

Beverage

Classic Mojito

Kim Hassanud

Dash Magazine - July 2011

2 ounces rum

1 ounce fresh-squeezed lime juice

1 ounce simple syrup

12 mint leaves

splash club soda

To make simple syrup: In a container, mix a ratio of 1:1 of sugar and water. Make sure that sugar is thoroughly dissolved.

In a collins glass, add the mint, lime juice and simple syrup.

Press down moderately on the mint leaves. The purpose is to bruise the mint to release the oils in the leaves. DO NOT pulverize the leaves into little pieces. Five to seven presses is sufficient.

Add the rum.

Top with ice. Use crushed or cracked ice, if possible.

Top with a splash of club soda and stir gently.

Garnish with a mint sprig and serve.

Per Serving (excluding unknown items): 136 Calories; 0g Fat (0.0% calories from fat); trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable.