

on the table.

Hosting tips & recipes for connection

Let it go!

Whether you're throwing a public or a private On the Table, overthinking your guests' experience can be a natural state for a host. The best thing you can do for yourself and your guests is to let go of your worries and enjoy the experience. People will feed off of your energy, so let yourself have fun at your own event! As an icebreaker to get the ball rolling, you can encourage your guests to share their own experiences with the topic by asking them what came to mind when they first heard the theme. As a host, your key role is to get people together and introduce a conversation starter. After that, let the conversation flow - sometimes the best topics emerge and evolve naturally.

On the menu — for On The Table

Start to cultivate an encouraging atmosphere by offering a selection of drinks for your guests. From iced tea to sparkling wine, matching your drinks to the vibe of the event (or even the weather) is one way to help make your guests feel at ease. Often people feel more comfortable with something to hold on to and sip on while mingling with new people. Speaking of sips, this week we have Patrick Connelly from Sunday Cider sharing some tips on how to cultivate the right vibe through your drink choices! For cider expert Patrick Connelly, hosting an event is all about cultivating the perfect atmosphere through food, drink, and fun.



Patrick Connelly &
Clinton McDougall

“There are a few key ingredients to create the context for a good event: a sterling playlist, good food, and cold drinks.

Does the venue matter? Yes, but once people are eating and drinking, they could be standing in a hot parking lot and be very happy indeed. One sure-fire way to break the ice is to hand someone a cold sparkling drink. We are rather biased in this matter – cider is our top choice. Why choose cider? Well-crafted fermented apple juice is approachable, versatile, and delicious, just like your very best party guests should be. Cider builds a bridge that connects wine and beer drinkers. It can be dressed up to present like a fine sparkling wine, but it is usually lower alcohol (and a tad less pretentious perhaps). No fancy oenology education is required to quaff a glass of good cold cider. Gluten-free and vegan, cider can also roll up to the party in tattoos, cut-offs and sneakers, pairing well with a variety of foods from fatty street food to fine cheese plates.”

—Patrick Connelly Co-owner of Sunday Cider

Sunday Cider Rosé Cocktail

What you'll need

6 ounces of Sunday Sesh
(a good BC dry cider will do the trick)
4 ounces of cold Hibiscus tea

*Garnish: Watermelon Slice

(A great substitute for cider if you're looking for a non-alcoholic option is a flavoured or unflavoured sparkling water. This would be both refreshing and hydrating for your guests.)

How to make it

1. Brew a strong cup of Hibiscus tea and let cool (add a little honey or agave syrup if you want it a bit sweeter)
2. Put a few cubes of ice into your favourite glass
3. Pour in Sunday Cider (or sparkling water)
4. Top with Hibiscus tea
5. Garnish with watermelon and serve

Cider pairing tip

It's no secret than cider pairs well with cheese. The crisp malic acid of cider and the creamy textures of cheese make a perfect match. Try pairing cider with high quality vegan cheese. If you live in Vancouver check out [Blue Heron Creamery](#).

Choosing a cider

Look for a quality dry cider made in BC. For packaged cider, go to a private liquor store as they have the best selection. The best cider is usually sold in 750 ml sparkling-style bottles, but good stuff is increasingly finding its way into cans. For quality cider, expect to pay more than craft beer. Like anything: ask questions, shop around, buy and try.

