

HERBAL COCKTAILS

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Herbal cocktails are very common in cocktail bars. They're prepared with aromatic herbs or spices to flavor them or even just to decorate them. Aromatic herbs and spices can be used in different ways:

- crushed or mashed directly in the cocktail;
- infused in hot water; it helps to extract essential oils from the herbs or spices. The infusion is then added to the cocktail;
- in syrup: simmering half water and half sugar, plus a spoonful of the herb or spice chosen until it slightly thickens. The syrup is then added to the cocktail.



CARDAMOM:

Cardamom is a spice made from the seed of several plants in the genera *Elettaria* and *Amomum* in the family Zingiberaceae. There are 2 types of cardamom, the *True or Green Cardamom* and the *Black cardamom*. Both forms of Cardamom are used as flavourings and cooking spices in both food and drinks, and as a medicine. Cardamom is the world's third-most expensive spice.



INGREDIENTS:

1 ½ oz. Vodka;
½ oz. honey cardamom simple syrup (→ ½ cup water;
½ cup honey; 4-5 cardamom pods, lightly crushed)*
½ oz. lemon juice;
1 egg white;
1-2 drops Angostura bitters;
Ice.

METHOD:

Fill a lowball glass with iced water and set aside. Fill a cocktail shaker with ice. Add vodka, simple syrup, lemon juice and egg white. Shake vigorously to combine for 20/25 sec. Garnish with bitters and star anise, if desired. Alternatively, cocktail can be served with a large sphere or square ice cube also, or whiskey cubes.

*In a small saucepan over medium heat, combine water, honey and cardamom pods. Heat, stirring occasionally. Remove from heat and set aside till it reaches room temperature. Using a fine mesh sieve, strain the simple syrup into an airtight jar. Syrup can be kept in the refrigerator for up to 4 weeks.

CARDAMOM COCKTAIL:

