

Beverage

Blackberry-Bourbon Iced Tea

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Servings: 4

The bourbon can be eliminated from the mixture to make an excellent fruit tea.

3 cups fresh blackberries

3/4 cup sugar

2 tablespoons fresh mint, chopped

1 1/2 quarts cold water

6 good-quality black tea bags

good quality bourbon (to taste)

mint sprigs (for garnish)

Combine the blackberries, sugar and mint in a large bowl and mash with a potato masher or wooden spoon. Let sit while making the tea.

Bring the water to a boil in a medium saucepan. Remove from the heat.

Add the teabags and let steep for about 3 minutes.

Remove the tea bags and pour the tea over the blackberry mixture. Let the mixture sit at room temperature for at least 1 hour to let the flavors meld.

Pour the mixture through a strainer into a pitcher, pressing on the solids.

Cover and refrigerate until cold, at least 2 hours.

Serve the blackberry tea over ice in tall glasses and float a shot of bourbon on top of each.

Garnish with the fresh mint sprigs.

Per Serving (excluding unknown items): 146 Calories; trace Fat (0.1% calories from fat); trace Protein; 38g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 0 Vegetable; 2 1/2 Other Carbohydrates.