

THE **Rum** UNIVERSITY

Rum Appreciation In The 21st Century

Lesson VII



Lesson VII - Black, Dark and Spiced Rums: A Taste For Every Palate

Vocabulary Primer

Maceration

Etymology: Latin *maceratus*, past participle of *macerare* (to soften, steep). Date: 1547. To cause to become soft or separated into constituent elements by or as if by steeping in fluid.

Percolation

Etymology: Latin *percolatus*, past participle of *percolare*, from *per* (through) + *colare* (to sieve). Date: 1626. To cause (a solvent) to pass through a permeable substance especially for extracting a soluble constituent.

Infusion

Etymology: Middle English, to pour in, from Middle French & Latin; Middle French *infuser*, from Latin *infusus*, past participle of *infundere* to pour in. Date: 1526. To cause to be permeated with something (as a principle or quality) that alters usually for the better.

Black and Dark Rums: The Meaning of Color

When rum is distilled from the fermented sugarcane juice or molasses, the resulting product (the distillate) is almost crystal clear in appearance. As we've discussed in earlier lessons, this clear alcohol will then, through contact with the oak barrels during aging, acquire some color from the wood. Often times extra color is gained through the addition of caramel, molasses or a combination of both. The resulting rum can have a color ranging from light golden to dark amber. Why then, would distillers want to add even more color to produce a "Black" or "Dark" rum? The answer is simple: richer colors are often associated in people's minds as belonging to products that have stronger tastes or that are aged longer.

Many years ago, rum producers determined that they could increase their sales by creating "light" and "dry" versions of their products to compete with vodka, gin and other light alcohols. The use of the term "light" in this industry applies to the body, color and taste of rum. As the light end of the spectrum gained acceptance, another movement was concurrently underway: a move to reinforce the full-bodied, full-taste nature of many rums which, until then, did not have a need to explain themselves to the world.

Although incorrect in its approach, one of the easiest ways to differentiate between light and heavy rums is based on their color. It is hard to imagine a dark or black rum sold today with the word "light" on the label, just like it is hard to find white or light colored rums sold as "rich" or "full-flavored" products. In both cases the base alcohol may have been fermented from the same material, distilled the same way and aged for the same amount of time. The only difference is that one receives an amount of coloring agents to "magically" transform it into a dark rum while the other remains white. A more correct approach to finding the difference between "Light" vs. "Heavy" rums is to look at the chemical composition of the alcohols that make up the blends, rather than at the final color present in the bottle.



Black and Dark Rums

Whereas most rums covered in previous lessons have to adhere, more or less, to certain standards regarding alcohol strength, production methods and coloring, this is the category where everything goes! Rums in the Spiced and Flavored category can be blended with different fruits and spices to produce flavors including Orange, Coconut, Banana, Pineapple, Coffee, Passion Fruit, Mango, Peach, Cacao, Lemon/Lime, and several spices such as Cinnamon, Nutmeg and Vanilla.

A word of caution: most of the spiced and flavored rums in the market today are not real rums. The alcohol used to produce them could not be sold as rum by itself. In most cases this alcohol is not refined and is aged only for a minimal amount of time. A correct name for these rums is "sugarcane liqueurs" or "flavored spirits". These names, however are not very catchy or attractive from a marketing perspective, so we are left with "coconut rum" for example, which could imply a distillation made from coconuts, instead of what it really is, which is a young alcohol (often an aguardiente, rather than a rum), mixed with coconut flavoring agents.

Producing Spiced and Flavored Rums

One of three methods is usually used to extract the flavors needed to produce cordials and liqueurs. They are: a) infusion or maceration, b) percolation or c) distillation.

Fruit flavors are extracted either by infusion or maceration. Percolation is used to draw flavor from leaves and herbs while distillation is used to extract flavor from seeds and flowers.

Fruit flavors are usually derived by infusion, where crushed fruits are steeped in water, or maceration, in which they are steeped in alcohol to absorb almost all of the aroma, flavor and color of the fruit. Once the liquid is drawn off, it is stored in a tank for several days and then filtered. The fruit then sometimes undergoes distillation to extract whatever flavor remains. This distillate may then be added to the original liquid to give it more character. The final step before bottling calls for the addition of syrup made from sugar or another sweetening agent to reach the desired sweetness level.

