



As promised....



Rum Punch Recipe

This is my Dad's Rum Punch Recipe, which he discovered when we lived in Trinidad. He has taken it with him around the world and passed on to many friends since, as have I. Now I want to pass it on to you! Beware - it is deliciously lethal. This recipe is enough for a punch bowl, but if you want to make a single glass, just follow the simple 1-2-3-4 rule.

What is the 1-2-3-4 Rum Punch Rule?

It is... one of sour, two of sweet, three of strong and four of weak.

Ingredients:

- Lime juice - either from fresh limes or a bottle
- Sugar Syrup
- Dark Rum
- Ice
- Angostura Bitters
- Ground Nutmeg
- Glaze Cherries

1-2-3-4 Method

1. One of sour: Lime Juice

Fresh lime juice - squeeze juice from approximately one dozen limes and pass through a kitchen sieve. This will give about 300-350 ml of fresh lime juice. Or simply use bottled lime juice.

2. Two of sweet: Sugar Syrup

Using the formula 1+2+3+4..... If you have 300 ml of lime juice, you will need 600 ml of 'sweet' - which is Sugar Syrup.

3. Three of Strong: Dark Rum

300 ml of lime juice will need 900 ml of dark rum. This is the all-important ingredient!

4. Four of Weak: Ice

The 'weak' is ice. Put 2-3 cracked ice-cubes in the punch glass and scoop in the rum punch. Add a couple of dashes of Angostura Bitters and a pinch of nutmeg. Stir with a glazed cherry on a cocktail stick..... and cheers!

Rum Punch disclaimer from my Dad:

*"Drink one you start to talk...
Drink two you discover you can dance
Drink three you can dance and sing
Drink four you can limbo
Drink five you can talk, dance, sing,
limbo and drink the fifth Rum Punch all
at the same time
At the end of number six you're an
official member of the steel-band and
as they head home with you singing I
ain't goin' home at-all!"*

You have been warned!

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