

MINT JULEP

Last Modified: 12/10/2014

MAKE: 5 Min

F EASY

COCKTAILS

MAKES 1 COCKTAIL

QUA	MEASURE	INGREDIENT	PROCESS
2 ~ 3	Oz	Bourbon	
2	Tsp	Simple Syrup	
10	Leaves	Fresh Mint	
PLUS			
	Several	Mint Sprigs For Garnish	
		Crushed Ice	

PREPARATION

FACTOID	<p>With a formula almost as old as the republic, the Mint Julep is a product of an era in which things were done much slower and deliberately. Somewhat labor-intensive to properly make, a good Mint Julep can't be rushed, and cranking them out by the hundreds using prepared mixes and flavored syrups can only result in overall sadness.</p>
1	<p>Place the Sugar and Water at the bottom of a julep cup or tall glass and stir until the Sugar is dissolved (or speed the process by using Simple Syrup). Add the Mint Leaves and gently bruise them with a wooden muddler or a wooden spoon. Take care not to overwork the Mint, but swab the sides of the glass with the Mint's aromatic oils. Half-fill the glass with crushed ice and add in the Bourbon, stirring to combine. Fill the glass with crushed ice and stir until the outside of the glass frosts. Add more crushed ice if needed to fill, and generously adorn the drink with sprigs of fresh Mint. Serve with a short straw, so the fragrance of the Mint bouquet will greet the drinker with each sip.</p>