon of filling at bottom left corner of strip. Fold bottom end over filling to meet right-hand edge, making a triangle; continue to fold, as if folding a flag, all the way to the top. Place on baking sheet. Repeat with remaining strips. Brush tops with melted butter. Repeat with remaining phyllo and filling. Bake until golden brown, about 15 minutes. Serve hot.

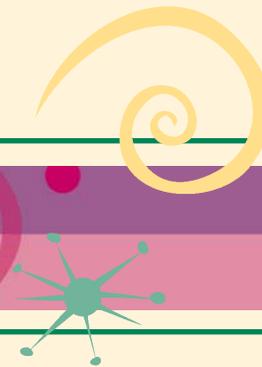
For filling:

2 T	butter
1/4 c	minced onions
10 oz	frozen chopped spinach or mustard greens, thawed and well drained
4 oz	feta cheese, crumbled
1 t	fresh lemon juice
1/2 t	ground black pepper

Makes 36 triangles. Melt butter in a small skillet over medium heat. Add and cook minced onions, stirring for about 5 minutes. Add chopped spinach or mustard greens to onions. Cook over medium heat until the juices are evaporated, about 5 minutes. Remove to a medium bowl and let cool. Stir in feta cheese, fresh lemon juice and ground black pepper.



Tasty



Pigs in a Blanket

- 1** 8-oz can refrigerated crescent roll dough

- 16** cocktail franks drained well

- 1** large egg

- 1 T** milk

Makes 16 pieces.

Preheat oven to 375° F. Separate crescent roll dough into 4 equal rectangles, ignoring corner-to-corner perforations. Cut each rectangle into four 3-inch-long strips. Brush each strip lightly with Dijon mustard. Top each strip with 1 cocktail frank. Roll dough around each frank, pushing the dough together at the ends to seal. Place the rolls seam side down on an ungreased baking sheet, about 2 inches apart. Whisk together egg and milk then brush lightly over the tops of the rolls. Bake until the dough is puffy and golden brown, about 15 minutes. Let stand for 2 to 3 minutes, then serve with a dipping bowl of: Honey-Mustard Dipping Sauce or mustard.



Honey-Mustard Dipping Sauce

- 6 T** honey

- 1/4 c** Dijon mustard

- ground red pepper to taste

Stir together ingredients in small bowl. Serve at room temperature. This sauce will keep, covered and refrigerated, for up to 1 month.

Makes approximately 3/4 cup

Ham Rolls with Asparagus and Honey Mustard

- 5** medium-thin slices smoked ham or prosciutto (about 8 ounces)

- 20-25** stalks cooked asparagus

- 2 t** Honey-Mustard Dipping Sauce

Makes 20 to 25 pieces.

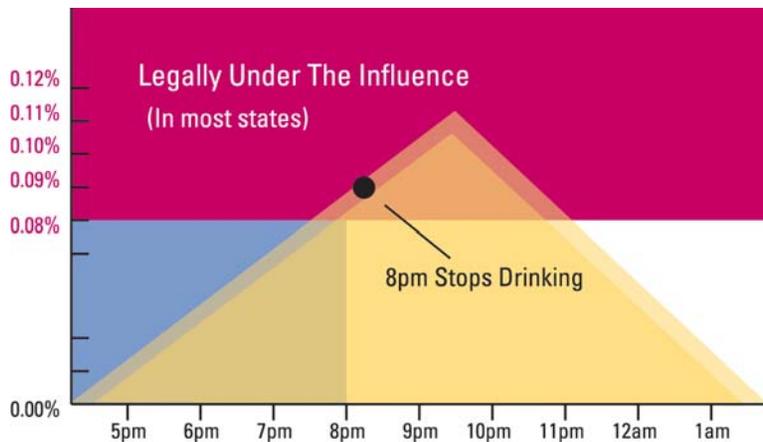
Lay ham slices on clean work surface. Carefully spread the slices with a thin layer of Honey-Mustard (about 2 teaspoons). Along one edge of each slice, lay 1 cooked asparagus stalk. Roll the ham around the asparagus to form a long cylinder. Cover with plastic wrap and refrigerate until firm, 1 to 3 hours. When ready to serve, slice each roll crosswise into 4 or 5 pieces, about 1 inch long. Stand the slices, cut side up, on a platter, alone or with other rolled meats. Garnish with orange slices and watercress sprigs.



Alcohol and You

The most important factors determining how quickly a person will reach a point where he/she should not drive are the rate of alcohol intake, gender, weight and recent food intake. Females absorb alcohol at a faster rate than males. It will usually take more drinks for a person who weighs 200 pounds to reach a specific blood-alcohol content (BAC) level than a person who weighs 150 pounds. Having a full stomach can slow the rate at which alcohol is absorbed into the bloodstream by as much as one-third.

Many people have the misconception that when they cease drinking their BAC immediately begins to decrease. Not true. It takes 20 to 40 minutes for alcohol from a drink to be absorbed into the body.



Alcohol Elimination Rate

This chart illustrates how an individual's BAC continues to increase for a period of time after drinking stops. This 150-pound male started drinking on an empty stomach at 5 p.m. When he consumed his last drink at 8 p.m., his BAC was .09 percent. By 9 p.m., his BAC had continued to rise to .12 percent. Under the law in every state, he would be presumed to be under the influence of alcohol. At 11 p.m., three hours after the last drink had been consumed, the BAC was still high enough for the drinker to be considered too impaired to drive in many states.



Contacting Your Local AAA Club

Additional copies of The Great Pretenders Party Guide are available free to individuals (the general public, as well as AAA members) and to groups. To order copies, or to request information about the benefits of AAA membership, AAA products and services or information about drunk driving or other traffic safety issues, call or write the club closest to your home. On the Internet, you may visit www.aaa.com.

AAA Chicago
975 Meridian Lake Drive
Aurora IL 60504
(866) YOURAAA (968-7222)

AAA Michigan
1 Auto Club Drive
Dearborn MI 48126
(800) AAA-MICH (222-6424)

AAA Minnesota/Iowa
420 Gateway Blvd.
Burnsville MN 5537-2559
(800) 222-1333

AAA Nebraska
910 North 96th Street
Omaha NE 68114
(800) 222-6327

AAA North Dakota
1801 38th Street SW
Fargo ND 58103
(800) 342-4254

AAA Wisconsin
8401 Excelsior Drive
Madison WI 53717
(800) 236-1300