Percolation, which is sometimes referred to as brewing, is similar to the process for making coffee. In this process, the flavoring material is placed in the upper chamber of an apparatus which contains brandy, rum or another spirit in a lower chamber. The spirit is then pumped up over the flavoring agent and is allowed to percolate through it over and over again for several weeks or months. The flavor and aroma are thus extracted from the flavoring agent which then undergoes distillation to extract any remaining flavor. The distillate may then be mixed with the percolate which is next filtered, sweetened and bottled.

Distillation, unlike the two other methods, uses heat to extract the flavor from such flavoring agents as anise, caraway orange peel and mint. After the flavoring agent has been steeped in alcohol for several hours, it is placed in a copper pot still with additional spirits and distilled. The colorless distillate is then sweetened with syrup and usually colored with vegetable coloring or food dye before bottling.



Traditional Rum Spices

Vanilla

The ancient Totonaca Indians of Mexico were the first keepers of the secrets of vanilla. When they were defeated by the Aztecs, they were demanded to relinquish their exotic fruit of the Tlilxochitl vine, vanilla pods. When, in turn, the Aztecs were defeated by the conquering Spaniards, Hernando Cortez returned to Spain with the precious plunder - vanilla beans - which were combined with cacao to make an unusual and pleasing drink. For eighty years, this special beverage was only enjoyed by the nobility and the very rich. Then, in 1602, Hugh Morgan, apothecary to Queen Elizabeth I, suggested that vanilla could be used as a flavoring all by itself, and the versatility of the exotic bean was finally uncovered.

Today, vanilla beans are grown in four main areas of the world. Each region produces vanilla beans with distinctive characteristics and attributes. Madagascar, an island off the coast of Africa, is the largest producer of vanilla beans in the world and the ensuing vanilla is known as Madagascar Bourbon Vanilla (the term Bourbon applies to beans grown on the Bourbon Islands - Madagascar, Comoro, Seychelle and Reunion; there is no connection with the liquor produced in Kentucky in the USA). Madagascar Bourbon Vanilla is considered by many to be the highest quality pure vanilla available, described as having a creamy, sweet, smooth and mellow flavor.

Indonesia is the second largest producer of vanilla in the world. Theirs is woody, astringent and phenolic. Madagascar and Indonesia produce 90 percent of the world's vanilla bean crop. Mexico, where the vanilla orchid originated, now produces only a small percentage of the harvest. Mexican vanilla is described as creamy, sweet, smooth and spicy. The last of the four major vanilla-producing regions is Tahiti. Tahitian vanilla, grown from a different genus of vanilla orchid, is flowery and fruity, anisic and smooth.

Vanilla, with its wide range of flavor profiles, can be applied to a vast array of products. It is one of the most widely used flavors in the world, particularly in ice cream. Before adding it to your rum, make sure you familiarize yourself with the different types and characteristics (as described above) so you select the one that best suits your palate.

Nutmeg and Mace

Nutmeg is not one spice, but two. Mace, another popular culinary spice, is also derived from the nutmeg fruit. Botanically known as *Myristica fragrans*, the nutmeg tree originates in Banda, the largest of the Molucca spice islands of Indonesia. The English word nutmeg comes from the latin *nux*, meaning nut, and *muscat*, meaning musky.

Accounts of nutmeg date back to the first century A.D., when Roman author Pliny spoke of a tree bearing nuts with two flavors. Emperor Henry VI had the streets of Rome dusted with nutmegs before his coronation. In the the sixth century, nutmegs were brought by Arab merchants to Constantinople. In the fourteenth century, half a kilogram of nutmeg cost as much as three sheep or a cow. The Dutch waged a bloody war, including the massacre and enslavement of the inhabitants of the island of Banda, just to control nutmeg production in the East Indies. In 1760, the price of nutmeg in London was 85-90 shillings per pound, a price kept artificially high by the Dutch voluntarily burning full warehouses of nutmegs in Amsterdam. The Dutch held control of the spice islands until World War II. Frenchman Pierre Poivre transported seedlings to Mauritius where they flourished, aiding in ending the Dutch monopoly of the spice.



