

the best mint julep

AT HOME WITH DANEEN

Ingredients

- Fresh mint leaves
- Granulated sugar
- Crushed ice
- Bourbon
- Water



Directions

1. Prepare the Mint: Start by gently washing a handful of fresh mint leaves under cold water to remove any dirt or debris. Pat dry with a clean towel and set aside.
2. Make the Simple Syrup: In a small saucepan, combine equal parts granulated sugar and water (for example, 1 cup each) and heat over low heat, stirring constantly, until the sugar has completely dissolved. Remove from heat and let it cool.
3. Muddle the Mint: Place a handful of mint leaves in the bottom of a glass, along with a small amount of the simple syrup. Use a muddler or the back of a spoon to gently crush the mint leaves, releasing their aromatic oils.
4. Add Bourbon and Ice: Fill the glass with crushed ice, leaving a little room at the top. Pour in about 2 ounces of bourbon, or adjust to your preference for a stronger or milder cocktail.
5. Stir and Garnish: Use a long-handled spoon to gently stir the mint, bourbon, and ice together. Taste and adjust the sweetness with more simple syrup if desired.
6. Finally, garnish your mint julep with a fresh sprig of mint for a burst of aroma and a beautiful presentation.

Notes

Pro tip: Opt for fresh, high-quality ingredients to ensure the best flavor in your mint julep. Look for fresh mint leaves with vibrant green color and avoid wilted or brown leaves.