

AROMATIC HERBS: MINT

LOG IN!

1 Read the information about mint and answer the following questions.



Biological name: Mentha spp

Family: Lamiaceae

Season: all year round, depending on the species

Characteristics

Mint is a perennial herbaceous plant native to the Mediterranean area.

It is widespread in regions with a temperate climate and if its growth is not restrained, it can even become a weed. Its 40 species vary in size, perfume and taste, but, in any case, leaves have a more intense flavour if they are collected before flowering.

The most aromatic species are spearmint (*Mentha spicata*), with grey-green leaves and purple flowers, and peppermint (*Mentha piperita*), with oval leaves, mauve in colour, with a pungent taste.

Nutritional facts

Menthol, usually contained in all varieties of mint, is stomachic, digestive, antispasmodic, carminative, antiseptic, tonic and a cholagogue. In small doses, it is supposed to favour sleep.

Use

Fresh and dried mint leaves are used to aromatize soups, meat, game, fish, sauces, vegetables, vinaigrette, mayonnaise and ice cream; but also syrups and refreshing drinks. Mint's essential oil, which contains menthol, is used to produce liqueurs, cocktails, chocolate, chewing gum, toothpaste and cosmetics. Mint is typical of Middle Eastern cuisine.

	per 100 g of fresh product
iron	210 mg
protein	3.8 g
fat	0.7 g
sugar	5.3 g
calories	43

- 1 Where does mint usually grow?
- 2 What happens to mint if it is not contained?
- 3 When do you get the strongest flavour out of mint?
- 4 Which are the most aromatic varieties of mint?
- 5 What health properties does menthol contain?
- 6 How can mint be used?

ON THE NET!

2 Have a look at the video *How to Make a Mojito Cocktail* and correct the incorrect information you hear.

- 1 It's important you use syrup here to give that a sort of sharpening quality.
- 2 Cubed ice not only chills it down really fast, but it keeps all that mint in the drink up.
- 3 Use your finger nail and snip the mint off right at the top so that you rip the leaf.
- 4 Gather up about ten or twenty leaves and just rub them right on the bottom of the glass.
- 5 Dissolve that ice that's in there and flavour the lime juice and the white rum with that mint.
- 6 Add a lot of soda at the end and then a very vigorous stir so you crush that carbonation and send the mint up.



LOG OUT!

3 Write a video script for the preparation of your favourite cocktail. Then perform it in class.