

Amaro Flip

A whole egg, a rich amaro, and grated nutmeg — dessert in a glass.



TIME	DIFFICULTY	GLASS	METHOD	GARNISH
6 min	Medium	Small wine glass	Shaken	Freshly grated nutmeg

INGREDIENTS

1½ oz Amaro Montenegro

or Meletti for more vanilla

¾ oz Aged rum

Appleton 12 or an aged Demerara

1 Whole egg

fresh, as cold as possible

¼ oz Demerara syrup

2:1

Freshly grated nutmeg for garnish

METHOD

1. Crack the whole egg into a shaker and add amaro, rum and syrup.
2. Dry-shake hard, without ice, for 15 seconds to emulsify.
3. Add ice and shake again for 15 seconds until the tin is painfully cold.
4. Double-strain into a small chilled wine glass.
5. Grate fresh nutmeg generously over the foam.

BARTENDER'S TIP

Grate the nutmeg to order from a whole seed. Pre-ground nutmeg tastes of dust and is the fastest way to ruin an otherwise beautiful flip.

THE STORY

Flips date to the 1690s, when tavern keepers plunged a red-hot iron into ale, rum and egg. The cocktail revival brought the whole-egg version back, and amaro turned out to be its ideal modern base: the bitterness cuts the richness that makes most flips a one-and-done drink.

Full recipe, variations and bottle notes: amaroafficionado.com/recipes/amaro-flip