5 or 6 ginger mint sprigs 1 tbs lime juice ice cubes 1 or 2 measures of rum — to taste! ginger ale ginger mint sprigs and slices of fresh ginger for garnish

Strip the mint leaves from the stalks and put into the bottom of a tall glass. Add the lime juice and muddle the ingredients together with a blunt utensil. I use the fat rounded plastic end of one of our forks, this releases the mint juices into the mix with the lime juice. Half fill the glass with ice cubes, pour over the rum and top up with ginger ale.

A quick stir, garnish with a ginger mint sprig and fresh ginger, and serve!

For an extra ginger kick, pound a thin slice of ginger along with the mint in your glass.