

Betty's Mint Julep Cupcakes



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In this video, Betty demonstrates how to make Mint Julep Cupcakes. This recipe was inspired by a Derby Party lunch that my husband, Rick, and I had at Hanger's Restaurant in Richmond, Kentucky. One of the items on our desserts plate was a Mint Julep Cupcake. I have had several requests from viewers to replicate the recipe, and here is my version:

Ingredients:

- 2 cups self-rising flour
- 1 ½ cups sugar
- ½ cup butter, softened
- 1 cup milk
- 3 egg yolks and 2 egg whites
- 1 ounce bourbon whisky
- ½ teaspoon peppermint extract
- 1 tablespoon finely-snipped fresh spearmint leaves

Place 2 cups self-rising flour, 1 ½ cups sugar, ½ cup butter, 1 cup milk, 3 egg yolks and 2 egg whites, 1 ounce bourbon whisky, and ½ teaspoon peppermint extract into a large mixing bowl. Use an electric mixer and beat on high for 3 minutes. Gently stir in 1 tablespoon finely-snipped fresh spearmint leaves. Spoon into muffin tins that are lined with paper inserts, filling to two-thirds full. Bake at 350 degrees (F) for 15 to 20 minutes, using a toothpick test, as needed. When a toothpick comes out clean, the cupcakes are done. Remove from oven and place on a wire rack to cool. Frost cupcakes after they have cooled, if desired. I will be uploading a Mint Julep Frosting in a couple of days, or you may use a buttercream or cream cheese frosting. Enjoy! -- and Happy Mother's Day to all mothers!!! --Betty