



## CRYSTALLIZED MINT LEAVES

serves 8 as an after-dinner treat

The simplest bite has a huge impact at the end of the meal. There is a lot of care and love that go into this innocuous little treat, which leaves your palate fresh as you walk out the door.

40 fresh mint leaves, without stems

1/4 teaspoon peppermint extract

3/4 cup superfine sugar

1 egg white, beaten until stiff

Preheat oven to 250 degrees.

Wash the mint leaves in ice water and then pat them dry. Spread them on paper towels to finish drying.

Mix the peppermint extract with the sugar until it is well distributed. Prepare a tray by lining it with parchment paper or coating it with nonstick spray.

Dip each mint leaf into the egg white, being sure to coat both sides. Wipe off any excess and then dredge each leaf in the sugar. Make sure the entire leaf is covered but that there aren't any clumps of egg or sugar clinging to the leaf.

Place the leaves perfectly flat (as much as possible) on the prepared tray and place in the 250-degree oven for about 10-15 minutes. Remove them from the oven, carefully flip the leaves and then dry another 10-15 minutes in the oven.

Remove them from the oven and let them cool completely. Serve as an after-dinner mint.

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