

MINT, CUBAN



Mentha nemorosa

[MEN-thuh nem-or-OH-suh]

(syn *Mentha x villosa*)

Family: Labiateae

Names: yerba Buena, Mojito Mint, foxtail mint, hairy mint, woolly mint; Hain Minze, Zottige Minze (German)

Description: A naturally occurring hybrid of Apple Mint (*Mentha suaveolens*) and Spearmint (*Mentha spicata*). Sweeter and more aromatic than either of its parents

Culinary Uses: Used as any other culinary mint but especially used for a cocktail called Cuban Mojito

Recipes:

Cuban Mojito

Yields 1 serving

3 sprigs Cuban mint - 10-12n leaves

1 Tablespoons sugar or to taste

1½ Tablespoons fresh lime juice

1½ ounces light rum

1 cup ice cubes

1 cup club soda

Sprig of Cuban Mint for garnish

Strip the leaves and place in bottom of a large highball glass. Add the sugar and lime juice. Gently pound (or bruise) the leaves with the end of a wooden spoon, to release the aromatic oils in the leaves. Stir in the rum followed by the ice cubes. Add enough club soda to fill glass. Stir until sugar dissolves. Garnish with a whole fresh sprig of Cuban Mint and serve at once.

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