

# Got Rum?®

MAY 2019

FROM THE GRASS TO YOUR GLASS, SINCE 2001!



**COOKING WITH RUM - ANGEL'S SHARE - CIGAR & RUM -  
MUSE OF MIXOLOGY - RUM HISTORIAN - MOTHER'S DAY -  
RUM IN THE NEWS - COCKTAIL SCIENTIST -  
EXCLUSIVE INTERVIEW - THE RUM UNIVERSITY**



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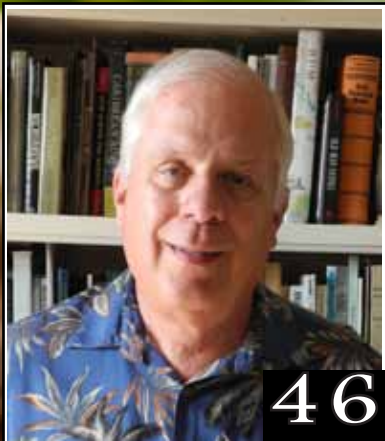
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# Got Rum?®

Printed in the U.S.A.  
A publication of Rum Runner Press, Inc.  
Hutto, Texas 78634 - U.S.A.

Tel/Fax +1 (855) RUM-TIPS  
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## May 2019

Editor and Publisher:	<a href="mailto:luis@gotrum.com">luis@gotrum.com</a>
Executive Editor:	<a href="mailto:margaret@gotrum.com">margaret@gotrum.com</a>
Cigar and Rum:	<a href="mailto:philip@gotrum.com">philip@gotrum.com</a>
Angel's Share:	<a href="mailto:paul@gotrum.com">paul@gotrum.com</a>
Rum Historian:	<a href="mailto:marco@gotrum.com">marco@gotrum.com</a>
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Cooking with Rum:	<a href="mailto:sue@gotrum.com">sue@gotrum.com</a>
Cocktail Scientist:	<a href="mailto:joel@gotrum.com">joel@gotrum.com</a>
Webmaster:	<a href="mailto:web@gotrum.com">web@gotrum.com</a>
Director of Photography:	<a href="mailto:art@gotrum.com">art@gotrum.com</a>

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FRONT COVER: Dark and Sour

INSIDE SPREAD: Rum Old Fashioned

# FROM THE EDITOR

## Canna Mellis and Maillard

The word *caramel* is derived from the Latin *Canna Mellis*, meaning *sweet cane* or *cane honey*. The first recorded use of the term dates back to 1702 and today we see caramel's use entrenched in the food and beverage industries.

There is a lot of misinformation floating in cyberspace about what caramel is and how it is made. The most sensationalistic bit of information reports that ALL caramel is made through a chemical reaction involving undesirable or harmful sulfites (sulphur dioxide, to be more specific). While two of the four commonly-used caramel colors are created this way, caramel is also produced the old-fashioned way: by heating sugars or sugar sources, until they turn a golden or a darker shade of brown.

This last approach to caramelization is what needs to be better understood by consumers and by the trade. Case in point: through Rum Central we offer over 150 standard types ("marks") of aged rum, many of them without any added caramel. But the fact that we did not *add* caramel does not mean they are devoid of it:

- If the rums are made from molasses, either High Test (aka "*virgin honey*") or lower grade, then some of the sugars from the original cane juice were already transformed into caramel at the sugar mill, as a result of the heat that was applied to evaporate the excess water in the juice. Many of the aromatic molecules associated with this caramel survive fermentation and distillation.
- If the rums are aged in barrels that were toasted or charred, then there was caramelization of wood sugars and fibers within the staves. During aging, the rum extracts these caramels, along with tannins and other substances.



The creation of new aromatic and flavor components from reducing sugars, through the application of heat, is known as the *Maillard Reaction* and it is responsible for the existence of everyday flavors beyond caramel, such as toasted bread, roasted coffee, baked cookies and braised meats.

Better information will lead to better decisions. Those pursuing caramel-free lifestyles need to understand the different types and sources of caramels before making their final decisions.

Cheers,

A handwritten signature in black ink, appearing to read "Luis".

Luis Ayala, *Editor and Publisher*

**LinkedIn** <http://www.linkedin.com/in/rumconsultant>

Do you want to learn more about rum but don't want to wait until the next issue of "Got Rum?"? Then join the "Rum Lovers Unite!" group on LinkedIn for updates, previews, Q&A and exclusive material.

# THE ANGEL'S SHARE

by Paul Senft



My name is Paul Senft - Rum Reviewer, Tasting host, Judge and Writer. My exploration of Rums began by learning to craft Tiki cocktails for friends. I quickly learned that not all rums are created equally and that the uniqueness of the spirit can be as varied as the locales they are from. This inspired me to travel with my wife around the Caribbean, Central America, and United States visiting distilleries and learning about how each one creates their rums. I have also had the pleasure of learning from bartenders, brand ambassadors, and other enthusiasts from around the world; each one providing their own unique point of view, adding another chapter to the modern story of rum.

The desire to share this information led me to create [www.RumJourney.com](http://www.RumJourney.com) where I share my experiences and reviews in the hopes that I would inspire others in their own explorations. It is my wish in the pages of "Got Rum?" to be your host and provide you with my impressions of rums available in the world market. Hopefully my tasting notes will inspire you to try the rums and make your own opinions. The world is full of good rums and the journey is always best experienced with others.

Cheers!

## Clifton Estate Rum

Clifton Estate Spiced rum has long been a curiosity for me as I have seen it brought home as souvenirs by friends and fellow rum connoisseurs. Then to my surprise, a bottle was given to me earlier this year and I am happy to share my findings with you.

The base rum for the product is a two year old rum sourced from Antigua. It is shipped to Nevis where the rum is infused with all natural ingredients and avoids using artificial flavoring or oils. After the infusion process, the rum is blended to 80 proof and bottled.

### Appearance

The spiced rum is sold in a 500 mL barrel-shaped bottle, sealed with a synthetic cork and dipped in black wax to secure the bottle.

The rum is an orange hued copper color in the bottle and glass. When I swirled the liquid it produced thick bands that reluctantly dropped equally thick legs, after 30 seconds. Then for the next few minutes the bands produced another series of legs around the entire glass before finally beading up.

### Nose

When I poured the liquid in the glass, cinnamon and orange notes wafted from the glass. After the glass had a moment to rest I discovered the

vibrant orange note front and center, grounded by clove and other spices.

### **Palate**

Due to the aroma I was not surprised that the flavor profile of the first sip was dominated by the fresh orange notes rounded out with the spice notes. The rum has an interesting mouth feel that carries a hint of warm honey at its base. Additional sips revealed those spices to be nutmeg, cloves, and a dark rich cinnamon. It is the cinnamon note that carries the rum as it fades with a nice long finish.

### **Review**

I appreciate quite a few things about this rum. There is elegance to the balance of the natural flavor profile that lends it to succeeding where similar products that use other flavoring methods have failed.

When visiting the island of Nevis, this is a product that is worth tracking down and bringing home as a souvenir.



[www.cliftonestaterums.com](http://www.cliftonestaterums.com)

# THE ANGEL'S SHARE

by Paul Senft

## Puerto Angel Rum Blanco

In 2016 I had the opportunity to explore and share with our readers two Puerto Angel products that used cane juice from the Oaxaca region of Mexico. Their latest two releases feature rums made from the sugar cane juice from Uruapan, Mexico.

The rum is distilled from fresh pressed sugar cane juice, and distilled using Alembic Copper pot stills. The rums are blended down to 40% ABV for bottling.

The label of the Blanco rum states it is bottle 1533 of 7200 created by Master Distiller Lazara Cortes.

### Appearance

The frosted bottle holds a crystal clear liquid. The back label provides a good bit of information about the rum and the region of Mexico, where the sugar cane is grown and the rum is produced. Agitating the liquid creates a band that immediately spins off fast moving legs and evaporates, leaving behind a line of beads and residue in its wake.

### Nose

The aroma of this rum is noticeably different than the Oaxaca version. The rum delivers a swirl of fragrant vanilla, lemongrass, with a slight hint of dried citrus and floral cane.

### Palate

With the aroma I was expecting this rum to be vanilla forward, instead I was pleasantly surprised for it to be much more herbaceous with the vanilla coming in the middle with a balance of pineapple and orange notes coming in at the end.

The rum has a slightly buttery mouth feel and the slightest trace of residue across the teeth and tongue. The flavor profile transitions smoothly and is not combative at all. As the rum begins to fade there is a citrus laden bitter twang before transitioning into a floral finish.

### Review

When my contacts with Puerto Angel reached out to me and asked me to try their new product, I was curious to see what the difference would be between the original Oaxaca version and this new Uruapan expression.

While I liked the Oaxaca, I enjoyed the herbal/floral complexity and balance of the Uruapan. The light citrus notes lend it to do well in classic prohibition era cocktails. Beyond the obvious Daiquiri, consider using it in a Nacional, or El Presidente, to see the interesting flavors it delivers with the cocktails.





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# COOKING WITH RUM

by Chef Susan Whitley



Hello, my name is Susan Whitley, I am passionate about great foods and beverages. I love finding recipes that incorporate my favorite ingredients and sharing the results with my friends and family.

Through this monthly column I will do my best to inspire you to incorporate the ***spirit of the tropics*** into your everyday cooking!

Sue@gotrum.com

## Spirited Meat Loaf

### Ingredients:

- 1 lb. Ground Beef
- ½ lb. Pork Sausage (sage flavored)
- 1 White Onion, finely chopped
- ¼ C. Water
- ¼ C. Dark or Spiced Rum
- 1 Carrot, finely chopped
- 2 Stalks Celery, finely chopped
- 1 Egg
- ¾ C. Bread Crumbs
- 1 C. Canned Tomatoes
- 1 C. Ketchup
- 1 tsp. Finely Chopped Garlic
- 2 Tbsp. Parsley, finely chopped
- 2 tsp. Worcestershire Sauce
- Salt and Pepper to taste

### Directions:

Preheat oven to 350°F. Mix all ingredients together, except the tomatoes, ketchup, water and rum. Form into a loaf. Put in roaster. Pour water, rum, tomatoes and ketchup over meat and cover pan. Bake for 3 hours. Serve hot. Add 2 tablespoons of rum to the sauce left in the pan and pour it over the loaf.



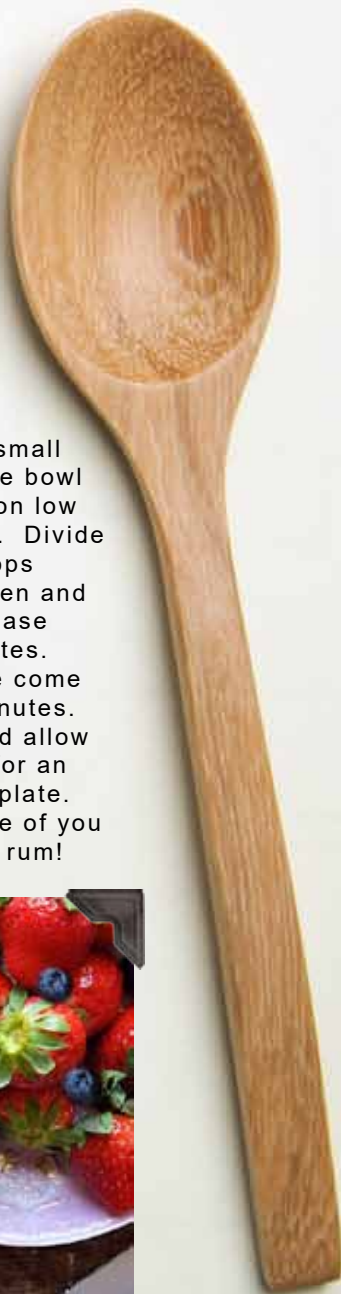
## Rummy-Yummy Pound Cake

### Ingredients:

- 4 Sticks Butter, will need additional to grease pans
- 2 ½ C. Sugar
- 7 Lrg. Eggs
- 4 C. Cake Flour, sift before measuring
- 2 Tbsp. Dark Rum

### Directions:

Butter two 8 x 4 inch pans and set aside, do not preheat oven. In a large mixing bowl beat butter with electric mixer for 2 minutes on medium speed, until lightens in color. Slowly add sugar to butter until completely combined. Begin mixing mixture again until light and fluffy, approximately 3 minutes. In a separate small bowl whisk eggs until foamy and set aside. In a separate bowl begin combining flour and eggs using electric mixer set on low speed. Add the rum and beat on low speed until blended. Divide the batter between the pre-greased pans. Smooth the tops with a spatula dipped in water. Place both pans in the oven and set temperature to 275°F and bake for 30 minutes. Increase temperature to 350°F and bake for an additional 45 minutes. Insert a cake tester into center of each cake to see if they come out clean. Remove from oven and allow to cool for 30 minutes. While cakes are in the pan, you can drizzle more rum and allow cakes to absorb it. Invert pans and allow cakes to cool for an additional hour. Slice into half inch slices and serve on plate. Garnish with whipped cream and fresh berries. For those of you who can't get enough rum, soak the berries in additional rum!







FROM

SUGAR

Into

Alcohol

## Fermentation Primer - Lesson V

In last month's lesson we discussed how yeast cells process pyruvate under anaerobic conditions. We explored both the Alcohol Fermentation Pathway and the Lactic Acid Fermentation Pathway. In this month's issue we will look at the nutritional/chemical needs of the yeast.



### Q: Does yeast need nutrients in order to carry out fermentation?

The short answer is "Yes". The follow-up question usually is: what type of nutrients and in which quantities does it need? Answering this latter question is more complex: as you are aware by now, there are many different varieties of yeasts (the *Saccharomyces cerevisiae* species alone has over 1,000 identified varieties!), there are also many different sources of fermentable sugars, each with its own chemical and biological composition.

In this lesson we will focus on the *general* nutritional needs of yeast, with the understanding that *actual* needs may differ for a specific combination of yeast species and fermentation media.

