

HYPERFOODS COCKTAIL RECIPE



Spiced cranberry and orange festive cocktail

Even alcoholic drinks can be given a hyperfoods make over, here's one way to 'optimise' your cocktail.

What are hyperfoods?

Hyperfoods are a list of ingredients which are the result of research conducted by computer scientists at Imperial College London. In a nutshell, the research uses artificial intelligence, machine learning and natural language processing to identify disease-beating molecules in foods.

Ingredients

- 50ml bourbon
OR 30ml lime juice
(for a mocktail)
- 50ml cranberry juice
- 25ml spiced syrup

For the spiced syrup (reduced sugar version):

- 10g black Tea
- 10g orange zest
- 10g lemon zest
- 10g lime zest
- 10g mandarin zest
- 5g star anise
- 2g fennel seed
- 1g cloves
- 2.5g cardamom
- 2g coriander seed
- 2g all spice
- 2g black pepper
- 2g pink peppercorn
- 5g cinnamon stick
- 200ml water
- 100g sugar

Method

- 1 Prepare the syrup; toast the spices in a dry pan.
- 2 Bring the water and sugar to a boil, add the toasted spices, tea, lemon zest, and orange zest. Leave to infuse overnight, then strain.
- 3 Prepare the cocktail: fill a mixing jug with ice. Add bourbon or lime juice, syrup, and cranberry juice and mix with a spoon. Strain into a glass filled with ice. Garnish with orange skin.

Ingredients (by the number of anti-cancer drug-like molecules) Tea (17), Orange (10), Coriander seed (9), Fennel seed (8), Lemon (lime) (7), Cloves (7), Cranberry (6), Black pepper (6), Mandarin (5), Allspice (4), Anise (4), Cardamom (3), Cinnamon (3)