

Pumpkin Flip

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3/4 ounce (one egg) egg white
2 ounces bourbon
3/4 ounce maple syrup
1 bar spoonful prepared caramel
1 bar spoonful canned pumpkin puree'
1 ground cinnamon (for garnish)
1 grated nutmeg (for garnish)
dash salt (for garnish)
zest of one orange (for garnish)

Place only the egg white in a shaker with no ice. Shake vigorously (This is known as the "dry shaker" method; it froths the egg white to give the cocktail more body and better foam).

Add the bourbon, maple syrup, caramel and pumpkin. Shake vigorously with ice.

Strain into a chilled coupe glass.

Garnish with cinnamon, nutmeg, a dash of salt and orange zest.

Per Serving (excluding unknown items): 197 Calories; trace Fat (0.7% calories from fat); 0g Protein; 14g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Other Carbohydrates.