

Pirate Grog Recipe



Pirates and sailors used to drink a special mix of rum and water when they were at sea known as "grog". It helped keep them warm and had plenty of vitamin C to fight scurvy. Follow the recipe below to make our very special "non-alcoholic" version of this famous pirate drink!

Ingredients

- A jug of warm water (approx. 500ml)
- 1 lemon (full of vitamin C)
- 2 tablespoons of brown sugar (to recreate the sweetness of the rum)
- 1 teaspoon of ground ginger (to recreate the warmth of the alcohol)

Method

- Step 1** - Add the brown sugar into the jug of warm water and stir until fully dissolved
- Step 2** - Add the ground ginger into the water and give it all another big stir
- Step 3** - Cut the lemon in half and squeeze out all of the juice
- Step 4** - Add the lemon juice to the grog and give everything one final big stir
- Step 5** - Time to serve up to you and your pirate shipmates!