### Nitrogen

The most important yeast nutrient is neither a vitamin nor a mineral, but rather a gas: Nitrogen. Nitrogen (chemical element symbol "N") is essential to life on Earth: it is a component of all proteins and it can be found in all living systems. Nitrogen compounds are present in organic materials, foods, fertilizers, explosives and poisons. Named after the Greek word *nitron*, for "native soda," and *genes* for "forming," Nitrogen is the fifth most abundant element in the universe. Nitrogen is metabolized



by yeast to synthesize proteins and also stimulates yeast multiplication, keeps yeast metabolism active and prevents H<sub>2</sub>S and mercaptan formation. Yeast Assimilable Nitrogen (YAN) is composed of ammonium ions and amino acids (except proline).

## Vitamins

The word “vitamin” was coined in 1911 by the Warsaw-born biochemist Casimir Funk (1884-1967). At the Lister Institute in London, Funk isolated a substance that prevented nerve inflammation (neuritis) in chickens raised on a diet deficient in that substance. He named the substance *vitamine* because he believed it was necessary to life and it was a chemical amine. The “e” at the end was later removed when it was recognized that vitamins need not be amines. The letters in the names (A, B, C and so on) were assigned to the vitamins in the order of their discovery. The one exception was vitamin K which was assigned its “K” from “Koagulation” by the Danish researcher Henrik Dam.

The vitamins most likely to be essential for the satisfactory growth of any particular strain of *Saccharomyces cerevisiae* are (in alphabetical order): Biotin, Calcium Pantothenate, Inositol, Niacin, Pyridoxine, Riboflavin and Thiamin.

## Minerals

The metal ions most likely to be needed for the efficient metabolic functions of *Saccharomyces cerevisiae* are (in alphabetical order): Calcium, copper, Iron, Magnesium, Manganese, Potassium and Zinc.

### **Q: What happens when the yeast lacks the nutrients it needs?**

Absence or reduced presence of nutrients can lead to yeast stress, resulting in lower ethanol yields, longer fermentation times, production of off-flavor congeners or undesirable aromas and possibly even death of the yeast population. Again, there is no general answer that applies to all yeast species or varieties. Each fermentation must be analyzed individually, based on:

- the fermenting material and its composition (cane juice, High Test Molasses, other molasses grades, raw sugar, etc.)
- the environmental conditions (temperature, pH, osmotic pressure)
- properties of the water being employed (minerals present in the water)
- species and variety of yeast being used
- yeast recycling/propagation operations at the distillery (versus the consistent use of active dry yeast, for example)

Join us again next month, as we continue our deep-dive into this fascinating world!

Source: Creative Commons ([creativecommons.org](https://creativecommons.org)) and Khan Academy ([khanacademy.org](https://khanacademy.org))



# THE MUSE OF MIXOLOGY

by Cris Dehlavi



My name is Cris Dehlavi and I am a native of Arizona, but have lived in Columbus, Ohio for the past 13 years with my daughter, Desi. I have been running the bar program at "M", of the Cameron Mitchell Restaurant group since 2005. I am currently the President of Columbus USBG as well as a consultant for bars and restaurants nationally.

In 2013, I attended the rigorous B.A.R. 5 Day Spirits Certification and have been recognized as one of the top mixologists in the U.S.A. I am one of the senior managers of the prestigious apprentice program at Tales of the Cocktail and work as a mentor to many bartenders around Ohio.

My contribution to Got Rum ? magazine will include everything from reviews of national cocktail events, articles on mixology, garnish trends, recipes and techniques, to interviews with some of the leading bartenders in the industry.

## Neptune Rum

I am always looking for new rum brands I have yet to try, so when my friend and Neptune Rum brand ambassador, Timos Spanos, posted a picture of Neptune, I was intrigued to say the least. I immediately reached out, and although Neptune is not yet available in the U.S., Timos was kind enough to send me a bottle all the way from the U.K.

First, a little about the history of Neptune (not the planet): Neptune is the name that the ancient Romans used for the Greek God, Poseidon. Poseidon was one of 12 Olympians, and is the God of both freshwater and the sea. Neptune is the Roman equivalent, or counterpart. Neptune was the brother of Pluto and Jupiter- and the three of them guarded over Earth, the heavens and the underworld. As a superstition for safe travels, sailors used to pay homage to Neptune by offering him rum overboard before their sea voyages. (Yes, they poured perfectly good rum into the ocean!)

Richard Davies, the founder of Neptune Rum was in the bar trade in the UK for 25 years-- but he always had a dream of starting his own liquor brand. Davies vacationed in Florida often and developed a passion for paddle boarding and a love and respect for the ocean....hence the name Neptune. I had the pleasure of speaking with him last week and this is what he told me:

"Neptune is an independent bottler. We don't have any commercial agreements with Foursquare. I very much admire Richard Seale and his approach to transparency and therefore we decided to have a Foursquare rum as our first product.



We purchase through a specialist rum supplier and then we water down and bottle ourselves. We believe this process is what sets us apart from other rums. We are actually the only rum brand that is solely a Foursquare Blend. The unique ages we use has created the world's most awarded rum of 2018.

We are in the process of sourcing rum for our second offering which should be

available by the end of the year. I believe we may move away from Barbados for this offering. The rum will be more aged than the Barbados Gold and I'm currently sampling ages in the 12 to 14 yr. I have sampled a wonderful 35 year Jamaican origin rum and would love to bottle that as a speciality offering."

Now let's get to my favorite part, which of course is using Neptune in cocktails. This





rum is a beautiful light gold color, and there is an incredible honey/brown sugar element on the first sip. As it lingered I started tasting dried fruits, like apricot, mixed with the tropical flavors of coconut and vanilla. It is incredibly smooth and delicious.

I have attached a few cocktail recipes, one is mine and one created by Timos. I hope that all the readers have the opportunity to enjoy this exceptional rum, sooner than later!

### **WAVES OF BUBBLES**

50ml Neptune  
25ml Lime Juice  
20ml Passion Fruit Puree  
20ml Vanilla Syrup  
Top with Champagne

Method: Shake the first 4 ingredients with ice and fine strain in a coupe glass. Top with Brut Champagne. Garnish with a lime wedge.

### **BARBADOS MULE**

2 oz. Neptune  
½ oz. Lime Juice  
½ oz. Cinnamon Simple Syrup  
6-8 Mint Leaves

In a mixing glass, lightly muddle mint with simple syrup. Add rum and lime juice and shake with ice. Pour all ingredients back into a rocks glass and top with 2 oz. of your favorite ginger beer. Garnish with a mint sprig.

Cris



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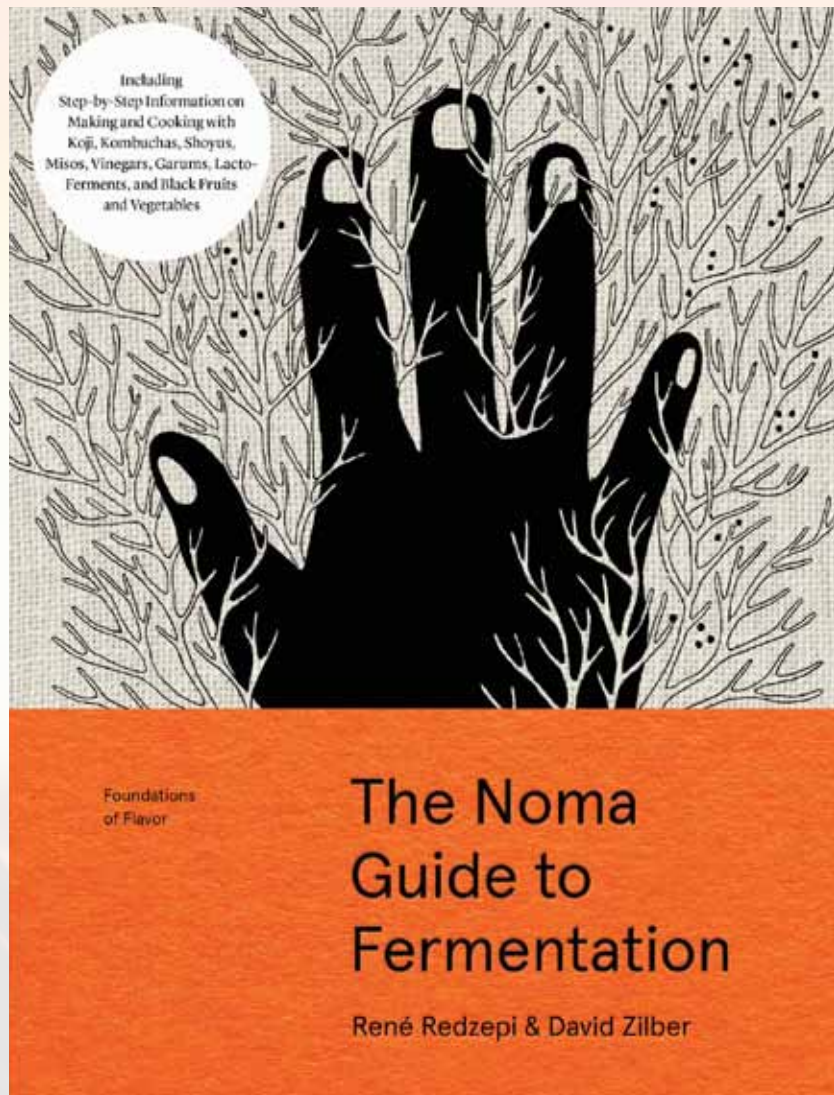
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## The Noma Guide To Fermentation

(Publisher's Review): At Noma—four times named the world's best restaurant—every dish includes some form of fermentation, whether it's a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma's extraordinary flavor profiles.

Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant's acclaimed fermentation lab, share never-before-revealed techniques to creating Noma's extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe approachably written and meticulously tested, *The Noma Guide to Fermentation* takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes.

Fermentation is already building as the most significant new direction in food (and health). With *The Noma Guide to Fermentation*, it's about to be taken to a whole new level.



A New York Times Bestseller and named one of the Best Cookbooks of the Year by the Chicago Tribune, New York Times, Boston Globe, San Francisco Chronicle, Atlanta Journal-Constitution, Houston Chronicle, Esquire, GQ, Eater, and more.

Hardcover: 456 pages  
Publisher: Artisan; 1st Edition edition  
Language: English  
ISBN-10: 1579657184, ISBN-13:  
978-1579657185







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# 4 Rummy Ways to Pamper Mom On Her Day

by Margaret Ayala

## **Mother's Day Celebrations Throughout The World**

**Countries that celebrate the second Sunday in May:** Australia, Belgium, Canada, Denmark, Finland, Italy, Japan, Turkey and The United States.

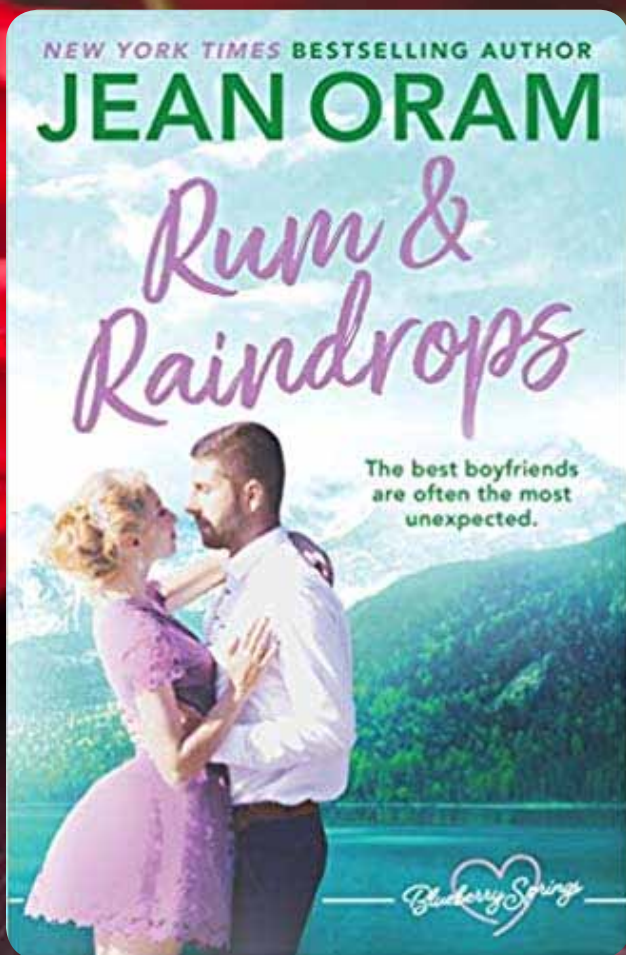
**Countries that celebrate on May 10th:** Bahrain, Hong Kong, India, Malaysia, Mexico, Oman, Pakistan, Qatar, Saudi Arabia, Singapore and United Arab Emirates.

**Other countries that celebrate Mother's Day in May:** France and Sweden-last Sunday in May, South Africa-first Sunday in May.





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**T**he rum industry owes its present success to many people who, through their vision, wisdom, ingenuity and/or dedication, were able to innovate or improve existing processes. In this new series we will explore these individuals, to honor their memories and to –hopefully- inspire a new generation of game-changers.

## Featured Biography: Øjvind Winge

### Early Life

The Danish geneticist and mycologist Øjvind Winge was born in Aarhus, the capital of the Jutland peninsula, on May 19th, 1886. His father, Sigfrid Victor Winge, was a lawyer, and his mother, born Agno Rian, was from Trondhjem in Norway. His Christian name, Øjvind, is a Norwegian rather than a Danish name, and from his mother he probably also inherited the streak of stubbornness and independence which made up a conspicuous part of his personality.

Winge showed his first recorded sign of independence when he began to study at the Copenhagen University in 1905, after having graduated from the Marselisborg High School in Aarhus. His parents apparently did not encourage his interests in natural history, and in order to fulfil a promise to his family, he spent his first few months at the University studying law. However, his interests in natural history were too deeply rooted, and he soon decided to switch to the Faculty of Science.

