

## Alice's Cabin Mint Syrup

*from **In Our Grandmothers' Kitchens***

This syrup smells just like the doorway to Alice's Cabin. Mint grows wild outside the door, and it's almost impossible not to step on it and release its aroma. (I don't actually try very hard to avoid it.)

The recipe appears in my *Pudding Hollow Cookbook*. I enjoy it in tea or lemonade. It also makes a lovely punch combined with iced tea, fruit juice, and ginger ale.

If you store your syrup for more than a couple of months, you may have to thin it out by heating it with additional water. Make sure it is either well sealed or refrigerated, or it will mold after a couple of weeks.

### *Ingredients:*

8 sprigs fresh spearmint  
8 sprigs fresh peppermint  
(If you don't have both, use twice as much of either.)  
2-1/2 cups sugar  
1 cup water  
1 or 2 drops of green food coloring (optional)

### *Instructions:*

Wash and carefully blot the mints dry. Place them in a saucepan, and pound or crush them slightly to release their flavors. Add the sugar and water, and bring the mixture to a boil, stirring until the sugar dissolves.

Turn down the heat, and simmer for 15 minutes. Stir in the food coloring, if desired, and remove from heat.

Let the syrup cool for a few minutes; then strain it through cheesecloth into a sterilized jar or bottle. Makes about 2 cups.