

Love & Libations: Mint Juleps for a Derby Date Idea



By [Yolanda Shoshana](#)

Whether you care about the Kentucky Derby or not, you will be hearing about the races' infamous Mint Julep until the Derby is well and done. You can't have a Derby celebration without the classic cocktail! Plenty of celebrities show up at the Derby to be seen, including Kathy Couric, Debra Messing, Tracy Morgan, and Harry Connick Jr., to name a few. Some celebrities even host events. Try hosting your own Derby party for a fun [date idea](#)!

Keep reading for celebrity spins on Mint Juleps for a fun date idea!

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If you can't make it to the Derby to hang out with your favorite famous people, you can still sip like a celeb. Dust off your big hats and put on your flashy clothes (even if you are just watching at home) to rock the latest [celebrity style](#) for your party or date night. Here are two recipes for the Mint Julep for your date idea – one has a Cognac base, while the other is based in whiskey:

D'USSÉ Julep (recipe courtesy of D'USSÉ)

Recently, [Beyoncé](#) stunned the world with her hot Coachella performance. Her boo, [Jay-Z](#), even joined her onstage. This celebrity couple will, no doubt, partake in the Derby. Jay-Z will probably make Bey a D'USSÉ Julep, the cognac-based version of this famous drink. Doesn't she deserve one or two? The Mint Julep was originally made with Cognac, so if you want a historically proper Mint Julep, this recipe is for you. It's perfect for entertaining, but if you and your partner are having a quiet Derby Day at home, it's still a great fit for your date.

Ingredients:

- 2 1½ parts D'USSÉ VSOP Cognac
- 1½ part simple syrup
- 2-4 sprigs of mint
- Crushed ice

Directions:

Place simple syrup in a julep glass with 5 or 6 mint leaves

and muddle. Fill the glass halfway with ice, add 1 1/2 parts of D'USSÉ VSOP Cognac, and stir. Add more ice and 1 part of D'USSÉ VSOP Cognac. Stir again until the glass is fully frosted. Top with ice.

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Jimmy Russell's Mint Julep

Matthew McConaughey is in bed with Wild Turkey to have his own signature whiskey called Long Branch. The whiskey is inspired by his Kentucky and Texas roots. The following Mint Julep recipe is one that McConaughey has shared from the master distiller of Wild Turkey, though I recommend using his Long Branch instead of Wild Turkey 101. It has Matt's humor written all over it. This one is a friends-and-family drink. It's worthy of whipping up a batch because it will go fast.

Ingredients:

- 200 mL Wild Turkey 101 or Long Branch
- 2-3 fresh mint sprigs
- Shaved ice
- 1/3 portion simple syrup
- Powdered Sugar

Directions:

Pour the whiskey and set aside. To fully enjoy the experience, make sure you have a proper stainless steel julep cup. Pick the fresh mint sprigs of their leaves and muddle the mint leaves in the bottom of the cup. Don't use crushed ice! Get a block of ice and shave some ice into the cup. This step is very important. Once the cup is cold and sweating, add simple syrup, powdered sugar, and mint sprigs. Finally, take the cup, go to your backdoor, throw the whole thing out, and drink the whiskey straight!

For more Love & Libations date night ideas and celebrity couple predictions from relationship expert Yolanda Shoshana, click [here](#).