

Kentucky Derby Mint Julep

This became the official derby drink in 1938.

For this you'll need a good bottle of Bourbon, fresh mint like you can buy in the package in the produce section, crushed ice and... what makes this really good... is specially made mint syrup.

So I start by making the mint syrup. You take 3 parts sugar to 2 parts water. Heat this and stir so the sugar dissolves.

Then you add mint leaves & let it cool. Got a finished mint syrup over here.

Then you take about $\frac{3}{4}$ oz of the syrup, 3 oz of Kentucky Bourbon, pour those over crushed ice... then you take your mint, add to the glass and for garnish. That's the traditional mint julep...

For a twist, I like to make sparkling ginger mint juleps... you're going to take your glass and then your mint--- you just give it a good smack in your hand – it's an old bartender's trick if you don't have a muddler.

Put that in, then crushed ice, bourbon, pour in ginger beer and stir.

Both are really refreshing to drink all summer.