

## Rum

What do you get when you add yeast, sugarcane syrup (juice) to a still? Rum, of course! While this may sound rather simple early distilling was just this easy. The first mention of rum or what was referred to as a product made from sugarcane dates by to the early 1600. The last 100 years have seen much growth in the industry including the addition of flavours and colours.

The most common type of rum is white or silver rum. This rum is aged in stainless steel or oak barrels. White or silver rums are typically poured as mixing rum, in drinks like rum and cola.

Gold or amber rum is aged in lightly charred barrels. This style of rum is sweeter and fuller in flavour and the colors range from golden to brown. These rums are also used for mixing although some are enjoyed on the rocks.

The father of all rums is the dark or black rums. These rums are aged in charred barrels and are stronger in flavour and dark brown to black in color. The color explains a lot about the taste. The darker the rum the more flavour it will have. Some rum is even aged in molasses barrels providing a lovely flavour. These rums are delicious over ice and have also made their way into the kitchen to be used in rum cake or fruit cake, for their sweet caramel and vanilla flavours (vanilla notes coming from the barrel).

I would be remiss if I didn't give a mention to the spiced rums that are becoming a major player in the category with tastes that vary from vanilla and nutty to cinnamon. These are a great mix with eggnog during the holiday season to hot apple cider over the long winter months. This style of rum is not just a cold weather drink however; many summer drinks like Jamaican Bahama Mamas include spiced rum.

The final group of rum is one that many tropical drinks are made from, flavoured rum. If you've ever been to the sunny south or the Caribbean many of the popular drinks are made with flavoured rums like coconut, lemon, and banana.

There also are premium rums that, like any single malt scotch or high end cognac, can be a great after diner drink. One of my picks is the El Dorado 15 year old, great in a glass with some ice.

Rum is a spirit that continues to be a popular drink on its own with a mix. You can experiment with the style and flavours to find your preference. The drink of the month at NB Liquor stores is the Cruzan Rum Breeze cocktail made with gold and pineapple flavoured rums. Stop by your local store and pick up a recipe card and taste this great flavour combination.

### *Rum and Coke*

1 oz of white rum in a glass

Top up with ice and cola

Garnish with a wedge of lime

*Jamaican Bahama Mama*

1 1/2 oz white rum  
2 oz orange juice  
2 oz pineapple juice  
1 oz coconut cream  
1 oz spiced rum  
1 splash grenadine syrup

Pour the white rum, juices and coconut cream into a cocktail shaker half-filled with ice cubes. Shake well and pour into a hurricane glass. Float spiced rum and grenadine on top, and serve.

*Pina Colada*

2 parts Malibu rum  
2 parts pineapple juice  
1 part cream or milk  
Ice

Add some crumbled ice, mix it well and pour it into a tall glass. Garnish with a slice of fresh pineapple.

*Cruzan Rum Breeze*

1 part Cruzan Aged Amber Rum  
1 part Cruzan Pineapple Rum  
2 parts Pineapple Juice  
Top with Ginger Ale

Pour the first three ingredients over ice in a long drink glass. Top with ginger ale and garnish with a pineapple wedge.

Looking for more great recipes? Join the Cocktail Culture! Email [cocktails@anbl.com](mailto:cocktails@anbl.com) and collect delicious recipes to sample and share.

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