



Sugar Apple

Posts From The Caribbean

Caribbean Rum Punch

To help with the correct proportions, remember this little Caribbean poem: One of sour, two of sweet, three of strong and four of weak.

Stir together:

1 measure of freshly squeezed lime juice
2 measures of sugar syrup
3 measures of dark Caribbean rum...the older the better
4 measures of water

Serve over ice with a dash of Angostura bitters and a sprinkling of freshly grated nutmeg.

Sugar Syrup

Sugar syrup, or simple syrup, is a handy item to have in your fridge and really easy to make. You can use it to sweeten lemonade, iced tea or cocktails.

one part sugar
two parts water

Bring the water to a boil in a saucepan. Add the sugar and let it dissolve in the hot water. Take the pan off the heat and let it cool down to room temperature. Decant into a glass bottle and refrigerate until needed.

<http://www.abigailblake.com/sugarapple>

from the article *Good Friday Gets Better* posted on April 10, 2009