

Drinks

For a ladies' afternoon teatime, we highly recommend a ginger tea, much like the one served on the *RMS Titanic*, which is just a blend of fresh ginger slices, filtered steaming water, a dab of honey, and a squeeze of lemon juice (and chamomile flowers, if you can find them), suited to your taste. For adult hour, we recommend spiced or dark rum, with a sprig of mint or slice of lime. Want to drink it like the sailors did? Try some traditional Grog or Hot Buttered Rum.

Grog

History:

Grog's precursor has been a sailor's staple since rum became a thing, back in the 17th century, after distillation first happened on the sugar plantations of the Caribbean with the enslaved people's discovery that molasses, a byproduct of the sugar refining process, could be fermented into alcohol. To stave off "the scurves" and to stretch the rum further, ship captains diluted it in water and squeezed limes into it. Grog in the proper noun sense came about in the 18th century under British Admiral Edward Vernon, nicknamed Old Grog for the grogram fabric coat he wore, who added brown sugar to the mixture, thus creating the world's first known cocktail (which is delicious, but will rot your teeth faster than it will save you from scurvy). (As a little historical aside: George Washington's brother, having served under Admiral Vernon in the War of Jenkins' Ear, named the Washington family plantation Mount Vernon in Old Grog's honor.)



Ingredients:

2 oz dark rum

1-3 tsp unrefined dark cane sugar, to taste (or brown sugar, if you can't find it)

1 lime ($\frac{1}{2}$ for glass + $\frac{1}{2}$ for garnish; or $\frac{1}{2}$ oz fresh lime juice if you don't have limes)

Directions:

To serve cold, add sugar and juice of $\frac{1}{2}$ a lime into a mixing glass to stir and dissolve the sugar. Add rum and 1 cube of ice to the glass, and stir gently until ice is halfway diluted. Strain into a glass or mug over ice and garnish with the other $\frac{1}{2}$ lime. To serve hot, pour all the ingredients into a mug, top it with steaming water, and stir until the sugar is dissolved. Garnish with a cinnamon stick or an orange slice, if you want something more fancy.

Adapted from Pusser's Rum, and modified by Leah Angstman.