

## *Mint Julep Fruit Salad* from Urban Sacred Garden



Being a Louisville native, I absolutely love and adore the first Saturday in May, The Kentucky Derby. This year the weather happens to be a little gloomy and rainy, but I can assure you it hasn't dampened the spirits of all of us Kentucky Proud folks. I'm hopping around to a couple of Derby parties this year, and have made some dishes to share - my Heirloom Bean Salad complete with Christmas Limas (and some Snow Cap Beans this year) along with this Mint Julep Fruit Salad.

If you live in Kentucky, or anywhere in my opinion, it is imperative to set aside a spot in your yard for Mint so you have it all Spring and Summer long. For this dish I chose a colorful array of fruits and mixed them up with some palate brightening Kentucky Colonel Mint (a Mint Julep classic) and Honey Whiskey (can't say Bourbon because once the alcohol is flavored it is no longer a Bourbon). This fresh salad is just one more way to fit a little boozy goodness into your Derby celebration. And now, I'm off to watch the races!

Yield: About 6 Cups

### **INGREDIENTS**

- 6 Cups Chopped Fresh Fruit of Choice\*
- 4 Tbsp Kentucky Colonel Mint, finely chopped
- 1/4 Cup Honey Whiskey (I used Evan Williams Honey Reserve)

\*I used: Watermelon, Granny Smith Apples, Fresh Pineapple (not canned), Mandarin Oranges and Strawberries. Be sure to use a variety of colors.

### **DIRECTIONS**

1. Chop fruit and combine in a large bowl.
2. Add chopped Mint and Honey Whiskey to fruit. Stir to combine.
3. Cover and Chill for about an hour to allow flavors to meld, or you can serve immediately. This recipe will keep as well as other fruit salads in the fridge for a few days. The Mint and Whiskey flavors will become more intense with time.
4. For flare, serve in Bourbon glasses with a fresh sprig of Mint. Enjoy!