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“Mint Julep,” *Imbibe! From Absinthe Cocktail to Whiskey Smash, a Salute in Stories and Drinks to “Professor” Jerry Thomas, Pioneer of the American Bar*, Wondrich, David, 2007. TX 951 .W66 2007.

Mint Julep

- 1 tablespoon white pulverized sugar
- 2 ½ tablespoons of water
- Three to four sprigs of fresh mint
- 3 ounces brandy
- Fresh berries of choice
- Orange slices
- Jamaica rum to taste
- Sugar for garnish

Use a large bar glass. Mix the pulverized sugar with the water. Take three or four sprigs of fresh mint, and press them well in the sugar and water, until the flavor of the mint is extracted; add one and half wine-glass of brandy (3 oz), and fill the glass with fine shaved ice, then draw out the sprigs of mint and insert them in the ice with the stems downward, so that the leaves will be above, in the shape of a bouquet; arrange berries, and small pieces of sliced orange on top in a tasty manner, dash with Jamaica rum, and sprinkle white sugar on top. Place a straw as represented in the cut, and you have a julep that is fit for an emperor.

NOTES ON INGREDIENTS: For the Brandy Julep, the Gin Julep, and the Whiskey Julep, omit the fruits and dashes of rum. For a Julep “scientific style,” with “the latest New Orleans touch,” as tantalizingly described in a memorable passage in Mayne Reid’s 1856 novel *The Quadroon*, add a slice of orange and one of lemon and see below.

NOTES ON EXECUTION: Pressing the mint renders it rather bedraggled; I prefer to discard it and use a couple of fresh sprigs at the end, rather than reinserting the pressed ones. The “scientific julep” is shaken back and forth between two glasses, mint, “ice, brandy, lemons, and all,” and then the rim of the glass it rests in is wiped with “a thin slice of pineapple...cut freshly from the fruit.” This has the double effect of clearing any undissolved sugar or bits of mint from the rim of the glass and leaving the fruit’s “fragrant juice to mingle its aroma with the beverage.” You can of course use a Boston shaker here, serving the drink out of the mixing glass.