### Academic Work

Already during his high school years, Winge had become deeply interested in mycology, and although Aarhus was not at that time a University town he was fortunate enough to have the guidance of two excellent mycologists. One, Poul Larsen, was a micromycete specialist who was then a teacher of biology at various Aarhus schools. Poul Larsen has published a number of important papers on mycology, including a monograph on the fungi of Iceland. Winge's other mentor, C. Ferdinandsen, was to become his lifelong friend. Ferdinandsen was at that time a private tutor to a noble family living at the nearby mansion of 'Sophiendal' where Winge was a frequent visitor.

Ferdinandsen later became Professor of Plant Pathology at the Royal Veterinary and Agricultural College in Copenhagen where his department was next door to Winge's Department of Genetics. Over a period of almost 30 years Ferdinandsen and Winge continued to publish a number of papers on mycology, the last one being a mycological



flora (in Danish) which, until a few years ago, was the most widely used Danish field handbook of the higher fungi. This early mycological training proved very useful to Winge when years later he began to work on the genetics of yeasts.

In 1910 Winge graduated from the Copenhagen University with a 'Mag. Scient.' degree in botany. He had specialized in mycology, and when he took his degree he had already published, in collaboration with Ferdinandson, six papers on mycological subjects. At the University his major teachers were Eugenius Warming, the Professor of Botany; L. Kolderup Rosenvinge, the Professor of Cryptogamic Botany, and Wilhelm Johannsen who was Professor of Plant Physiology.

### **Research and Contributions**

After graduation Winge's career was straightforward and can be briefly summarized. He spent the first two years abroad studying chromosome cytology, first at the University of Stockholm (Stockholms Hogskola) under Rosenberg and Lagerheim. From there he went to the Sorbonne in Paris where he studied the cytology of fungi in Dangeard's department, and finally he went to the United States where he worked in the laboratory of Coulter and Chamberlain in Chicago. These studies were made possible by a grant from the Carlsberg Foundation.

It was Winge's mycological work which had convinced him that chromosome cytology, a field which was at that time almost unknown in Denmark, would be of importance to his future work. It appears from his grant application that already at that time he realized the importance of chromosome cytology to the study of genetics, something which he had hardly learned from his teacher Johannsen. However, from the report which he wrote to the Carlsberg Foundation upon his return to Copenhagen it is evident that his scientific outlook was still that of a mycologist and a cytologist.

Upon his return to Copenhagen Winge was appointed a research assistant to Professor Johannes Schmidt who was Director of the Department of Physiology at the Carlsberg Laboratory. He stayed with Schmidt until 1921 when he was given the first chair in genetics in Denmark at the Royal Veterinary and Agricultural College. When Schmidt died in 1933 Winge returned to the Carlsberg Laboratory as his successor. He retired from the Directorship in 1956 at the age of 70. However, he continued to supervise the hop and barley breeding work which he had carried out at the farm 'Nordgaarden' since 1939, and he did not retire from this work until January 1963.

In the Charter of the Carlsberg Laboratories it is stated that the aim of the laboratories is '*by independent investigation to test the doctrines already furnished by science, and by constant studies to develop them into as fully a scientific basis as possible for the operations of malting, brewing and fermentation*'. This Charter has always been very liberally interpreted, and the directors of the laboratories have full freedom to pursue basic research, but it is expected that this basic research has some connexion with problems related to the brewing industry.

Winge was especially well qualified to tackle the problems of yeast genetics because, unlike most other geneticists, he had worked on mycological problems for more than 20 years. He went about the task of developing yeast genetics with great enthusiasm. He first built up his stock cultures, next he made his tools, new growth chambers and new gadgets for micro-manipulation. He was rewarded in 1935 when he could show that yeast reproduces sexually and has a regular haplophase-diplophase cycle (37). This was a most important breakthrough in yeast biology. Although it had been known for many years that yeast species sporulate, it was assumed that the propagation was either exclusively vegetative or apomictic. Winge's discovery was therefore met with the greatest scepticism by the leading yeast biologists, notably by the Frenchman Guilliermond. A few years later Winge,



in collaboration with Otto Laustsen, published the first case of Mendelian segregation in yeast (40) and the road was now open to a systematic study of yeast genetics; a field of genetics which is now pursued vigorously in laboratories all over the world.

In the following years Winge's contributions to yeast genetics comprised -among other works- an investigation of a balanced lethal system in *Saccharomyces ludwigii*; a somewhat controversial investigation of cytoplasmic inheritance in yeast; and in the later years a number of investigations on the inheritance of fermentation ability in yeast.

The later works were all published in collaboration with the American-born geneticist Catherine Roberts, one of the few geneticists who collaborated closely with Winge over a long period of years. All these investigations showed Winge's complete mastery of formal genetics, and the investigations on the inheritance of fermentation ability have demonstrated a number of clear cut examples of the classical types of gene interaction. Whereas Winge was a complete master of the methods and of the many pitfalls of formal genetics, he never became a biochemical or molecular geneticist in the modern sense of the word. His training, more than 30 years back, had been in natural history (botany, zoology, geology and geography), and biochemistry had hardly been invented at that time.

#### Did you know that...

- *Saccharomyces cerevisiae* is a budding yeast used around the world by bakers, brewers, winemakers and distillers. But just because all these industries use the same *S. cerevisiae* yeast **species**, it does not mean they all use the same **variety**.
- Thanks to the research from Dr. Øjvind Winge and from all the scientists who've followed in his footsteps, today we have identified over 1,000 varieties of *S. cerevisiae*, each one genetically unique, resulting in a very complete understanding of this yeast's pangenome. The differences between the varieties within the species has revealed previously undescribed evolutionary history as well as the driving forces of genome evolution, and has provided insights into the genotype–phenotype relationship.
- The French scientist Louis Pasteur (1879) developed methods to keep beer free of contaminating moulds and bacteria, and he distinguished strains used for making traditional top-fermented ales from those used to make German bottom-fermented lagers (now named *S. cerevisiae* and *S. pastorianus*, respectively). In revenge for the Franco-Prussian war, Pasteur did not permit his methods to be translated into German, instead using them to promote the competing French brewing industry.
- Pasteur's work influenced the development of a new Danish industrial brewer, Carlsberg. Emil Christian Hansen (1896), working in the Carlsberg Laboratories, developed single-colony culturing methods, and his successor, Øjvind Winge, pioneered the science of yeast genetics in the early twentieth century.
- Over the course of the twentieth century, the genus *Saccharomyces* was revised several times. Researchers added and removed many taxa that are now placed in other genera related to *Saccharomyces* ('*Saccharomyces sensu lato*', in contrast with '*Saccharomyces sensu stricto*', which are taxa currently assigned to the genus *Saccharomyces*).

References: Biographical Memoirs of Fellows of the Royal Society; The Ecology and Evolution of Non-Domesticated *Saccharomyces* Species by Primrose J. Boynton and Duncan Greig (Wiley Online Library); Genome Evolution Across 1,011 *Saccharomyces Cerevisiae* Isolates (2018 Macmillan Publishers Limited)

# THE RUM HISTORIAN

by Marco Pierini



**M**y name is Marco Pierini, I was born in 1954 in a little town in Tuscany (Italy) where I still live.

I got a degree in Philosophy in Florence and I studied Political Science in Madrid, but my real passion has always been history. Through history I have always tried to know the world. Life brought me to work in tourism, event organization and vocational training. Then I discovered rum. I cofounded La Casa del Rum, that ran a beach bar and selected premium rums.

And finally I have returned back to my initial passion: history, but now it is the history of rum. Because rum is not only a great distillate, it's a world. Produced in scores of countries, by thousands of companies, with an extraordinary variety of aromas and flavors; it has a terrible and fascinating history, made of slaves and pirates, imperial fleets and revolutions.

All this I try to cover in this column, in my FB profile: [www.facebook.com/marco.pierini.3](http://www.facebook.com/marco.pierini.3) and in my new Blog: [www.therumhistorian.com](http://www.therumhistorian.com)

I have published a book on Amazon:

*"AMERICAN RUM - A Short History of Rum in Early America"*.

**Got Rum? May 2019 - 34**

## A HISTORY OF FRENCH RUM.

### 1. PÈRE LABAT

Over the last few months, in my series of articles named AND IF IT WERE THE FRENCH CARIBBEAN THE FIRST CRADLE OF RUM? I dealt with the beginnings of the French rum production in the Caribbean in the 1640s. Now I would like to tell the History of French Rum after the pioneer period.

Let's begin with Philip P. Boucher's *"France and the American Tropics ..."* published in 2008. "The frontier era of the French Caribbean drew to a gradual close by about 1660. In France, the Treaty of the Pyrenees (1659) with the ancient Spanish foe had finally brought peace. In the following years the young and vigorous Luis XIV asserted that he would rule France without intermediaries". His great minister Jean-Baptiste Colbert dedicated great attention to the maritime and colonial issues. "His mercantilists policies involved infrastructure development, the building of a navy and merchant marine, and support of industry ranging from silks and tapestries to mining and forestry. ...



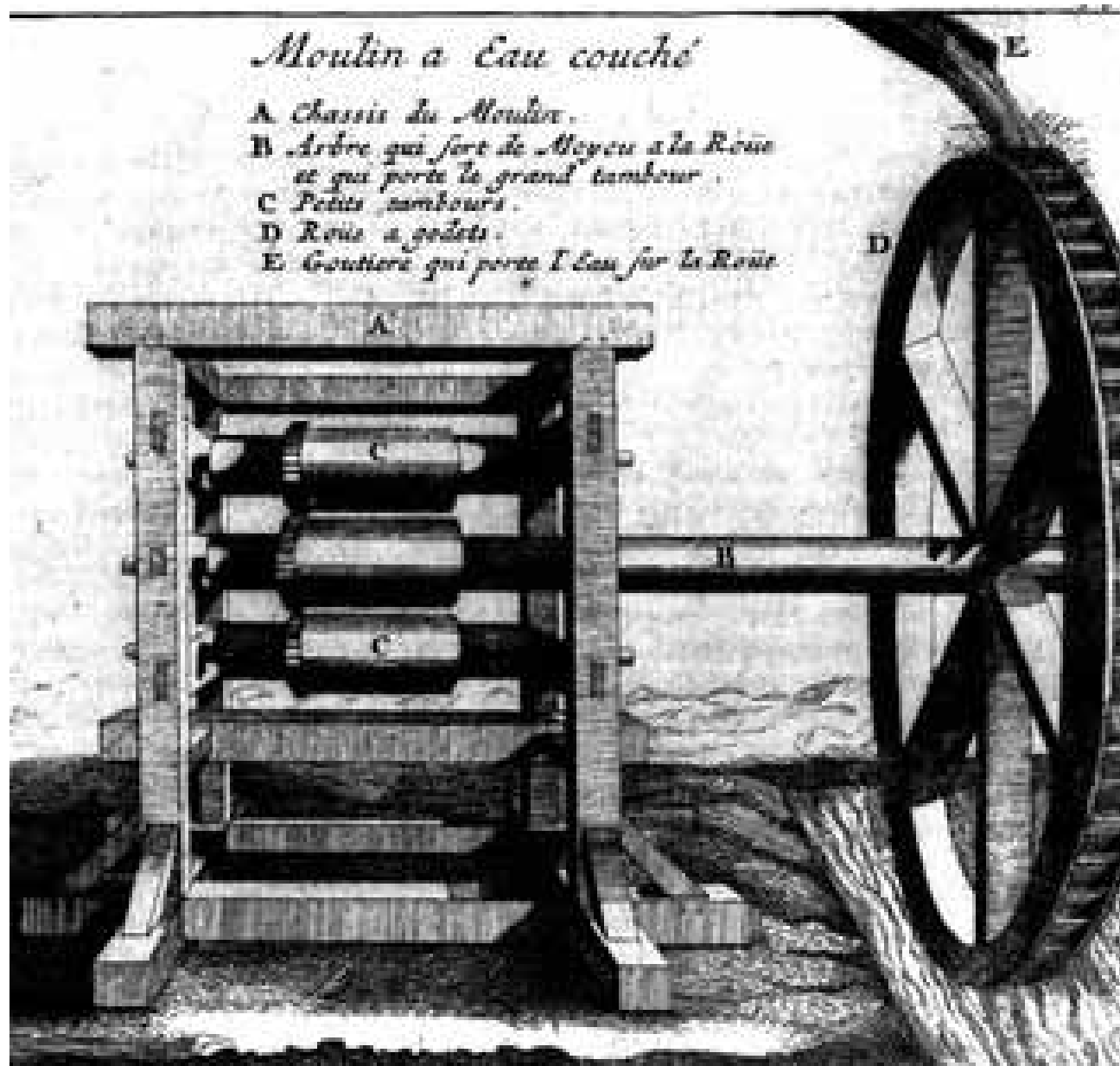
Charles de Rochefort, Sugar Mill 1665.

In 1661, Louis had nine ships of the line, none of them the large first or second raters. By 1671, he had 119, with thirty-two first or second raters.”

By 1680, the French colonies were no longer annexes of the Dutch commercial empire and in the same period a gradual evolution of French Caribbean economies toward a sugar plantation regime occurred. And with sugar, there came rum, a lot of it. Actually, as early as 1659, the Martinique Council regulated the price of rum for the first time and also tried to regulate the quality of it: “...On March 31, 1659, the Council were obligated to regulate the price of cane spirits and enjoin the manufacturers to only sell good, fair and commercial goods.” (Adrien Desselles *Histoire générale des Antilles* 1847).

But, who was purchasing and consuming this new beverage?

