

TENNESSEE WHISKEY SOUR



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Each year, up to 40 percent of food produced in the United States goes uneaten while over 10 percent of Americans are food insecure. Nationally, food is the largest component of municipal solid waste—making up over 20 percent of landfill waste. When it comes to cooking, a little creativity can prevent a lot of waste—thereby saving money, mitigating hunger, and protecting the environment.

This Tennessee Whiskey Sour cocktail recipe, created by the Vanderbilt University culinary team, is featured in the Nashville Food Waste Initiative and James Beard Foundation Waste Not Cooking Demo, in partnership with Mayor Cooper's Food Saver Challenge.

Makes one cocktail

INGREDIENTS

Pineapple Core

Ice Cubes:

1 Pineapple

Sour Mix:

1 lb diced pineapple core

2 oz sugar

2 oz water

Zest of 1 lemon

1¼ oz lemon pulp (seeds removed)

1½ oz lemon juice

¾ oz ginger peel

Tennessee Whiskey Sour:

4 oz sour mix

2 oz whiskey of your choice

1 mint stem

1 cup ice

3 pineapple core ice cubes

METHOD

To make the pineapple core ice cubes: cut the pineapple core in to 1-inch cubes and place them in the freezer on pan lined with wax paper pan for a minimum of 1 hour. Save the scraps for the sour mix.

To make the sour mix: blend all ingredients in a strong blender until puréed smooth. Strain the mixture through a fine mesh strainer, being sure to squeeze the moisture out. The yield should be around 14 fluid ounces

Assemble the drink: add the sour mix, whiskey, mint stem, and ice to a shaker and shake well for 30 seconds. Strain the liquid into a rocks glass with the 3 pineapple core ice cubes and enjoy.

