

MOJITO/NON-ALCOHOLIC MOJITO

SERVES 1

INGREDIENTS:

MOJITO

- 1 glass of crushed ice
- 50ml Fairtrade rum
- 1 dash soda water
- 2 tsp of Fairtrade sugar or sugar syrup
- 2 wedges of lime
- 1 sprig of mint

NON-ALCOHOLIC MOJITO

- 1 glass of crushed ice
- ½ glass of Fairtrade lemonade or Fairtrade ginger ale
- ¼ glass of Fairtrade apple juice
- 2 tsp of Fairtrade sugar or sugar syrup
- 1 sprig of mint
- 2 wedges of lime

SUGAR SYRUP

- 8oz Fairtrade white or brown sugar (one full mug)
- 8oz water (one full mug)



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MAKING TIME: 5 MINS

METHOD:

MOJITO

1. Muddle sugar or sugar syrup and lime wedges together in a jam jar by pressing down using a large wooden spoon to extract the flavour and aroma.
2. Muddle mint by picking a number of leaves and pressing down gently on the mint, sugar and lime.
3. Place ice cubes in a tea towel, cover and crush using a rolling pin. Add crushed ice to the jar until it is ¾ full.
4. Pour your rum and soda into the jar, stir with a spoon or place the jam jar lid on top and give it a good shake. Add a little more crushed ice and garnish with mint leaves.

NON-ALCOHOLIC MOJITO

1. Follow instructions 1-3 above for making a mojito.
2. Pour your lemonade or ginger ale and apple juice into the jar. Stir your mixture with a spoon or place the jam jar lid on top and give it a good shake. Add a little more crushed ice and garnish with mint leaves.

SUGAR SYRUP

This syrup is an ideal base for cocktails or pop it in your coffee.

1. In a high-sided saucepan over medium-high heat, bring cold water and sugar to a boil.
2. Turn the heat to low and stir constantly until the sugar dissolves completely and the mixture is clear, approximately 3 to 5 minutes. Remember – the longer you boil it, the thicker the syrup will be when cooled.
3. To test if the sugar is completely dissolved, using a spoon, scoop up a small amount of the syrup. You shouldn't be able to see any sugar crystals in the liquid. If you do, boil a little longer. Optional: at this point you can add flavourings.
4. After boiling, let the syrup cool to room temperature, then pour into a tightly sealed, clean glass jar and store in the refrigerator (any clean and sealable container can be used). Storing sugar syrup: sugar is a natural preservative, so the syrup keeps for a while in the refrigerator.



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