Bernie Mandelblatt in her seminal essay “*Atlantic consumption of French Rum and Brandy and economic growth in the Seventeenth- and Eighteenth- Century Caribbean*” 2011, writes: “There can be no doubt that a great deal of rum was consumed on plantations by the slaves who were producing it. Informally, slave consumption took place through the proximity of slaves as producers, that is, through ‘theft’, as noted by planters and colonial administrators throughout this period. More formally, primary sources indicate that rum was distributed to slaves as part of their rations, often in exchange for the food provisions that slave holders were bound to give to slaves but which they often did not provide. The *Code noir* promulgated in 1685 contained articles outlining both these measures. ... slave holders ‘were forbidden from giving slaves *eau-de-vie de canne* or



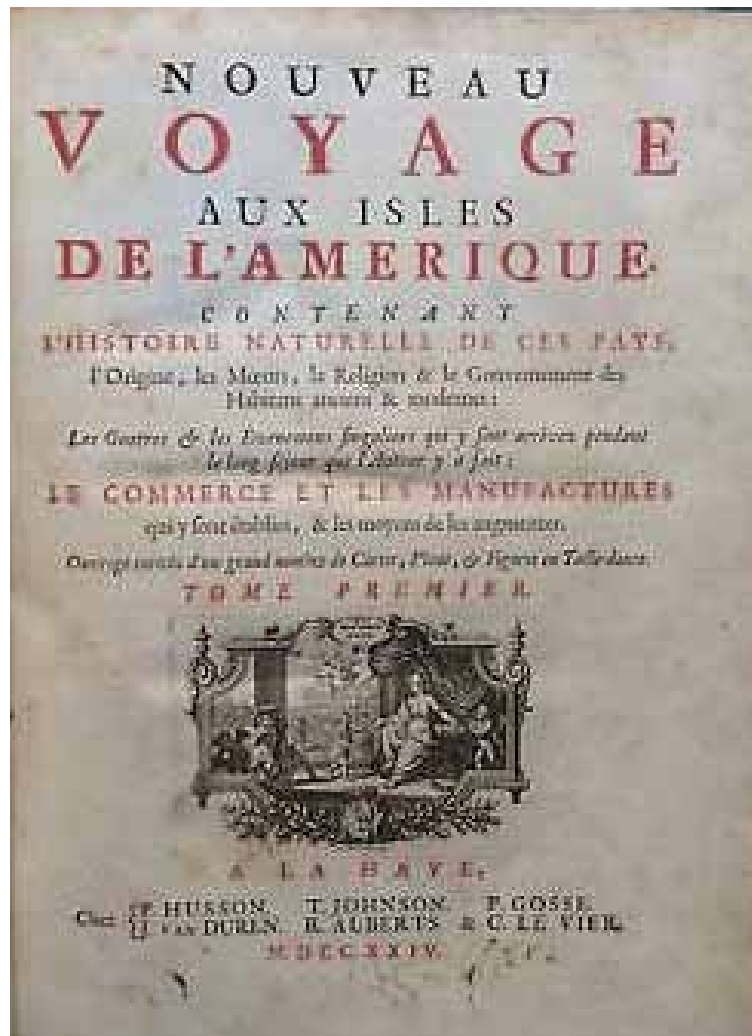
Jean-Baptiste Labat, Sugar Mill 1722.

*guldive* as a substitute for the rations outlined in the preceding article'. Just as significantly, rum was distributed to slaves both as a reward and also as an incentive for particularly difficult or dangerous work, such as that associated with the operation of the sugar mills where the cane was initially crushed and which led to high rates of mutilation and death. The instructions left for one plantation manager declared that : 'The master of a plantation must, insofar as possible, give a *coup de guldive* to his slaves both morning and night as soon as prayer is finished, and

he should make it strong: this warms them and gives them the courage needed to work. Other than this, if a slave performs an extraordinary task to the satisfaction of his master, he should be given another coup, both to inform him of the master's approval and to encourage him further. Other than this rum given twice daily to slaves, masters should, as far as possible, give a weekly pint of rum on Sundays with the distribution of three pounds of meat, although care should be taken not to give too much, because this can be dangerous' ..."

At the end of 1600, the new importance of sugar and rum in the French Caribbean is clear in the *magnus opus* of Jean-Baptiste Labat, usually known as Père (Father) Labat, "**Nouveau Voyage aux Isles de l'Amérique ...**". Where Dutertre in his History had devoted only few pages to sugar, round forty years later Père Labat wrote hundreds of pages on sugar, sugar making, rum and the slave system.

"Born in Paris in 1663, this Dominican priest and former professor of philosophy and mathematics volunteered to leave the convent at the Rue Saint Honoré for the colonies in order to replace deceased missionaries on Martinique. Arriving in 1693, he was assigned to the small parish of Macouba and charged with reviving the debilitated grounds and managing a sugar plantation. Labat's journey coincided with the height of the sugar revolution in the Caribbean. By the 1660s, sugar had become the chief industry in the Lesser Antilles, and by 1685, French territories ranked second in world sugar production after those of the English. Labat became extremely active in improving sugar production techniques in the French colonies, contributing to the design and operation of sugar mills and refineries. As he developed a reputation as a knowledgeable manager, engineer, and architect, he also directed the construction of church properties, a Freemason lodge, water mills, forts, and defenses. ... ascended the ranks of the Dominican leadership ... His enormous ego and unstoppable ambition brought about his downfall, however, for he eventually became known in official circles as a 'man o wit, but impudent and impassioned' and a 'meddler'. ... he was sent to France ... Later the authorities refused him readmittance to the colonies and forbade him to correspond with anyone there. ... The *Nouveau Voyage* was published in two editions, in 1722 and 1742, the latter appearing four years after the author's death." In this way Doris Garraway



introduced Labat to us in her well-documented and thought-provoking "*The Libertine Colony*" published in 2005.

As regards to rum in particular, according to Alibert in "*La fabuleuse aventure du Rhum*" 2005, "Through his advice and his ingenuity, Father Labat considerably improved the manufacturing, in particular, by summoning the distillation equipment from the Charentes region that he was able to adapt to manufacture rum. The alembic used for rum distillation was simply made up of a copper cauldron measuring around 0.8m in diameter and 1.3m in height, topped with a copper capital. The latter was connected to a coil immersed in a barrel containing cold water which was constantly refilled."

Now let's read some quotes from Père Labat's work.

“The spirit we make on the Islands with mash & sugar syrups, it’s not one of the least used drinks, we call it *Guildive* or *Taffia*. The Savages, the Negros, the lowly settlers & craftsmen are not looking for another one & they lack self-control with this item, it is enough for them that this liquor is strong, violent & cheap; it doesn’t matter whether it’s harsh and unpleasant. I’m not going to talk about it in another place. We take a lot to the Spanish on the coast of Caracas, Cartagena, Honduras & the big islands; there is no difference with that which is made from wine, if it is a carefully stoppered glass bottle from England & tied with *archal* thread or in cans from Holland with ten or twelve flasks. The English also consume a lot & they are not as delicate as the Spanish; they have invented two or three types of liquors, which us French use & abuse, very intense imitators of the bad they see in our Neighbors. The first is called Sang-gris, it is made of Madeira wine which is put in a crystal or Fayence jar with sugar, lemon juice, a little cinnamon & powdered clove, lots of nutmeg & toasted, or slightly burnt bread crumbs. When the liquor is deemed to have taken the flavor of the ingredients, it is passed through a fine linen. Nothing is more pleasant; the taste of lemon makes it seem very refreshing & those who invented it claim that as well... The second is English Lemonade. It is made with Canary wine which has sugar, lemon juice, cinnamon, nutmeg, cloves & a bit of amber essence added to it. This drink is as delicious as it is dangerous ... The third English drink is Punch, it’s their favorite drink, it’s made of two-parts spirit and one-part water. “

“The rest of the failed canes, that’s to say those which have been started on by rats and turn sour almost immediately, the inside goes blackish; they’re absolutely useless in sugar making & can only be used to make spirits.”

“The spirits we pull from the canes are called *Guildive*. The Savages & the Negros call it *Taffia*, it is very strong, with an unpleasant smell & acridness, a little like grain-based spirits, which we have trouble taking away from them. The place

where we make it is called *Vinaigrerie*, I don’t know why it’s been given that name because it does not suit it in anyway. I already commented that it would be more fitting to name it a *Distilatoire*... This place must be attached or at least very close to the Sugar Mill, so that the mash and syrups can be taken there conveniently...”

About fermentation, Labat writes: “We fill the wash of water up to two thirds, and sometimes three quarters, and we finish filling them with syrup & mash. We cover them with balisier leaves & put planks on top & after about two or three days, depending on the goodness of the mash or the syrup, the liquor is fermented...”

And here is distillation: “The copper cauldrons are around two & a half feet in diameter and four feet in height. ...When the cauldrons are full, we close the opening with a red copper lid which must fit well just on top of the rim, & we seal with oily soil; it’s good that it has a lid on top so that it isn’t subjected to cutworms. It has an eighteen to twenty-inch long spout which is put into the bottom of the copper or tin serpentine which is put in a barrel for this purpose, well circled with iron, placed close to the cauldron. The more coils the serpentine has, the better the spirit. The barrel where the serpentine is must always be refilled with water, to refresh it ...The first liquor which comes from the cauldron is called low water: indeed, it’s not very strong. We keep all the low water we pull for the first five days of the week & refill one or two cauldrons with it on Saturday. The spirit that comes out then is the real Water of Life, *Taffia* or *Guildive* which is very strong & very violent.”

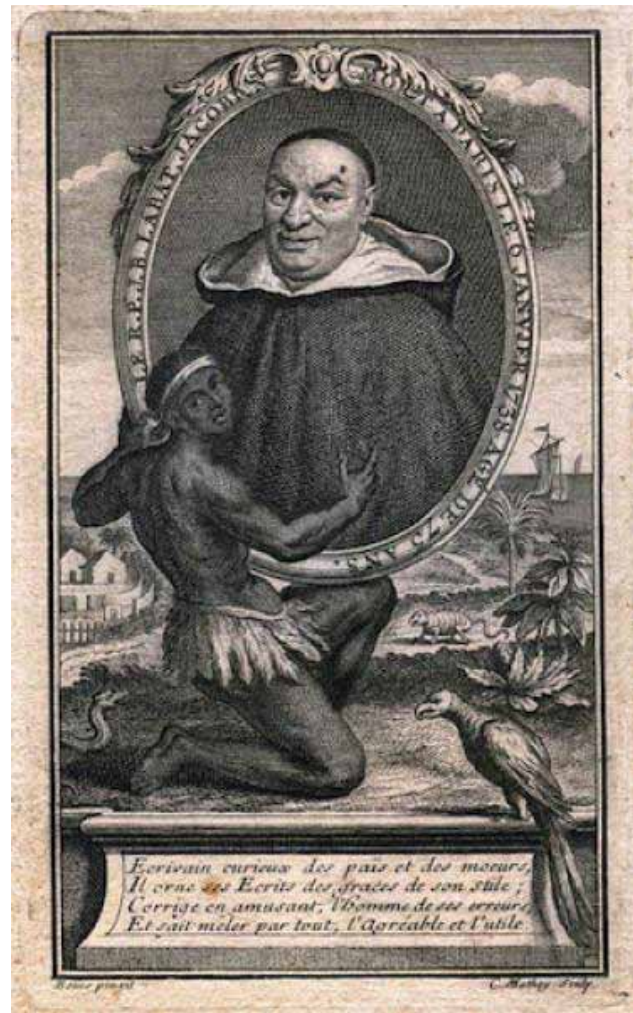
As a good manager, Père Labat deals also with the economic value of the new distilled beverage: “This product makes a considerable profit for the Planter: because by only working forty-five weeks a year, they will make sixty barrels of spirit a year. They could sell at least fifty-four barrels, drinking the rest at home. Therefore, fifty-four barrels with a capacity of one hundred and twenty

*pots* each should produce a thousand *écus* which is enough to buy clothes, meat, tools & other needs, a troupe of one hundred and twenty Negros. When you want to make the spirit better, and take away the too strong smell & the bitterness it has, you have to be careful to wash the cauldrons and the serpentines, & hang a bouquet of anise or fennel in the lid & renew it every time you load the cauldron." It could be, roughly, a production of more than 10.000 liters per annum.

Labat takes slavery for granted. Like all settlers, he is used to the violence of the slave system and reassures his readers that the scars on the back of slaves "excited the compassion of those who were not accustomed to them; but soon one gets used to them."

Of course, sometimes unpleasant accidents happen, but the good Father is ready with adequate remedies: "The Rollers bite into the Canes with ease as soon as they are close to their junction point & pull them between waters. It is important that the Negresses who feed the Mill or who push in the canes (because it's normally women who do this work), do not touch the spot where the Rollers hit with their fingertips; ... Especially at night when, tired for the long day of work, they fall asleep while pushing the canes that they hold in their hands, their fingers get caught and crushed before we can rescue them... On such occasions, the shortest remedy is to promptly cut the arm with a stroke of a billhook; & for this we must always have a billhook on the table, well sharpened, in case it is needed. It is better to cut off an arm than see a person go through the Rollers of a Mill."

Labat's work left a large and enduring legacy on French Caribbean culture and his very name is to-day used as a brand in the rum industry. But his legacy is not the same for everyone. "The legend and legacy of Father Labat has endured for nearly three centuries in the French Caribbean, where he is still read by many Martinicans who relish his exactitude and taste for savory anecdotes of early colonial cultures. Historian also continue to read



Labat as a reference on the history and geography of the French Caribbean, often taking his word for fact. Yet the Creole descendants of slaves have preserved his legend in the very realm of spirit he so brutally opposed. So renowned was the author's reign of cruelty over the slaves that he has survived in memory as a spirit condemned to wander in the hills as punishment for the sins he committed. Labat has also been interred in the spiritual archive as a form of devil or malevolent spirit, this giving rise to popular phrases as 'Father Labat is going to get you', which are used to frighten naughty children" (Garraway).

See you next month.

Marco Pierini

# THE COCKTAIL SCIENTIST

By Joel Lackovich



Hello, my name is Joel Lackovich. I first became a Rum aficionado while bartending at the legendary Washington DC hotspot, NATION, in the late 90's. Serving hundreds of patrons each night, I always held a special place in my heart for Rum, whether I grabbed a bottle from the rail or from the top shelf.

Today, with over 20 years of experience in the field of life sciences, and degrees in Biotechnology, Chemistry, and Microbiology from the University of Florida, and an MBA from the Jack Welch Management Institute, I bring a unique blend of both science and human perspective to how I look at Rum, and the cocktails we all enjoy. The ingredients, the preparation, and the physical properties that constitute a Rum cocktail fascinate me. I hope you enjoy my column where I dissect a different Rum cocktail each month and explore its wonder.

