

Mint Twisted Fresh Orangeade



TIP: Although I've had fresh mint in a few meals, I've only recently started working with it on my own. I bought my first fresh bunch from the local produce stand the other day and tried it shaken with some fresh orangeade. Wow! The flavor was so cool and refreshingly good, I thought I'd pass it on here...with (upper left) or without (right) mint sprig garnish – I'm partial to the photo on the right. You bet.

Prep Time: 5 Minutes

Ingredients

(for 1 tall glass)

1 Lime or 1 Ounce Lime Juice
1 Orange or 2 Ounces Orange Juice
1 Tablespoon Sugar
1 Fresh Mint Sprig
Cold Water
Ice



Equipment

Juicer
Drink Shaker or Measuring Cup
Drink Strainer (if you're using a drink shaker)
Tall Glass (best if it's frosted right out of the freezer)
Tablespoon
Sharp Knife
Cutting Board



1. Rinse a **sprig of mint** under the tap (1), and cut a **lime** and **orange** in half (2).

(1)



(2)



2. Squeeze the **juice** from both the **lime** and **orange** into a drink shaker glass (a) or measuring cup (b) so that you get...

(a)



(b)



...**3-5 ounces of juice** as shown in (c) and (d) below. If you don't have **at least 3 ounces of juice**, squeeze another **lime** and **orange half**.

(c)



(d)



3. Add **1 tablespoon sugar** to the **juice** (1) and stir until the **sugar** dissolves completely (2). If the **drink** isn't sweet enough, you can always add more **sugar** to taste later.

(1)



(2)



4. Do as follows according to whether you're having your **orangeade** shaken or stirred.

Shaken

Add 1-2 handfuls of **ice** to the drink shaker...



...just enough **cold water** to make the **ice** float and...



...a **sprig of mint**.



Pour the **juice mix** into the drink shaker,...



...slide the top of the measuring glass into the top of the drink shaker,...



Stirred

Add a **sprig of mint** to the **juice mix** and...



...squeeze the **sprig** against the measuring cup side with a **tablespoon** to release flavor from the **mint**.



Use a **tablespoon** to hold back the **mint sprig** as you pour the **juice mix** from the measuring cup into a **tall glass**.



Add 1-2 handfuls of **ice** to the glass..



...hold both pieces together firmly, and give the **drink** a good, brisk shake (preferably over the sink). Then,...



...use a drink strainer to pour the **drink** into a tall glass,...



...remove the **mint** piece(s),...



...pour the **ice** from the shaker,...



...fill the glass with more **ice** and either serve as is or...



Fill the glass with **cold water** making sure to leave about an inch of free space at the top of the glass as shown here to be able to stir the **drink** comfortably.



Stir the **drink** and...



fill the glass with more **ice** and either serve as is or...



...top with a **fresh sprig of mint**.



...top with a **fresh sprig of mint**.

