

## HOW TO MUDDLE

Muddling is a great way to release both stress and flavor. Using a small, wooden bat called a muddler, muddling involves mashing up cocktail ingredients to release their flavors. Fruits, herbs and sugars are all prime candidates for muddling. Typically, the ingredients are placed in the bottom of a sturdy glass and mashed firmly. In drinks like the Bourbon Smash (page 137), muddling releases fruit juices and herbal flavors. In the Caipirinha (page 117), muddling extracts essential oils from the citrus peels.

### How to Muddle



- Muddling refers to crushing ingredients such as herbs, fruit and sugar to release their flavors into the cocktail.

1 Place the ingredients you want to muddle at the bottom of a sturdy glass.

*Note: In this example, we are muddling a lime.*

- If you are muddling fruit, make sure the fruit is cut up into pieces no larger than 1/2 inch chunks.

2 Holding the glass with one hand, hold the base of the muddler with your other hand. Place the wide end of the muddler on the ingredients at the bottom of the glass.

3 Press down and twist the muddler in one direction to crush the ingredients. Continue to press down and twist the muddler until the ingredients are completely crushed.