



# Mojito

**10 minutes**

Hands on

**1**

Portion(s)

**1**

Difficulty



## Ingredients

- 50 ml rum, white
- 25 ml lime juice, fresh
- 25 ml syrup, sugar
- 50 ml water, sparkling, mineral
- 8-10 mint leaves
- mint, springs, for garnish
- ice, shaved

## Διατροφικός πίνακας

Nutrition information per portion

182 Calories (kcal)	0.03 Total Fat (g)	0.0 Saturated Fat (g)	15.7 Total Carbs (g)
9%	0%	0%	6%
15.7 Sugars (g)	0.1 Protein (g)	0.03 Fibre (g)	0.0 Sodium (g)
17%	0%	0%	0%

## Method

### For the simple syrup

- Mix 1 cup of hot water with 1 cup of sugar and keep stirring until all the sugar dissolves. Let the mixture cool down and store in the fridge for up to 1 month.

### For mojito

- Pull about 8 mint leaves from the lower part of your mint sprigs and keep the upper, more aromatic and attractive part for later use as garnish.
- In case you are using spearmint, which is a sweeter, more delicate type of mint, there is no need to muddle the leaves at all. All you need to do to get the flavor out of your mint is slap it sharply a couple of times. Then, place the mint into a frozen highball glass.
- Next add 1 part sugar syrup, 1 part fresh lime juice (all solids strained out) and 2 parts light rum.
- Fill 3/4 of the glass with ice cubes or crushed ice and stir until all ingredients are nicely mixed together.
- Fill your glass to the top with ice and pour in the sparkling water. Give the drink a gentle final stir and toss in a straw.
- As a final touch, choose a couple of nice looking mint sprigs, hold them together into a tight bunch and slightly bruise the leaves by hitting them on the back side of your hand and place them right next to the straw. This will release more minty aromas by expressing some of the oils on the surface of the leaves. The garnish doesn't only look great but also smells wonderful as you take a sip.

## Tip

For the perfect mojito, high quality, fresh ingredients are vital. Make sure you use freshly squeezed lime juice, fresh mint, an extra bubbly mineral water and a good quality light rum!