



## What is Grog?

Grog was a Sailor's drink designed to make stagnant water more palatable, and in later years to ward off scurvy. Admiral Edward Vernon, of George Washington's Mount Vernon fame, is the namesake of our humble drink. Admiral Vernon was the person who initially codified how the drink is made, and Sailors started calling it "grog" in homage to Vernon's nickname of "old grog" after a grosgram cloak he liked to wear.

In many navies of the 18<sup>th</sup> and 19<sup>th</sup> centuries Sailors were given a daily ration of rum, and the method of preparing the grog was both ceremonial and heavily scrutinized, lest a Sailor be cheated out of their daily tot. In the American navy the requisite liquor was changed from rum to whiskey based on availability, reduced in quantity several times, and finally discontinued in 1862. Meanwhile, the British Royal Navy continued the daily ration until July 31, 1970, a day which has come to be known as "black tot day." You can celebrate this day by having a dram of your own using the following recipe.

## Grog Recipe

3 oz water  
1 oz rum  
Juice of half a lime  
Pinch of sugar  
Nutmeg and cinnamon to taste

Mix together water and rum. Add the juice of half a lime, stir in sugar, cinnamon and nutmeg to taste. Enjoy!

**#tallshiptuesdays**