

Cynar Flip

Silky, savory, and dangerously easy for something with a whole egg in it.



TIME	DIFFICULTY	GLASS	METHOD	GARNISH
6 min	Medium	Small coupe	Dry shaken, then shaken	Freshly grated nutmeg

INGREDIENTS

2 oz Cynar

½ oz Demerara syrup

1:1 demerara sugar and water

1 Whole egg

as fresh as you can get

1 dash Angostura bitters

METHOD

1. Crack the whole egg into a shaker with the Cynar, syrup and bitters.
2. Dry shake — no ice — for a full 15 seconds to emulsify.
3. Add ice and shake hard for another 12 seconds.
4. Double-strain into a chilled small coupe and grate nutmeg generously over the top.

BARTENDER'S TIP

Dry shake first, always. Adding ice before the egg has emulsified chills the proteins and leaves you with a thin drink and a slick of raw egg on top.

THE STORY

Flips date to the 1600s, when they were beer and rum heated with a red-hot iron poker. Cynar's vegetal, caramelized bitterness is a modern natural fit: the egg rounds off its rough edges and turns it into something closer to dessert than a digestivo.

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