



Mint Julep

10 minutes

Hands on

1

Portion(s)

1

Difficulty



Ingredients

- 60 ml bourbon
- 15 ml syrup, sugar
- 10 mint leaves
- 1 sprig(s) mint, for garnish
- ice, crushed

Διατροφικός πίνακας

Nutrition information per portion

163 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	9.2 Total Carbs (g)
8%	0%	0%	4%
9.2 Sugars (g)	0.0 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
10%	0%	0%	0%

Method

The Mint Julep will take you to the American South which is where it originated! Even though it is a simple drink to make, it will only come out perfect if you use fresh mint and good quality American whiskey. Using crushed or shaved ice will not only give it a nicer appearance but it will also water it down quicker, which is something you want for this particular drink.

For the sugar syrup:

- Combine 1 part hot water and 1 part sugar in a container (ideally an ovenproof one).
- When the sugar has dissolved completely, set the mixture aside to cool. Can be stored in the refrigerator for up to 1 month.

For the mint julep:

- Snip off some sprigs of mint leaves from off the tops of a bunch, since they are the most aromatic.
- Pick about 10 mint leaves, depending on their size.
- Place the leaves in a low glass (ideally a julep cup) and add 15 ml sugar syrup.
- Gently press down on the mint 2-3 times with a pestle but do not crush completely. This is done to release the mint oils.
- Add 60 ml of bourbon or American rye whiskey.
- Fill the glass with crushed ice and mix for a few seconds to combine and chill the mixture.
- Top off with enough crushed ice so that the drink looks like a snow cone.
- Finally, create a small mint bouquet with the sprigs of mint. This is a characteristic Mint Julep garnish! Gently hit them on the outer side of your hand to release their aroma and place them on the drink, next to a straw.

Tip

If you use a Mint Julep Cup, your cocktail will not only have a more authentic appearance but it will also keep it nice and frosty due to the material it is made out of!