Joel Lackovich (joel@gotrum.com)







Photo by Joel Lackovich

## THE NAVY GROG

### INTRODUCTION

The Navy Grog is an enduring cocktail that Darwin himself would have been proud to drink, document, and research its evolution. Born out of necessity, revered and loathed by the British Navy, and perfected by the avant-garde, it is no wonder that the drink has climbed to Tiki cocktail fandom. If Rum had a “Cocktail Hall of Fame,” the Navy Grog would certainly be in the first introductory class, and likely the first inductee.

The drink’s brilliant design is complex with multiple ingredients and is iconic because it achieves Tiki greatness without the use of flavorful syrups. This is very unlike the Navy Grog’s close relatives, the Mai Tai and the Zombie, both of which rely on savory organic syrups to achieve their unique flavor profiles. If you have prepared a Navy Grog, you will recall the presentation is over the top, the taste is

undeniably striking, and the preparation immortal.

## MATERIALS & METHODS

*Don the Beachcomber – 1941 recipe (1)*

Rum – 1.0 oz (30 mL) Light White Rum

Rum – 1.0 oz (30 mL) Demerara Rum

Rum – 1.0 oz (30 mL) Dark Rum

Fresh Lime Juice – 0.75 oz (22.5 mL)

Fresh White Grapefruit Juice – 0.75 oz (22.5 mL)

Soda Water – 0.75 oz (22.5 mL)

\*Honey – 1.0 oz (30 mL)

(\* Note: To prepare: dissolve 1-part honey in 1-part warm water, and let cool)

(1) Before preparing the cocktail, the Navy Grog, an ice cone needs to be made. The ice cone can be made by one of two ways:

- First, by packing finely shaved ice into a pilsner glass and running a chopstick down the middle to make a hole for a straw and then removing the packed ice from the pilsner glass. Then removing the chopstick from the cone and freeze the cone overnight.
- Second, by using a Beachbum Berry's Navy Grog ice molding tool and freezing the cone for four hours until frozen.

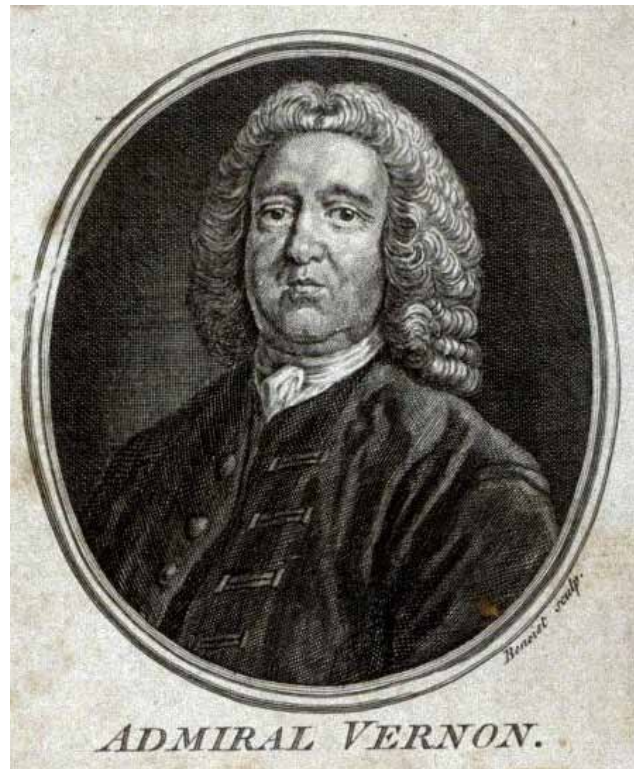
(2) After the Navy Grog ice cone is made, fill a cocktail shaker with some ice, and add the fresh lime juice, fresh white grapefruit juice, soda water, honey, and the 3 Rums.

(3) Next shake the cocktail vigorously and strain into a rocks glass or double rocks glass containing the Navy Grog ice cone with a straw, preferably a bamboo one, running through the cone.

## DISCUSSION

### Historical Origin

*“To the captains of the squadron! Whereas the pernicious custom of the seamen drinking their allowance of Rum in drams*



*and often at once, is attended by many fatal effects to their morals as well as their health, the daily allowance of half a pint a man is to be mixed with a quart of water, to be mixed in one Scuttled Butt kept for that purpose, and to be done upon deck, and in the presence of the Lieutenant of the Watch, who is to see that the men are not defrauded of their allowance of Rum; it is to be served in two servings, one in the morning and the other in the afternoon. The men that are good husbands may from the savings of their salt provisions and bread, purchase sugar and limes to make the water more palatable to them. “— Admiral Vernon's Official Order on August 21, 1740 on Her Majesty's Ship Burford in the Port Royal Harbor.*

Admiral Vernon's official order, which was made from necessity due to issues with sailor conduct, and the absence of beer and wine in the New World, quite frankly may have been the first documented cocktail recipe. However, the masses at the time were not as fond of Admiral Vernon's formula. Unhappy with the order, the sailors, who to that point had been given a tot (dram) of neat rum daily, quickly labeled Admiral Vernon, “Old Grogam,”

later shortened to “Grog,” after the type of fabric in the coat that the Admiral wore. The mixture of Rum and water was also coined, “Grog,” and thus became the foundation for the Navy Grog cocktail today. And although detested, Admiral Vernon’s decision may have very well saved a multitude of British sailor’s lives, at least the sailor’s that opted out of salt provisions and bread and went with sugar and limes.

During this age of discovery in the 18th century, thousands upon thousands of seamen died of scurvy. The main physical symptom of scurvy is the disintegration of the body and this is because one of the major effects of scurvy is that the body can no longer produce collagen, the glue of the body’s cells (3). Starting with ulcers and blisters, the disease quickly erodes the body’s organs, while also creating intense and damaging psychological harm to the victims who often suffer from seizures. Much like the Daiquiri and the Mojito’s ability to thwart the effects of scurvy, the citrus component introduced to the Grog by the naval sailor’s that added lime were able to fight off the effects of the vicious disease. But it was not until 1746, that an official connection between citrus and scurvy was discovered, when Scottish physician James Lind proved in one of the first controlled medical experiments that citrus fruits were an effective cure for the illness (4).

Fast forward to 1941, Don the Beachcomber, also known as “The Founding Father” of Tiki Culture, evolved the “Grog” cocktail to the “Navy Grog” cocktail in his Hollywood Restaurant, and it became an instant success. However, his famous Navy Grog recipe was almost lost in time because Don never shared his recipe ingredients with anyone, not even his bartenders, and wrote in code in recipe notebooks. It was not until Jeff Berry, also known as Beachbum Berry, discovered and cracked the code in the 1990’s that the classic cocktail was formally returned to mixology. The world learned that Don replaced “Navy Strength Rum” and the other Grog ingredients that were available during the Colonial area, with three



distinct types of Rum and more modern experimental ingredients. He also added the infamous Navy Grog ice cone which seemed almost impossible to make until Jeff Berry interviewed a former bartender of Don the Beachcomber. Tony Ramos, an ex-Beachcomber bartender, who once made Navy Grogs for Frank Sinatra in Palm Springs, recalled making the infamous ice cone by packing down finely shaved ice in a Pilsners glass and placing a chopstick down the center, removing it later to leave a hole for the straw. In the end, the evolution of the Grog to the Navy Grog and its return to contemporary Tiki culture, along with the manifestation of the Mai Tai and Zombie cocktails, became known as the Holy Trinity of cocktails. Thus, the true foundation of the Tiki cocktail movement is here to stay.

### **Flavor Profile**

The Navy Grog’s use of a light (white) rum, a heavy (dark) rum, and a Demerara rum is fascinating, and each provides a significant physical effect on the properties of the drink! The light rum used in the

cocktail, while absent of any significant esters because it is a low-congener rum, plays its part by not only adding significant alcohol content to the drink, but also by adding to the brightness of the cocktail. Light rum is transparent which means it allows light to pass through so that objects behind can be distinctly seen. However, when light rum is added with the other active ingredients to make the Navy Grog, the drink becomes translucent, which means the cocktail allows light to pass through, scattering the light just enough that images on the other side cannot be seen clearly. If light rum were not added to the Navy Grog, the cocktail would easily be opaque, which means no light would be able to pass through. However, thanks to light rum it is a wonderful contributor to the Navy Grog's magnificent golden color.

The addition of a heavy-bodied (dark) rum to the Navy Grog was much more strategic for taste than aesthetic beauty. Heavy rums, like the dark rum added to the Navy Grog, are rich in flavor and contain a fair number of esters which contribute to the fruitful aroma of the cocktail. Although there exist low-congener dark rums by simply adding caramel for coloring, for the most part dark rums attain their color through the process of aging and being stored in charred oak casks. The resulting flavor of the rum from this process becomes more complex and adds a more sweet and pleasant essence to all cocktails, including the Navy Grog.

Like the addition of a high-congener dark rum to the Navy Grog, the addition of Demerara rum to the cocktail equally adds sweet and rich aromas. Demerara is a rum loaded with complex flavorful esters and made from sugar cane located on the banks of the Demarara River. If rum were jewelry, it would be the pearl of the Guyana. Some of the rum from this region is still manufactured today using wooden stills, which add arguably in some part to the unique flavor profile of the rum, along with the coastal ecosystem where the traditional fermentation, distillation, aging, and blending processes are still conducted today in the same manner as hundreds of years earlier.

But as important as the different rums are to the Navy Grog cocktail, equally important are the ingredients that Don the Beachcomber used to craft the cocktail. The addition of lime juice, grapefruit juice, and honey to the drink add multiple layers of complexity:

- Lime juice, a citrus juice with a pH of 2.8 is an acid which adds tartness to the cocktail and contains nearly twice as much Citric acid than a grapefruit.
- The grapefruit, which can also be quite tart depending on the time of the year it is picked and the variety of grapefruit used, has ten times the amount of sugar as a lime and adds nice balance of sweet and sour to the Navy Grog (5). Further adding to flavor profile of the Navy Grog, grapefruit juice also contains a terpene, an organic compound produced by a plant that gives off an odor to protect a plant from predators, called grapefruit mercaptan that influences the taste and odor of grapefruit juice the most, and thus the cocktail as well.
- Honey is a potent natural sweetener, especially when added to a cocktail with ingredients that are not as sweet. Composed primarily of the sugar's glucose and fructose, it is the fructose content in honey that is the largest contributor to sweetness and influences the taste profile of the cocktail significantly.

## NUTRITION

Long gone are the days where the Navy Grog's predecessor, "The Grog," was needed to enhance the preservation of drinking water on British ships during colonial times, as well as maintain a sailor's health to prevent scurvy. Today, the Navy Grog is a fanciful and strong Tiki cocktail, and yet relatively healthy. The cocktail contains a reasonable 283 calories per 7.5 oz iced cocktail (6). But beware, many modern versions of the Navy Grog now include simple syrup to build and enhance sweetness. This will account for a higher sugar count in the cocktail than the traditional recipe required, and due to the strong alcohol content of the



Navy Grog, this can play tricks on your body's blood sugar levels. Drinking rum, or alcohol in general, may cause your blood sugar to either rise or fall depending on volume consumption. Obviously adding simple syrup will increase blood sugar and drinking alcohol in general will do this as well. However, excess alcohol, and cocktails like the Navy Grog, may lower your blood sugar causing hypoglycemia (7). So always make sure to understand what ingredients are being used in the preparation of a Navy Grog if blood sugar level is important to you.

**NUTRITION FACTS**  
(Amount Per 1 Fl oz)

Calories:	37.73
Total Fat:	0 g
Cholesterol:	0 mg
Sodium:	0.27 mg
Total Carbohydrates:	2.8 g
Dietary Fiber:	0 g
Sugar:	2.13 g

**CONCLUSION**

The Navy Grog stands tall amongst both modern-day craft Rum cocktails and traditional Tiki cocktails. The drink is an example of how a cocktail, deeply-rooted in history from the colonial era and once known as "The Grog", can be pulled from obscurity to contemporary critical acclaim. Thanks to the Tiki movement and its redefinition of the cocktail with one light (low-congener) rum and two heavier (high-congener) rums, this almost forgotten cocktail was resurrected. The Navy Grog is not only an important part of rum history, but a timeless cocktail that will continue to be enjoyed by many for countless years to come.

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# RUM IN THE NEWS

by Mike Kunetka



These are the most recent and noteworthy headlines in the rum industry. If you want us to share your news with our readers, please send me an email to: [Mike@gotrum.com](mailto:Mike@gotrum.com).

