



HERBAL COCKTAILS

by Vittoria Zirretta

Herbal cocktails are everywhere and a number of spices are perfect drink ingredients as well.

Herbs are fresh, pungent and delicious!



It is surprising how herbs and spices can be paired with alcohol, making delicious cocktails!

ANISE

Anise is one of the oldest spices, and is widespread in many cuisines.



It is used to give flavor to foods.

Its seeds or small fruits are used dried and -if necessary - crushed.

Anise is not widely used in bartending.

Anise has sweet taste and its aroma is reminiscent of fennel seeds with a slight mint aftertaste.

COCKTAIL

Nel Blu Dipinto di Blu

Ingredients:

- anise sugar, 10 gr
- mint leaves, 2
- water, 4 cl
- vodka, 3,5 cl
- ice cubes, 4-5
- slice of lime, 1

Method:

- Pour sugar, mint, ice, vodka and water in a shaker.
- Mix the ingredients and filter with strainer.
- Garnish with 1 slice of lime.

