

HDC's Recommended Recipe for a Mint Julep



Into a silver mug or a 12 oz. Tom Collins glass put:

4 Sprigs of Mint

1 Teaspoon Powdered Sugar

2 Teaspoons of Water, and muddle.

Fill glass or mug with shaved ice, add 2 ½ ounces Straight Bourbon Whiskey and stir gently until the glass or mug is frosted.

Insert 5 or 6 sprigs of mint on top. Serve with straws.

WARNING NOTE: Mint Juleps are the celebrated drinks of the Kentucky Derby, the latter always run during the first Saturday in May. Mint Juleps are meant to be sipped and savored. If you are thirsty, drink water.

There are always 11 races at Churchill Downs on race day **EXCEPT** on Kentucky Derby Day when there are 13 races. The actual derby race on Derby Day is race number 11. Pace yourself with Mint Juleps. It is highly recommended that you consume no more than two (2) Mint Juleps prior to the 11th race. Exceeding the number of two recommended Mint Juleps, greatly increases your odds of missing the *Run for the Roses* by which the Kentucky Derby 11th race is known.