4 fresh mint sprigs

2 1/2 oz bourbon whiskey

1 tsp powdered sugar

2 tsp water

The origins of the mint julep are clouded and may never be definitively known. The first appearance of a mint julep in print came in a book by John Davis published in London in 1803, where it was described as "a dram of spirituous liquor that has mint steeped in it, taken by Virginians of a morning."[2] However, Davis did not specify that bourbon was the spirit used. The traditional Virginia recipe as served at the "Old White" is described

...the famous old barroom, which was approached by a spiral staircase. Here in this dark, cool room, scented with great masses of fragrant mint that lay upon mountains of crushed ice, in the olden days were created the White Sulphur mint julep and the Virginia toddy, for which this place was famous the world over. The mint juleps were not the composite compounds of the present day. They were made of the purest French brandy, limestone water, old-fashioned cut loaf sugar, crushed ice, and young mint the foliage of which touched your ears...Here, in this old room, was uttered that famous remark of the Governor of North Carolina to the Governor of South Carolina. "It is a long time between drinks."[3]

The mint julep originated in the southern United States, probably during the eighteenth century. U.S. Senator Henry Clay of Kentucky introduced the drink to Washington, D.C., at the Round Robin Bar in the famous Willard Hotel during his residence in the city.[4] The term "julep" is generally defined as a sweet drink, particularly one used as a vehicle for medicine. The word itself is derived from the Persian word گلاب (Golâb), meaning rose water. Americans enjoyed not only bourbon-based juleps during the nineteenth century, but also gin-based juleps made with genever, an aged gin. Recently, however, bourbon-based juleps have decisively eclipsed gin-based juleps.[5]