

Mint Julep with Agave Nectar

Author: Adapted from several recipes, the main one from Sara Moulton, Food Network

Carolyn T's
Main Cookbook

Servings: 10



MINTED BOURBON:

40 whole mint leaves

3 ounces bourbon

AGAVE SIMPLE SYRUP:

1/4 cup agave nectar, light

2 tablespoons sugar

3/8 cup water

JULEPS:

4 cups bourbon

shaved ice (about a cup per glass)

more mint leaves for garnish

powdered sugar garnish (optional)

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 272 Calories; 0g Fat (0.0% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Other Carbohydrates.

Notes: The mint essence can vary (because of the season, the mint variety and who knows what) - once you make this, you may decide the minted bourbon requires more or less mint.

1. MINTED BOURBON: Rinse and lightly dry the mint leaves with paper towels. Add leaves to a small bowl with the bourbon. Allow it to sit for about 15 minutes (submerge the mint leaves completely). Squeeze the mint leaves gently, then lay them in a single paper towel, roll up and squeeze out fluid into the bourbon bowl. Dip the towel into the bourbon and squeeze again, extracting as much mint essence as possible. Do this several times. Discard mint and towel. Taste it to see if there is sufficient mintiness. If not, repeat with new mint leaves. Mint flavor varies by season and variety.
2. AGAVE SYRUP: Combine in a saucepan (or glass measuring cup for use in the microwave) the agave nectar, sugar and water. Bring the mixture barely BELOW a boil. You're only aiming to dissolve the sugar. Stir, and set aside to cool.
3. JULEPS: In a non-metallic container combine the bourbon and simple syrup. Add about a tablespoon of the minted bourbon, stir, and taste. If there isn't enough mint flavor, add another tablespoon of the minted bourbon. You'll probably need somewhere between 2 and 3 tablespoons of the mint mixture for each batch. Stir Julep mixture and chill for 24 hours (covered). Stir again. In each glass (preferably a silver julep cup) fill half way with shaved ice. Add a few mint leaves, then fill further with more shaved ice until the glass/cup is mounded over the top with ice. Place a sprig of mint on the top. Pour in the bourbon mixture (about 2/3 full), add a straw (trimmed down so you almost have to put your nose in the mint in order to drink), and serve. Sprinkle top of ice/mint with a dash of powdered sugar if desired.