

Mint Julep

Learn to make the classic Mint Julep cocktail with bourbon, fresh mint, and simple syrup. Perfect for Kentucky Derby or any summer gathering!

5	5	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Mint Julep

Ingredients

- 8 leaf mint
- 2 oz whiskey

Instructions

- 1 Prepare the mint base**

Place 8 fresh mint leaves in the bottom of a julep cup or rocks glass. Add 0.5 oz simple syrup over the mint leaves.
- 2 Gently press the mint leaves 3-4 times with a muddler to release their oils, being careful not to tear the leaves completely as this creates bitterness.**
- 3 Add bourbon**

Pour 2 oz bourbon over the muddled mint and syrup mixture.
- 4 Add ice and chill**

Fill the glass completely with crushed ice, packing it down slightly and mounding it above the rim of the glass.
- 5 Stir the mixture with a bar spoon for 30 seconds until the outside of the cup becomes frosty and cold to the touch.**
- 6 Garnish and serve**

Slap a fresh mint sprig between your palms to release its aroma, then insert it into the ice as garnish. Serve immediately with a straw.

Tips

Use only fresh mint leaves, preferably spearmint or Kentucky mint varieties, as they provide the best flavor and aroma. Avoid dried or wilted mint which will produce a bitter taste.

Muddle the mint gently with just a few presses to release the oils without bruising the leaves, which can create unwanted bitterness in your cocktail.

Choose a quality bourbon with 85-90 proof to prevent over-dilution from the crushed ice while maintaining the drink's character and strength.

Crush your ice properly - it should be fine enough to pack well but not so fine it becomes slushy. Use a Lewis bag and mallet or wrap ice in a clean towel and crush with a rolling pin.

Slap the mint garnish between your palms before adding it to the drink to release the aromatic oils and enhance the drinking experience.

Serve in a pre-chilled metal julep cup or glass, and fill it so full with ice that it mounds above the rim for the proper frosty presentation.

Make simple syrup ahead of time and store refrigerated for up to one week, or infuse it with mint leaves for extra flavor depth.

Stir the drink until the outside of the cup becomes frosty, which indicates it has reached the proper temperature for serving.