

Betty's Kentucky Derby Mint Julep



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In this video, Betty demonstrates how to make a Mint Julep. Mint Julep is the official drink of the Kentucky Derby, which is a thoroughbred horse race, run at Churchill Downs the first Saturday of May each year, since 1875. This recipe is very close to the one that is served at Churchill Downs.

Ingredients:

- ½ cup sugar
- ½ cup water
- 5 fresh mint leaves
- 6 additional fresh mint leaves
- crushed ice, dry (not melted)
- 2 ounces Kentucky Bourbon whisky
- small drinking straw
- sprig of fresh mint

Add ½ cup sugar, ½ cup water, and 5 fresh mint leaves to a small pot. Bring to a boil over medium-high heat. Reduce heat and boil 5 minutes, stirring occasionally. Remove from heat and cool to room temperature. Chill in refrigerator overnight. To make a single Mint Julep, use a glass about the size and shape of an "Old Fashioned" glass that has been chilled in the freezer. (A frosted silver julep cup is an even better container.) Place 1 tablespoon of the chilled mint-infused simple syrup in the bottom of the chilled glass. Place 6 fresh mint leaves in the syrup. Use a spoon to muddle (crush) the 6 mint leaves. Fill glass nearly full with dry crushed ice, leaving room for adding whisky. Pour 2 ounces Kentucky Bourbon whisky over the crushed ice. Add a small straw and garnish with a sprig of fresh mint. Serve immediately. This drink is quite strong; you may want to adjust the amount of whisky. Happy Derby Day! I will be having a Derby sweet treat for you in a couple of days! --Betty ♥