## ANGOSTURA

The Trinidad & Tobago Guardian has reported that after an almost year-long investigation, Genevieve Jodhan has re-signed as CEO of Angostura. The paper stated that Jodhan, who has been on administrative leave since last October, was the subject of two separate audits which examined the award of contracts amounting to over one million dollars to MH Tactical Response Group, New Order Security Services and Corporate Asset Protection, all aligned to Sgt Mark Hernandez, a key member of the Special Operations Response Team, a unit of the T&T Police Service. While Jodhan was empowered to authorize contracts up to the sum of \$500,000 without board approval, the contracts under review exceeded that sum and were not in keeping with a directive of the board. According to the company's procurement practice, it was usual to invite three tenders for public contracts to ensure transparency. The company has appointed Executive Manager-Operations, Ian Forbes, to act as

CEO as the company begins the process to find a suitable replacement. <http://www.angostura.com>

### **MOUNT GAY**

Mount Gay has announced the appointment of Trudiann Branker as its new Master Blender. Trudiann has been a key member of Mount Gay's Quality Assurance team and has worked very closely with Allen Smith, retiring Master Blender. A graduate of The Siebel Institute and the Institute of Brewing and Distilling, Branker adds more than 11 years working in the spirits industry. In a Facebook post, Smith said "After over 25 years of devotion to the magnificent brand that is Mount Gay, an important chapter in my life is coming to a close. When I became Master Blender in 2005, it was the pinnacle of my career; a true recognition of my work and dedication. Then, in 2009, I had the pleasure of experiencing the launch of one of my greatest creations: Mount Gay 1703 Master Select. Today, I leave with an enormous sense of pride. In all these years, I have always been committed to serving Mount Gay by ensuring the excellence of our rums are looked after with great care. Before I go, I would like to warmly welcome our new Master Blender, as she steps into my position ensuring the longevity of our incomparable Mount Gay rum. For a Master Blender, there is nothing more satisfying than to see your work perpetuated by somebody that you have trained and familiarized with the techniques and secrets which have shaped our success. She has big shoes to fill, but I'm confident her passion, dedication and love for Mount Gay rum will shine for years to come." Branker responded in her own post: "It is an honor for me to follow in Allen's footsteps. It is from him that I learnt the tremendous savoir-faire which allows us to create one of the best rums in the world every day. It is with great pride that I become Mount Gay's Master Blender, and I humbly join this prestigious line to keep Mount Gay going, to create new treasures, expand our rums and invent new blends." [www.mountgayrum.com](http://www.mountgayrum.com)

### **LAMB'S SPICED RUM**

Pernod Ricard UK is relaunching Lamb's Spiced Rum with a new design and more golden liquid. The new design will increase awareness amongst younger consumers with its bold, vibrant and eye-catching new label, which Pernod Ricard hopes will stand-out at the point of purchase and behind the bar. The design targets a younger audience of men and women, aged 18-28 years old, giving Lamb's Spiced the opportunity to reinvent itself as a bold and playful brand for those wanting to try a new Spiced Rum. The brand's heritage has been maintained through references to founder, Alfred Lamb, and the bottle's unique, hexagonal shape, which is a huge differentiator against competitors. Toni Ingram, Head of Marketing for Lamb's Navy Rum, says: "The new look for Lamb's Spiced is a clear break from the existing branding with edgy and rebellious aspects,

which will appeal to a younger adult audience who we know are seeking experiences and are open to taking risks. We're not shying away from the fact the new label aims to recruit more females into a rapidly growing segment for the Rum category. Consumer feedback to date has been highly positive and the new bottle has a clear place at the center of social occasions." <http://www.lambsnavyrum.com/>

### **BACARDI**

Bacardi rum is ushering in the spring season with the launch of its most refreshing flavor innovation yet, Bacardi Lime. Regarded as one of the top choices for fruit infusions in beverages and the most popular fruit purchased to be paired with rum, Lime was the obvious choice for the new Bacardi flavor innovation. "As soon as the weather warms up, people are ready to take their drinks outside, whether it is for an outdoor barbecue, party on the beach or happy hour on a rooftop bar, Bacardi Lime is the perfect complement to these spring and summertime occasions," said Roberto Ramirez Laverde, VP, Bacardi for North America. "We have watched the flavor space grow year after year and we know that consumers are going to embrace this new infused rum, especially when they're on the hunt for a refreshing new cocktail." Just like the other flavors, Bacardi Lime begins with a base of Bacardi Superior white rum and is then infused with natural lime flavors, providing an intense flavor with aromas of lime zest and natural bright citrus notes. For those looking for a lower calorie cocktail alternative, one ounce of Bacardi Lime, when mixed with soda, is only 74 calories. [www.bacardi.com](http://www.bacardi.com)

### **MONTANYA DISTILLERS**

Montanya Distillers is now part of the BigFish platform, an innovative way for consumers to buy craft spirits made in the U.S. and around the world. Many craft brands are not sold in local liquor stores due to distribution laws making it prohibitive, which means many liquor stores mainly carry mainstream products. BigFish strives to blow the lid off this current model through its mobile platform and its rigorous vetting process. The platform makes it easier for consumers to shop for and learn about craft spirits and then have the product delivered to their home. Currently, BigFish is only available for Illinois residents, however Florida is opening up by the end of the year. It also hopes to ship to numerous other states by early next year. "BigFish is really exemplary of a new way of selling alcohol in the U.S.," noted Karen Hoskin, Montanya's co-founder, owner and CEO. "They are focused on craft distillers and taking an entirely new approach. Typically, we buy spirits by walking into a store. What is on the shelf is what you get, and it can be hard for retailers to take chances on smaller brands when shelf space is tight. You don't get much information except what is on the label. BigFish provides deeper background

about each distillery they carry, as well as recipes. It's such an informed way to buy, which we appreciate as a small producer." BigFish currently offers Montanya's Oro, Platino, and Exclusiva. Exclusiva is a limited release, which had only been available in Colorado, however, BigFish opens the market, giving people an additional way to buy the rum. Montanya barrel ages Exclusiva for three years, two-and-a-half in an American White Oak barrel that previously aged Colorado whiskey. "At BigFish, our mission is to provide consumers with unprecedented access to the finest craft spirits available from independent distillers," said Michael Weiss, COO, and Founder of BigFish. "Partnering with Montanya is a giant step forward for us in that regard. With their dedication to the process of making rum, not to mention the superior quality of the spirits they produce, Montanya is a prime example of the excellence we strive to provide for our customers." [MontanyaRum.com](http://MontanyaRum.com); <https://bfspirits.com>.

### **CAMPARI UK**

For the first time ever, Campari UK launches Meet the Masters, a bespoke spirits-world experience that brings together more than 140-years of talent and expertise from four internationally-renowned and respected Master Blenders and Distillers to one luxurious London location, where guests will immerse themselves in unrivalled knowledge of spirits and cocktails. From May 14th to 16th, the Master Distillers and Blenders behind Wild Turkey Bourbon, Appleton Estate Rum, Grand Marnier and Glen Grant Single Malt Scotch Whisky will unite to share their unparalleled knowledge and experience, a unique opportunity to learn from the best in the business. The speakers will be:

- Joy Spence of Appleton Estate Jamaica Rum, the first woman to hold the position of Master Blender in the spirits industry. In 2018, Joy was chosen to receive the National Medal for Science and Technology at the National Medal for Science and Technology and Innovation Awards in her home country of Jamaica, chosen from a field of Jamaican industry luminaries.
- Eddie Russell of Wild Turkey Bourbon, the son of legendary Master Distiller Jimmy Russell, and the third generation Russell to work at the Wild Turkey Distillery in Kentucky. In 2010, Eddie joined his father and other greats in the Bourbon industry when he was inducted into the illustrious Kentucky Bourbon Hall of Fame™.
- Patrick Raguenaud of Grand Marnier, whose family have been involved in the Cognac industry since 1627. Patrick joined Grand Marnier as Master Blender in 2004, overseeing the purchase, aging and blending of French Cognac, as well as the important production of the bitter orange essence.
- Dennis Malcolm of Glen Grant, who has worked at Glen Grant for over five decades and has over 45 years of experience in the Whisky industry. Born

in the grounds of Glen Grant in 1946, Dennis has worked for Glen Grant for over five decades and is one of the longest serving Master Distillers in Scotland.

Taking place at Carlton House Terrace in London's Mayfair, Meet the Masters is an opportunity for guests from the drinks industry and beyond to learn about the heritage behind some of the most exciting spirit brands, as well as the Masters' view on the latest industry trends. The event will offer tasting sessions with each Master, panel discussions, and the chance to explore each of the brands in a stunning setting reflecting each spirit's unique personality. Guests will learn the complexities and versatility of each brand, showcasing how Campari Group's iconic drinks are the perfect addition to any cocktail. "Meet the Masters is an incredibly important moment in time; it's a first-of-its-kind opportunity for the industry to meet four of the unique personalities and experts behind some of our most iconic, premium spirit brands, joined together for the first time ever in London," says Brad Madigan, managing director at Campari UK. "With over 140-years of shared experience in the spirits industry between them, Meet the Masters is a must-attend for those who are serious about spirits, the stories behind them, and hungry to know more, in a unique and intimate setting. We can't wait to open the doors to guests and raise a glass to our Master Distillers and Blenders!" <http://www.campariuk.com/>

### **BOUKMAN RHUM**

It all began in 1791 at a secret ceremony, where Dutty Boukman swore an oath to liberty, sealed it with rum and sparked the revolution that freed Haïti. Two centuries later, Boukman honors Haïti's rich tradition of Clairin Trepè, handcrafted spiced 'rhum'. Boukman Botanical Rhum is derived from two of Haiti's best rum terroirs, the rich cane fields of Croix des Bouquets in the south and the northern cane fields around Cap Haïtien, scene of Dutty Boukman's rebellion. Boukman uses only the best rum agricole, distilled from the fresh juice of sugar cane, and infuse it with botanicals and barks, many of them native to Haïti and foraged in the wild. These include bois bandé, zou'devant, campèche, bois cochon, oak, allspice, clove, vanilla, bitter almond and cinnamon. The result is a dry, intense, and complex spirit with an elegant finish. Today, Boukman Botanical Rhum aims to help Haïti 'get up, stand up' and reinvests in programs to help the sugar cane communities live with dignity and fairness. From its inception, Boukman Rhum has been working in close partnership with Haiti Futur, a registered non-profit with branches in Haiti, the USA and France. A proportion of Boukman profits go directly to Haiti Futur, which is transforming education in Haiti with its digital classroom program. Haiti Futur is an organization that aims to develop quality education and support entrepreneurship in Haiti, while promoting Haitian culture. <http://boukmanrhum.com/>; (<http://www.haitifutur.org>),



## DIPLOMATICO

Venezuelan rum brand, Diplomático, has released the third and final rum in its Distillery Collection series, No. 3 Pot Still Rum. No. 3 will join No. 1 – Batch Kettle Rum and No. 2 – Barbet rum in the series. Each of these rums demonstrates the different distillation methods used to create the brand's range of rums. The copper pot stills, originally used in Scotland to make whisky, were brought to Diplomático's La Miel Distillery in 1959. Jon Lister, UK brand ambassador for Diplomático told Spirit Business "The rum is essentially a look behind the curtain to show the flavor profile behind the traditional range. It's not to replace anything in our portfolio, it's to support and showcase the traditional range."  
<http://rondiplomatico.com>

## TRADER VIC'S

Trader Vic's has named Rhett Rosen as Chief Executive Officer of the iconic restaurant group. In his new role, Rosen will be responsible for all strategic development, brand innovation and leadership initiatives for the famed tiki brand's expanding portfolio. Rosen will also oversee the continued growth of Trader Vic's Mexican inspired brand, Señor Pico, with the new location set to open in Dubai later this year. "We are excited that Rhett has agreed to lead Trader Vic's international portfolio, and are confident that his industry knowledge, strong leadership skills and extensive hospitality experience will usher in a new chapter for the brand," said Charles C. McGettigan, Chairman. "Rhett's deep understanding of two strategically important areas, brand identity and global market potential, makes him an ideal choice to drive innovation for the iconic 85-year old brand." <http://tradervics.com/>

## NEWFOUNDLAND DISTILLERY COMPANY

The Newfoundland Distillery Company has added another award to its trophy case, as the company's Chaga rum was named the best spiced rum in Canada at the World Rum Awards in London. Peter Wilkins, co-founder of the Clarke's Beach distillery, says the award is a special honor. "I think it's a very big deal," he said. "They don't give that many medals out, because some of the competitions, they give a lot of medals out, whereas there, we were the only rum that won an award for the whole of Canada." Wilkins said the rum from Guyana is infused with Chaga, a fungus that grows on birch trees, foraged from central Newfoundland. "It's a bit like a mushroom, but more like a truffle and it grows on the bark and you can only harvest it in the winter when it's dormant," he said. "It gives a bit of earthiness and richness to the rum. We've had to call it a spiced rum because if you have any flavorings in it, you've got to define it, so it's not really a spiced rum, it's more like a new dark rum." But the award is not the first accolade for the rum. Wilkins said the company's Chaga rum and Aquavit both won silver medals this year at the

San Francisco World Spirit competition. <https://thenewfoundlanddistillery.com/>

## TANDUAY RUM

From among thousands of spirits across the globe, Tanduay Double Rum was judged as one of the best by the Wine & Spirits Wholesalers of America and the 2019 San Francisco World Spirits Competition (SFWSC). Tanduay Double Rum received the gold medal from the Wine & Spirits Wholesalers of America and the silver medal in the SFWSC. Almost 3,000 spirits joined the latter's competition this year, the largest in its 19-year history. Lucio "Bong" Tan, president and chief operating officer of Tanduay Distillers, Inc. told the Manilla Standard "We are honored to receive these awards. They are testaments to our commitment to making world-class products and highlighting the craftsmanship of the Filipino." Double Rum is a blend of 2 aged reserved components, 16-year-old rum and 5-year-old rum that are aged in the barrel for another 2 years and is produced in small batches. It is a "sipping rum" that belongs to the cognac level of spirits. "Tanduay Double Rum embodies the value of paying tribute to all the men and women behind Tanduay's success, one that is distinctly Filipino. It is Filipino rum at its finest, one that is meticulously crafted and will surely satisfy the discerning taste of rum connoisseurs around the world," Tan said. Tanduay has likewise received top honors for its other spirits. Tanduay White Rum and Tanduay Dark Rhum received the gold medal from the Wine & Spirits Wholesalers of America and Tanduay Asian Rum Gold and Tanduay Boracay Cappuccino Flavored Rum were awarded silver medals. The SFWSC likewise honored Tanduay Asian Rum Gold, Tanduay Asian Rum Silver, Tanduay Boracay Cappuccino Flavored Rum, and Tanduay White Rum with silver medals. Both Tanduay Dark Rhum and Tanduay Boracay Coconut Flavored Rum received bronze medals. <https://tanduay.com/>

## NELSON'S GREENBRIER DISTILLERY

English gin producer Nelson's Distillery has bolstered its portfolio with the release of two exclusive rums. Each spirit is a blend of three individual rums, carefully handpicked from North American countries such as Barbados, Jamaica and the Dominican Republic. Neil Harrison, founder and master distiller, told of his delight ahead of the rums release. "we know that rum is the next big trend here in the UK, especially flavored rum," explained Harrison. "As a forward thinking, proactive business, we wanted to ensure that our expansion not only includes the development of our signature gin range, but also places us firmly at the forefront of the exciting new marketplace." Botted at 42.5% ABV, the blend is aged in oak barrels for three years to establish a distinct aroma before being mixed with natural flavorings such as pineapple. <https://greenbrierdistillery.com/>



2nd Annual  
**RUM**  
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Submit information regarding your company's efforts towards making this world a better place to live. Winners will be featured in the December 2019 issue of "Got Rum?". Categories include, but are not limited to:

