

IN THE SPIRITS

Spiced Rum Toddy the “Antique Drink”

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Photography by Marty Snortum Studio



In the wintertime, we fight off cold weather, the chills and the inherent stress of the holiday season. When it's finally time to relax we look forward to something warm and soothing. The name toddystems from the Hindi word tari [tah-dee], which means 'palm sap', as the centuries old drink was originally made by fermenting Asian palm tree sap. The English word "toddy" was first recorded in 1786, although it had been used over hundreds of years before. It was traditionally used as a home-remedy to ward off colds or the flu because of its calming qualities. In this recipe, the lemon provides vitamin C and the sweet honey coats the throat while the rum suppresses a nagging cough. And yet, while this traditional drink may not cure all of your physical ailments, it will offer the sipper some time to relax after dinner or before bed. The spiced rum toddy is an ideal winter beverage to have in hand when enjoying warm moments with friends and family.

Spiced Rum Toddy

Makes 4 cups

- ¼ cup sugar
- ⅓ cup spiced rum
- 2 tbsp honey
- 3 cups boiling water
- 4 cinnamon sticks
- 4 lemon slices
- 4 mugs, for serving

Spread sugar on small plate; moisten rims of mugs and dip into the sugar, coating each mug rim. Mix rum and honey in a container large enough to hold 4 cups. Add 3 cups boiling water to rum and honey mixture. Stir to blend. Divide spiced rum toddy among prepared mugs. Garnish with cinnamon sticks and lemon slices.

INFO

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