

Color-Changing Cocktails

By Paul Mullins

The key ingredient is blue mallow flower, aka butterfly pea flower. You can buy it dried on Amazon or at select health food stores. It's what gives the liquor that amazing blue color and creates the color-changing effect. All other ingredients can be found in any moderately well-stocked bar.

Purple Gin Sour - 1 serving

Ingredients

4-5 dried blue mallow flowers

2-4 oz. gin (This could work with any clear alcohol, I just like gin.)

Sour mix

Lime

Ice

Equipment

1 small bottle or other sealable container – 4-8 oz. capacity should be sufficient

Small sieve (coffee filter or paper towel, as a substitution)

Clear glass (A pint glass is ideal. Can also use a highball or a Collins glass)

Straw

Recipe

- First, prepare the gin by putting 2-4 oz. in the bottle. Add 4-6 blue mallow flowers—about 1 flower per ounce of alcohol, plus one extra for the pot.
- Gently swirl the bottle to get the color transfer started, seal the bottle, and put it in a cool, dry place, undisturbed for at least a couple of days.
- By now the alcohol will have taken on a deep cobalt blue color. Congratulations! You've created a blue mallow tincture! Now you're ready to make your drink.
- Fill the glass with ice and pour the blue tincture through the sieve, over the ice—most people use a couple ounces, but you can use anywhere from 1-4, depending on how big your glass is and how strong you like your drink.
- Thank the blue mallow for its loyal service and discard the spent flowers from the sieve.
- Fill the glass the rest of the way with sour mix and enjoy watching the change from blue with a purple tint, to a bright pinkish-purple.
- Stir gently and garnish with a lime wheel. Serve with a straw and enjoy!

Striped Kentucky Mule - 1 serving

Ingredients

Dried blue mallow flowers — at least 8-12

Water

Ice

Bourbon

Ginger beer

Lime

Equipment

Tea pot (or similar)

Sieve (if needed)

Ice cube tray

Large, clear glass (a pint glass is ideal. Can also use a highball or a Collins glass)

Straw

- Make an infusion (tea) from the mallow flowers by heating 12-16 oz. of water to about 180 degrees.
- Add about a dozen dried flowers to a teapot (or similar) and pour the hot water over the flowers.
- Let steep and allow to cool.

Aside: Feel free to pour yourself a cup of the blue tea and have a nice sit-and-relax while you're waiting for the tea to cool. Just be sure to leave enough to make ice cubes.

- Once the tea has cooled sufficiently, use a sieve to strain out the flowers and fill the ice tray with the blue tea and put in the freezer until solid. (The blue color will appear to fade a little during freezing.)

Now it's time to make your drink!

- Take 4-5 of the frozen cubes and crush them. Also crush some regular ice cubes and put them in a separate container.
- In the clear glass, fill about a quarter with regular ice cubes.
- Fill the next quarter with crushed regular ice.
- Pour 2-3 oz. bourbon over the two types of regular ice.
- Now carefully fill the next quarter of the glass with crushed blue mallow ice, and then fill to almost the top with blue mallow ice cubes.

- Carefully pour in ginger beer to fill the glass and garnish with a lime wedge.

Your finished drink should have distinct colors, or “stripes” visible through the glass.

Serve with a straw and enjoy your Striped Kentucky Mule!

Note: you’ll want to stir the drink a little bit before you drink through the straw, otherwise the first sip you’ll get is almost straight bourbon—unless you’re into that kind of thing—no judgment.