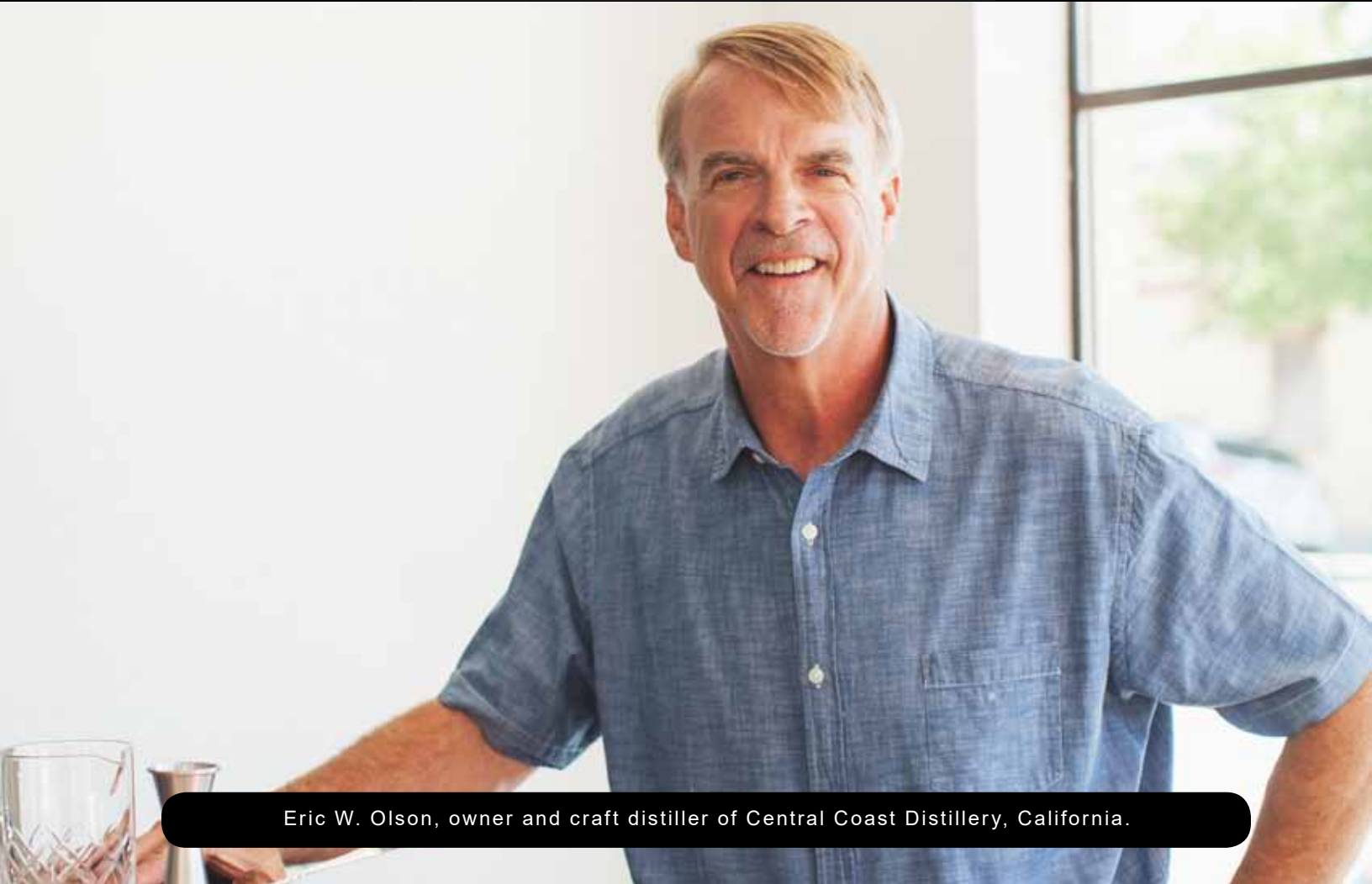
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# EXCLUSIVE INTERVIEW

by Margaret Ayala



Eric W. Olson, owner and craft distiller of Central Coast Distillery, California.

I am absolutely delighted to share this interview with our readers. Eric is the embodiment of passion and dedication, his achievements are well-earned rewards for all the planning and hard work he pours into his endeavors. As “craft” becomes more commonplace, distillers who are actually passionate about quality, not just income, rise above their competitors, rewarding consumers and inspiring their peers.

Margaret Ayala, Publisher



**Q: What is your full name, title, company name and company location?**

My Full Name is Eric W. Olson, owner and craft distiller of Central Coast Distillery. We are located in the heart of California Central Coast wine country, in the small town of Atascadero within the county of San Luis Obispo.

**Q: You have a formidable background in the culinary world. Can you tell us what attracted you initially to that industry?**

Food and wine are in my DNA! It dates back three generations to my paternal grandfather who was a chef and worked his way through logging camp kitchens in California. Road side restaurants led him to Arizona eventually landing him in Southern Texas where he boarded



and worked in several galleys of vessels leaving the ports. My dear mother, a home economist and model, was the first “chef” on TV out of Sacramento, California where she was televised live on air for a program sponsored by General Electric promoting cooking appliances. I remember watching her prepare wonderful meals on the local channel but being young, I turned my nose toward fast food. My father, while not formally trained in F&B, was a novice wine maker, and enjoyed dabbling in the production of hard cider. He had an excellent palate and missed his calling as a food critic.

It was inevitable that one day the gene would kick in....it did! It was during my travels abroad (while enlisted with the United States Army) that my interest peaked and took me to study the culinary

arts in 22 countries. Food, wine and travel became the driving force in my life.

**Q: What was your inspiration to open and operate your own distillery?**

I have been fortunate enough to work and serve in various leadership capacities at some of California’s most distinguished luxury resorts and clubs. Such properties as Ojai Valley Inn & Spa and Pebble Beach Resorts set the bar high and served to form my skills and temperament to lead each area within my scope, to create exciting and creative menus, recruit and hire the team that could meet the challenge, and to operate with financial success. Operating successful Food & Beverage outlets require tireless hours of commitment and quickly becomes a “young man’s sport”. So how does one stay within



his passion and still transition to a position that allots for more time to enjoy life and family? For me, distillation was a natural fit and I set to cooking spirits and found myself truly passionate about it.

Opening my own distillery had to include operating a tasting room, serving up craft cocktails and a food element. This provides me the means to cultivate my passions manageably. So I sought to resource great schools and training programs to learn the art. I believe that with great training and a lot of hard work you can accomplish much and “with a ton of prayers to the man upstairs” as the country song says.

**Q: What are some of the similarities and/or differences between the culinary and the spirits worlds?**

There are many ways these two worlds cross. In the pastry kitchen, spirits are a fundamental arsenal; nothing makes a dessert pop more than a good spirit. When working as an Executive Chef at a fairly large resort, I recall having two offices and both were well stocked with spirits accessible for use in a good recipe as well as for consumption around an occasional chefs table after a very long shift and cleanup.

When I first started in the culinary field, classical French training was foundational to our schooling and included the heavy use of egg yolks, crème and spirits. Today, with a greater understanding of the health effects brought about by the first two, we have toned them down, yet spirits have now been taken to a higher advantage point. For example, in my early days of cooking, Executive Chefs would regard Tequila as a waste spirit and a saved punishment for the cook that messed up an order on the line. You messed up an order, you drank a shot! Tequila was a cheap harsh spirit. Today, Tequila ranks with some of the fine Scotch Whiskies and Cognac/Brandy.

Today, the emergence of craft cocktailing have joined the ranks and in some cases are beginning to stand shoulder



to shoulder alongside the culinary arts through the birth of “mixology”. So much of what goes into an excellent cocktail now starts in the kitchen with the preparation of fresh squeezed juices, garnishments of fruits, vegetables, dehydrated sea elements, infused sugar, house made elixirs/bitters and specialized ice cubes. Creating classics with a twist or ones unique concoction has evolved into its own unique element of culinary creativity.

Worlds, both spirits and culinary, have run a divine cultural parallel throughout the ages; they don’t concern themselves, with social structures, barriers, past records/ mistakes or the amounts of ink on one’s skin, but lean to small craft artistry, service and a never-ending drive to be top performers of their profession and skill. I have found passion prevails for both the craft distiller and culinarian and both are driven by it. I can honestly say I experience an exhilarating rush from both.

**Q: What is your daily routine at the distillery?**

As a chef and distiller, I am very aware that fundamentally I am cooking a volatile product which means checks and reviews of your working environment is critical. First thing I do is walk the distillery, smell for leaks, observe and get a feel for the



place. If fermentation is happening I am mindful of CO<sub>2</sub>. If there is a task to be done that requires electricity and alcohol vapors are present, I have to ask myself if that task can be accomplished by hand.

On production days I move to tasting the fermentations and focusing on cooking the alcohol in production: Gin, Vodka, Rum, Whiskey and in the future Brandy. While distillation is in process, I work on making my “to do” list or writing up goals, listening to books on tape, create new drink menus, drive distribution sales, shine up the stills in the tasting room and give a friendly wave to those who peer through the window to encourage engagement and extend a hand of welcome. Other time is filled with widening my gaze and preparing for the next educational experience we will be offering in our classroom. That is the mental side. To get physical there are

mash tons to be cleaned, water circulation systems to be maintained, pallets of bottles to be hand labeled, filled and stored.

Bottling days are met with proofing, measuring, filling, sealing and inventory.

After a full day’s work on Thursdays, Fridays and Saturdays it’s time to prepare to open for business! Because we not only offer tastings but are licensed to mix cocktails, there is a full bar set up. Some of this includes preparation of all that goes into a craft cocktail; juicing, fresh garnishments, special ice; and of course, there is the point of sales and check the music, lighting, clean floor, bathrooms, and restock the pretty bottle packaging for bottle sales through the tasting room.

With a small footprint, seating is limited



in our tasting room which naturally creates an intimate atmosphere and instant friendships. Our overall goal is to connect with the customer, find their favorite spirit and gain a committed fan. We have garnered a strong following within our local county so we work hard to ensure regular communications with our followers regarding upcoming social and educational events through social media and promotional materials that are included with their packaged purchases. At times these may include complimentary dehydrated garnishments and recipes. After the fun has ended, it's time to clean up from the party, secure the bar and count the change.

**Q: How did you acquire the initial knowledge to get started with fermentation and distillation and what have you done since then to improve on your techniques?**

My first memory relating to distilling, as I recall, was as a young boy visiting my mother's family on their ranch in Eureka, California. With close to 500 acres to explore, my curiosity ran wild! While surveying a cavern I stumbled upon what I know today as a pot still with a copper coil. I guess I missed the tasting.

Twenty years later I found myself in the food and beverage business traveling countries worldwide learning all that I could and educating myself. My travels abroad took me to distillers on back roads not well traveled and into small villages in France, Germany, Thailand, Chile and Japan.

My first study of fermentation was at Richemont Switzerland's Master Baker School. I was taught to work with sour dough starters and fermenting foods such as cabbage for kimchi and sauerkraut. More recently, when working under more sustainable practices, I found myself pulling wild yeast strain off organic raisins to use as a leavening agent when creating an acorn pancake recipe. Through the fermentation of raw local honey, I have produced mead that was featured in our downtown art festival for the purpose

of educating the public on the grave importance of saving the bees.

Since my decision to open a distillery, I have followed much of the same path and continue to absorb as much as I can by sitting at the feet of those who have been successful at doing it. I have taken advance distilling courses in Utah at New World Distillery, Classes in Texas (Iron Root Distillery), a few in Washington State at both city colleges and distilleries such as Three Howl Distillery in Seattle and one of my favorites at Gig Harbor Heritage Distillery. Moonshine University remains my favorite place to hang my toe. The 5-Day Rum Course by The Rum University is hands down the best distilling class out there. There was so much to take in and was not limited to simply rum but served to broaden our repertoire on spirits in general. In addition, it offered the opportunity to networking with others in the distillery business worldwide. We captured the latest and greatest aged rums and sipped them in a classroom setting. Definitely one to attend for so many reasons. Honestly, I never thought Kentucky could be so much fun and being on the Whiskey Trail was fascinating and worth staying in town an extra day.

My overall favorite fermentation class was also through the Moonshine University and taught by Dr. Patrick Heist where we studied the impact of the various unique yeast strains. It was interesting to learn the science and its impact on production which in turn effects profitability.

**Q: Where did you get your inspiration to name your products "Forager"?**

A "forager" is a hunter and gatherer who searches for a natural source of food within his/her surroundings. The wildcraft of foraging is a learned art in identifying, harvesting and consuming the abundant properties earth has availed us organically. There are three elements to foraging: spiritual, medicinal and nutritional survival.

I am a descendant of the Fitzels family, historically noted as the first druggist in California, way back when Eureka was

the capital of California. I learned the craft from my great aunts and uncles who lived off of the land and often foraged for natural cures for their apothecary.

As a chef, I dug deeper than “farm to table”. It was natural for me to gather from the natural resources in my cooking. This kept our menu fresh and seasonal: the way God intended. More recently this has become of great interest and I have had the opportunity to lead the media through the process as well as take groups out to explore this lost art. It is a wonderfully unique experience!

During my food trucking days, while in transit to our next stop I would pull off the side of the road and allow our team to forage. Servers and chefs harvested side by side and we used these local harvests to garnish the meals we served up later down the road.

San Luis Obispo County, where I reside, offers a bounty of wild botanicals. Many of which are natural cures for the over indulgence of alcohol, such as milk thistle, which inspires the liver (and also the secret ingredient in a rock star energy drink), stinging nettles for your kidneys and our local willow bark serves as a natural aspirin. Nature seemed to foresee the vast number of vineyards and wineries long before we did!

Suffice it to say, I am a natural born forager and I have incorporated this family inherited craft into so many aspects of my life. Today as a distiller, my convictions are to continue to bring God’s gifts from the earth’s bounties into all that I produce using as many natural products into my production in season. Some of these botanicals are used in our Gin such as wild bay leaf, elderberry and juniper. Within our distillery we have created a *living wall* growing our own herbs, aloe vera and edible flowers to be used in both our culinary preparations, as well as, our craft cocktails. So I guess you can say we do a bit of foraging in our own tasting room!

