

K's Kitchen: A cocktail with a seasonal super fruit

By Kathryn Reed

Drinking iced cocktails in winter is not my normal routine. But sometimes it's necessary when the fruit in the drink is ripe this time of year.

That's why kiwi mojitos were being concocted in our kitchen last weekend. Plus, I know my sister likes mojitos and has experience making them. And they are also one of Sue's favorite cocktails.



I'm really not good with mixed drinks because I don't get the portions of alcohol right even when I follow directions. I've ruined plenty of mixed drinks. That's why Pam was there to pour in the rum.

The recipe comes from the March issue of *Rachael Ray* magazine. (The publication just started arriving, and this is the only recipe I've tried so far.)

What I didn't know until reading the magazine is how good kiwis are nutritionally.

According to the magazine, two kiwis provide 230 percent of the vitamin C you need each day – which means they are good for flu prevention.

I really wish I had known they help prevent cataracts considering I had surgery on both eyes in 2010.

Kiwis help lower cholesterol and keep skin clear.

According to kiwi-fruit.info, kiwis are native to China, where

they are the country's national fruit. There they are called *yang tao* (sunny peach) or *mihou tao* (macaque peach). They were imported to New Zealand in the early 20th century. The first crop in California was harvested in 1970.

We did things a little differently than what the magazine called for, so below is our adaptation. While I write about using a shaker, we don't own one – so don't let that direction stop you.

Kiwi Mojitos (makes 3)

1 C peeled kiwis, from 4-5 kiwis

4 tsp honey

8 mint leaves, or more

Ice

Club soda or tonic water

Rum, about a shot per glass

Puree kiwis and honey in food processor or blender. In cocktail shaker, muddle mint leaves. Fill shaker with ice, then add rum and kiwi puree. Shake vigorously and strain into ice-filled glasses. Fill remainder of glass with soda or tonic water.