

Mint 'After Eight'

Mentha x piperata 'After Eight'



Height:	Up to 30 cm
Suitable for:	Rich moist soil in full sun. Ideal for containers to restrict its spreading habit.
Summary:	A new variety of mint with large dark green leaves and a strong robust growth habit. It has the splendid flavour and scent of the well known confectionery.

More information:

This is a vigorous mint with one of the strongest aromas and flavours of the mint family. The foliage is dark green with plenty of large leaves to harvest.

Once the plant is established harvest whole stems down to ground level to encourage new leafy shoots from the base. Later in summer older stems will produce purple / violet flowers.

Like all mints it prefers a rich moist soil in full sun or partial shade, spreading by runners both on and just below the soil surface, so must be planted with care so that it does not swamp surrounding plants. A wide deep container is an ideal spot to keep it under control and have it to hand ready for use in the kitchen.

Peppermint is a versatile flavour, popular in many cuisines and used in a whole variety of different dishes. This mint, with its distinctive flavour, is most especially useful in drinks and desserts. From the most simple — a crushed sprig to enhance a glass of iced water — to special baking and desserts, 'After Eight' mint has many great uses.

Try some quick and easy minty flavoured biscuits. These are great on their own, or go well served with chocolate ice-cream or other chocolate desserts.

Biscuits with a Hint of Mint

2 tbsp finely chopped 'After Eight' mint
150 g plain flour
100 g butter
2 tsp peppermint extract
50 g golden caster sugar
Extra sugar to sprinkle after baking

The oven should be preheated to 180°C / 160°F / Gas Mk 4.
Line a large baking tray with baking paper.

In a large bowl stir together the flour, chopped mint and peppermint essence, then rub in the butter with your fingertips until it is all blended in. Alternatively this can quickly be carried out in a food processor. Stir in the sugar.

Tip out onto a work surface and knead the dough until it comes together to form a rather crumbly ball.

Lightly flour the work surface and gently roll out the dough to about ½ cm thick and cut out rounds with your smallest cutter, 4 – 5 cm diameter is ideal. Reroll the trimmings to make extra biscuits.

Bake on the lined baking tray for 12 – 15 minutes until they are pale gold. Transfer to a cooling rack and sprinkle with extra caster sugar before serving.



This is a new herb which we haven't grown before, so all observations and recipes will be much appreciated.