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)