**Q: What rum do you currently have in your portfolio?**

Our 90-proof **Forager Rum Finished in Bourbon Barrels** is balanced in flavor with a distinct complexity, hints of tropical fruits of pineapple. Our Rum will convert a devout Bourbon drinker to rum!

**Q: Forager Rum is aged in very small barrels, 5 gallons instead of the traditional 50-55 gallon barrels. Did you choose the smaller barrel only for practical reasons or are there other advantages?**

Small oak barrels can be a great way to quickly age spirits, especially whiskey, rum, tequila and bourbon. Because they expose a greater surface area per volume of liquid to the wood, they can more quickly diffuse the woody flavor of oak –a product of lignin, vanillin, and small traces of tannins that are extracted from the cell walls of the wood– throughout the drink inside, resulting in a finely aged spirit. Five-gallon barrels are also easy to move on top of tables for bottling or for a quick impromptu tasting. They are also easy to store and with our small footprint, we have to use every inch of space allotted to us. I use a standard liquor cage to store my five-gallon barrels. They fit perfectly and are firmly secure in the cages. Living in earthquake country, cages secure the product nicely.

After the whiskey barrels are used and the tannins are removed we reuse the barrel to age our rum. This is a very sustainable practice and imparts another dimensional aspect to the spirit.

**Q: Forager rum just won a Double Gold medal at the Denver International Spirits Competition, congratulations! Did you expect to get this level of recognition this soon?**

My chef experience led me to enter many national and international competitions. It was natural for me and I honestly enjoyed winning. Who doesn’t? One local paper wrote “he wins everything”. In reality, the bigger goal is to produce spirits at the platinum level. This provides me a stage in which I can compete with the big boys because I know I can never beat



them in volume. I have always enjoyed a good healthy competition and continue to challenge myself to meet or exceed my limits. I have a very simple formula:

1. Get highly educated in the distillery business.
2. Network with all master distillery craftsmen and/or their number two.
3. Study traditional methods and use any high tech, cutting edge opportunity you can.
4. Align yourself with a strong Branding and Packaging Company that understands, your brand and has the creativity to project it! We were fortunate to work with Mark Oliver Inc out of Solvang California.
5. Continue to taste excellent spirits by visiting worldwide distilleries; and
6. Memorize the judges notes, noting necessary corrections and apply them!

In all honesty, I submitted two of my four spirits into this competition to obtain feedback from the judges. I did not expect to place in this ranking right out the gate.

**Q: You also produce Vodka, Gin and Bourbon. What can you tell us about them?**

**Vodka Made from Raw Honey, 89 proof:**  
We produce a Vodka made from raw local honey. We resource this honey from the beekeeper down the road. These bees forage within a 6-mile radius and the honey goes from the bee keeper's hand to mine. We use a French Champaign yeast and ferment it in closed fermentation for at least two weeks. Forager Vodka has hints of wild meadow flowers, toyon berries and star thistle. Our products support the bees, local artists for the label and our bottles are American made which support our country and minimize the carbon foot print. The Vodka stands up in a three-dimensional cocktail and incorporates well with craft Tequilas. Our Forager Vodka took a silver in the same International Competition held in Denver and I have well noted corrections based on the judges notes. I can't wait to submit to the next challenge.



**Gin, 89 proof:** Next to the Rum is our Forager Gin, which is one of the favorites in our tasting room. Super clean with an easy floral finish. It is made with 100% organic ingredients and while not yet certified organic we are in the final phase of our application process both through the California Department of Public Health (CDPH) and the California Certified Organic Farmers (CCOF). We hope to be fully certified this summer at which time we can note the organic certification on our bottles.

In our tasting room, we serve our Gin with an organic black current tea with Meyer agave and foraged garnishment.

I need to note that ice is so important to the integrity of a spirit served on the rocks. Cubes should be substantial in size to reduce watering down the spirit and the water used is critical to ensure no imparting of flavor. I highly recommend

reversed osmosis or spring water be used to make your cubes. Leave the city water to cooling towers!

**Bourbon Whiskey, 80 proof:** Forager Bourbon Whiskey is made from quality corn, rye and barley. We use a whiskey yeast sourced through FermSolutions (Dr. Pat). We store our whiskey in 5-gallon new oak barrels for one year.

Grain based Bourbon is made through an open fermentation and all natural ageing process and placed in new barrels. Our goal was to go after the female market. Since its introduction we have garnered a following that supports our goal to increase the ranks.

**Q: Where are your products currently available for purchase?**

Like any spirits sold, we are required to go through a three-tiered system which

means we can sell a designated number of bottles direct to consumer through our tasting room or through a distributor of alcohol. As a small craft distillery we have partnered with Liberation Distributors as our product distributor. We have recently engaged with some luxury resorts and high-end restaurants and lounges within the State of California. We look to carry our spirits in places that share similar convictions toward food sourcing, earth preservation and a healthy lifestyle.

**Q: Do you plan to add new rums to your portfolio?**

Yes, we do plan on a Rum Blanco which I envision as a cross between a Latin American rum with a bit of high esters reminiscent of a Jamaican style dark rum. That is a rum we can dance to!

We are presently experimenting with dunder pits to be used for the production of our Rum Blanco. In addition, we will use a spent rum barrel to stuff with granulated cane sugar to age in the barrel to later extract the granulated sugar and use on the rim of the glass of our blanco rum drink and crank up the Latin music!

I'm also looking to roll out a spiced rum for the holidays for rich high caloric drinks, dark spiced soaked rum cakes and fire side sipping.

**Q: At your distillery you offer tasting, either neat or in signature cocktails. Can you tell us more about these tastings? What can guests expect when they arrive? What is the cost and should people make reservations?**

At the distillery we offer a four flight tasting for \$20 per person and waive the fee with the purchase of a bottle. Our bottles retail for \$40. Our tasting room is also licensed to mix up and offer seasonal mixed drinks (adding spirits from other local distilleries), ice cold beer from some of our local craft breweries, wine by the glass from some of our unique local boutique wine producers, and drinks for the designated driver, like organic coffee and red bull shots. In keeping with our



Forager practices, our menu rotates with the seasonality of the earth, keeping it fresh and natural. A couple noted favorites are:

1. **Roasted Pear Mojito** made with oven roasted pear- muddled with mint, a squeeze of fresh lime and a dash of barrel aged whiskey maple syrup and Forage Rum with a splash of Momma Boy Apple Cider.
2. **Strawberry Basil Margarita** made with our Forager Vodka from Raw Honey – Muddle the strawberries and basil, add the Forager Vodka, topped with house made Margarita elixir and topped with sliced strawberries.

We are simple and unpretentious in our presentation, creating a comfortable environment to relax and enjoy both food and spirit. When you walk through our doors expect a warm welcome and invitation to taste our spirits neat or in a seasonal craft cocktail. Our tasting room is petit in size, warm in atmosphere and has been playfully referred to as the “bee box”. On a busy night you will experience a comfortable gathering, lively conversation and occasionally standing



room only. No reservations required. Our tasting room hours are Thursdays/Fridays 5-9pm and Saturdays 3-9pm. Monday through Wednesday we are open for special events and will take reservation for tasting.

We regularly host special education and social events ranging from face to face interaction with our local beekeeper and a surprise introduction to the queen bee, a class on creating classic cocktails, or a cocktail and food pairing. Most of our events can be resourced from our website or @centralcoastdistilleryforager. Reservations for special events are highly recommended. When our door is open, you are welcome.

**Q: What advice do you have for people who dream to own a distillery?**

Use your capital wisely. Don't be dazzled with the beauty of a high priced still. A large still can't produce a small test run. Start with something small and high quality. Take the time to work at a small craft distillery for at least a few weeks.

Educate yourself. Enroll in my Introduction to Distillation class through the Cal Poly San Luis Obispo Continued Summer Education program. <http://extended.calpoly.edu/Programs/Life-and-Culture/brewing.html>

Learn the trade and ask a lot of questions. Join and meet with folks that are active in the business of distilling spirits. Have an end in mind. What are you going to make? What is it going to taste like? Who is your consumer/market? Determine who you want to compete against. Most importantly, be passionate about it or don't do it at all!

**Q: If people want to contact you, how may they reach you?**

They can visit our website at [www.centralcoastdistillery.net](http://www.centralcoastdistillery.net), email me at [cheferic@centralcoastdistillery.net](mailto:cheferic@centralcoastdistillery.net) or call by phone 805.901.6094. I'd love to connect.

**Q: Is there anything else you'd like to share with our readers?**

Just want to get a very heartfelt thank you at "Got Rum?" for the awesome opportunity to share my story, passion and interest in the world of Rum.

Much like the rise of and respect of Tequila, Rum is taking its place on the stage. Straight Bourbon whiskey is about at its saturation point, good aged bourbon inventories are low, many whiskey distilleries have been purchased by foreign investors only to seek profit over exceptional quality. Pure Vodka has been a star, but now fills the pages of the distribution catalogues. A good floral Gin was in, but Rum is the new humm and I'll take some of that barrel aged Rum any day of the week!

**Margaret: Thank you again Eric, for sharing your story and passion with our readers! I wish you much success and recognition for what you are doing, you are elevating craft distilling into gourmet distilling!**

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# CIGAR & RUM PAIRING

by Philip Ili Barake







**M**y name is Philip Ili Barake, Sommelier by trade. As a result of working with selected restaurants and wine producers in Chile, I started developing a passion for distilled spirits and cigars. As part of my most recent job, I had the opportunity to visit many Central American countries, as well as, rum distilleries and tobacco growers.

But my passion for spirits and cigars did not end there; in 2010 I had the honor of representing Chile at the International Cigar Sommelier Competition, where I won first place, becoming the first South American to ever achieve that feat.

Now I face the challenge of impressing the readers of "Got Rum?" with what is perhaps the toughest task for a Sommelier: discussing pairings while being well aware that there are as many individual preferences as there are rums and cigars in the world.

I believe a pairing is an experience that should not be limited to only two products; it is something that can be incorporated into our lives. I hope to help our readers discover and appreciate the pleasure of trying new things (or experiencing known things in new ways).

Philip



## Classic vs Classic

For this month's pairing I decided to prepare two classic cocktails that everyone should be ready to make at home. I also decided to pair the cocktails with a cigar that could be smoked within 30 minutes.

For both cocktails I'll be using Flor de Caña 18 Year Old Rum from Nicaragua. When tried neat, it is very drinkable, silky, has caramel and mild oak notes. The ex-whiskey barrels provide well-rounded background notes that allow for the lengthy aging to take place without being overpowering.

The first cocktail is a Rum Manhattan, we've used this recipe in the past and it lends itself very well for this type of rum, allowing it to shine through.

### Rum Manhattan

3 oz. Flor de Caña 18  
1 oz. Vermouth Rosso

Use an easy to find Vermouth, so you can always keep one at home. If using an opened bottle of Vermouth, just make sure it is in good condition first. Vermouth, like all wines, can become oxidized over time.

The second cocktail is a crowd-pleaser: the Rum Negroni. Making a Negroni with rum results in a more agreeable cocktail and it normally uses only three ingredients in equal proportions. For the rum version, just



Photo credit: @Cigarilli



Photo credit: @CigarIII

like for the Boulevardier (American Whiskey Negroni), you can increase slightly the amount of rum.

### Rum Negroni

1 ½ oz. Flor de Caña 18  
1 oz. Vermouth Rosso  
1 oz. Campari

For the cigar I chose the Arturo Fuente Gran Reserva Chateau Natural (50 x 4 ½), which should last about 30 minutes. It is made with a blend of tobacco leaves from different countries and has a medium body that should be ideal for both cocktails.

We will do the pairing simultaneously with both rums, to see how it unfolds during the first and second thirds of the smoking session.

As I light up the cigar, the tobacco notes begin to permeate my senses and I find that the Rum Manhattan is a perfect match: the rum is bold enough to rise above the Vermouth and the mildness of the first third

of the cigar allows the rum to take center stage. The Rum Negroni is a bit more complex at first, even though it is balanced after increasing the amount of rum, as I explained earlier.

The smoking time is short and taking turns sipping both cocktails actually rounds up the experience, making it more enjoyable. As the session progresses the Rum Negroni starts to take the lead, offsetting the increase in intensity from the tobacco, reaching an excellent balance by the end of the second third, as I expected from the beginning.

Some people may think it is a crime to mix a rum of this age in cocktails, but when prepared with the correct proportions, the results are excellent. I hope you are able to find the ingredients so you can replicate this pairing.

Philip Ili Barake  
#GRCigarPairing



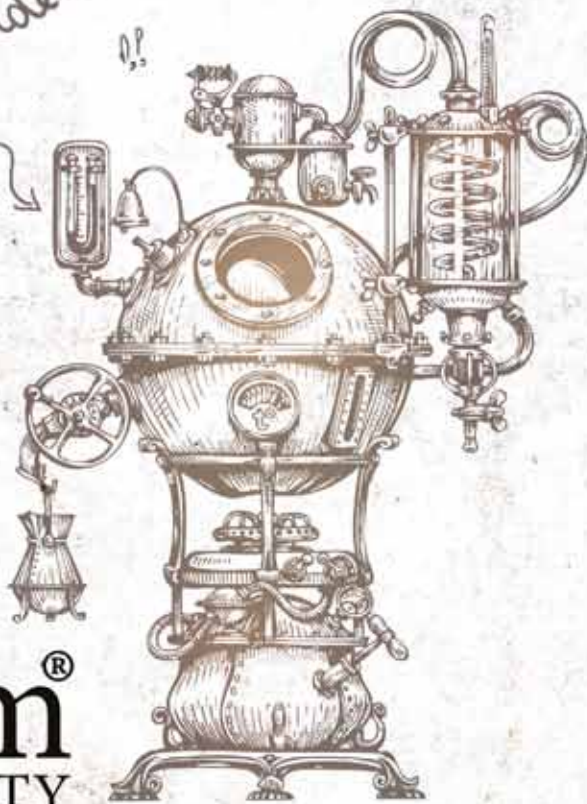
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