

Classic Mint Julep

Make a sugar syrup by dissolving equal quantities of sugar and water in a small saucepan. 1 cup of each is ideal.

Once the sugar is dissolved, simmer the syrup gently for 10 minutes then allow to cool.

Tear up several [eau de cologne mint](#) leaves and put into a tall chilled glass. Add a little sugar syrup and a measure of whisky, stir well and top up with lots of ice.

Relax on a balmy warm evening with one of these and feel your stresses melt away.