Sentinel

Local·LIBATIONS

by ZACH ROSEN

{ FIG MOUNTAIN 101 }

Taste?

like en ale and cold-o

ith a light flavor of sun-kissed grains, a zesty fruitiness, and hop flavors of spring flowers,

this Kölsch-style

beer is suitable for wherever you're situated along the endless warmth of our central Californian coast.

Fig SB Taproom:

137 Anacapa St, #F Santa Barbara, CA 11am-11pm Daily 805-694-2252 www.figmtnbrew.com

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QUICK BITES

SPECIAL RECIPES FROM TALENTED CHEFS IN SB

eslie Thomas of The Accidental Chef shares a tasty treat that makes our bellies rejoice! She uses all-organic and local produce in the kitchen, and her skills can be seen at cooking demos around Santa Barbara (check her website for events). Below is a gluten free, dairy free, and soy-free treat. It's chocolate, too. Doesn't get much better than this.

CHOCOLATE CHIA SHOTS

Makes four 2-ounce shots

Good for breakfast, snack, or dessert

Ingredients

3/4 cup vanilla almond milk

- 2 Tbsp black chia seeds
- 2 Tbsp unsweetened cacao powder
- 1 Tbsp mild runny honey or pure light maple syrup (if milk is unsweetened, add 3/4 tsp more honey or syrup) *add a splash of Bailey's if you're feeling frisky

Directions:

- 1. Combine all ingredients
- 2. Stir frequently for 30 min. to blend & eliminate clumps
- 3. Cover & chill in refrigerator for 2 hours
- 4. Stir & pour into shot glasses
- 5. Take a shot!



For more, all-natural recipes by Leslie visit: www.accidentalchef.net

Raising the Bar

FAVORITE BARTENDERS AND SERIOUS COCKTAILS

eet **Gabriella Reinoso**, our new BFF who makes a mean drink. Hailing from NYC proper, she made her way west and behind the bar of **The Good Lion** – a Hemingway-inspired speakeasy with a knack for crafty cocktails and highly educated and friendly bartenders. All mixings, batchings, and infusions in-house. Safe to say, it's our new favorite place. Ask Gabriella for her version of a "French 75". You won't be disappointed.

The Good Lion • 1212 State Street, Santa Barbara, CA 93101 • Open 4 PM - 1 AM

"FRENCH 75"

11/2 oz. London Dry Gir 1/2 oz. lemon juice 1/2 oz. St. Germain Top with champagne Shake and serve in champagne coupe