The British East India Company brought the nutmeg tree to Penang, Singapore, India, Sri Lanka, the West Indies, and most notably to Grenada, where it is the national symbol and is proudly emblazoned on the country's red, yellow, and green flag. Think about the impact this little fruit has had on the world's culture and economy as you use it to flavor your rums!

The lacy aril of the nutmeg fruit is removed by hand from the outer shell and then dried, becoming yellowish-brown mace. Mace is sold in either whole pieces (called "blades") or ground and the color can often help one determine its origin. Orange-yellow blades most likely come from Grenada, while orange-red blades tend to come from Indonesia.

Nutmeg has long been alleged to have aphrodisiacal powers, giving rise to a variety of love potion concoctions and even rituals. But be careful: large amounts of nutmeg may be toxic! Nutmeg contains a substance called myristicin, a narcotic with very unpleasant toxic side effects if taken in large quantities. Ingestion of small amounts of nutmeg is harmless to the body, however the consumption of one to three whole nutmegs (in excess of one teaspoon ground) can cause wild hallucinations, nausea, vomiting, and/or circulatory collapse within one to six hours after consumption. Very large doses can be fatal. Although nutmeg is said to counteract stomach distress from gas, do not try any home remedies without first consulting your physician.

Cinnamon

Native to Ceylon (Sri Lanka), true cinnamon, *Cinnamomum Zeylanicum*, dates back to Chinese writings in 2800 B.C. Its botanical name is derived from the Hebraic and Arabic term "amomon," meaning fragrant spice plant. The qualities of cinnamon were known by the ancient Egyptians who used it in their embalming processes. From their word for cannon, Italians called it "canella," meaning "little tube," which aptly describes cinnamon sticks. In the first century A.D., Pliny the Elder wrote of 350 grams of cinnamon as being equal in value to over five kilograms of silver, about fifteen times the value of silver per weight. Medieval physicians used cinnamon in medicines to treat coughing, hoarseness and sore throats. As a sign of remorse, Roman Emperor Nero ordered a year's supply of cinnamon be burnt after he murdered his wife. The spice was also valued for its preservative qualities for meat due to the phenols which inhibit the bacteria responsible for spoilage, plus the aroma masked the stench of aged meats.

In the 17th century, the Dutch seized the world's largest cinnamon supplier, the island of Ceylon, from the Portuguese, demanding outrageous quotas from the poor laboring Chalia caste. When the Dutch learned of a source of cinnamon along the coast of India, they bribed and threatened the local king to destroy it all, thus preserving their monopoly on the prized spice. In 1795, England seized Ceylon from the French, who had acquired it from their victory over Holland during the Revolutionary Wars. (In the Victorian language of flowers, cinnamon means "my fortune is yours.") But, by 1833, the downfall of the cinnamon monopoly had begun when other countries discovered that it could be easily grown in such areas as Java, Sumatra, Borneo, Mauritius, Réunion and Guyana. It is now also grown in South America, the West Indies, and other tropical climates.



Hands on Exercise: Creating Your Own Spiced Rum

For this exercise you will need:

2 1/2 cups of rum, 1 cup of sugar, 1 cup of water, additional spices from your kitchen and a large jar.

Step 1

Choose a recipe:

To make a vanilla-flavored rum:

Compare the different types of vanilla you have available (beans, extract). Notice their similarities and differences. Determine which characteristics you want to have in your vanilla rum.

To make a cinnamon-nutmeg rum:

Compare the different types of nutmeg you have available (whole, ground). Notice their similarities and differences. Determine which characteristics you want to have in your cinnamon-nutmeg rum.

Step 2

Find a rum which will complement the ingredients you have selected.

Step 3

Mix one cup of sugar with one cup of water and bring the mixture to a boil, stirring frequently. Remove from heat and let it cool completely. If making a vanilla rum, add 4 teaspoons of vanilla extract to the mix and continue with step 4. If making a cinnamon-nutmeg rum add 1/2 to 1 teaspoon ground nutmeg and 2 to 4 cinnamon sticks, then continue with step 4.

Step 4

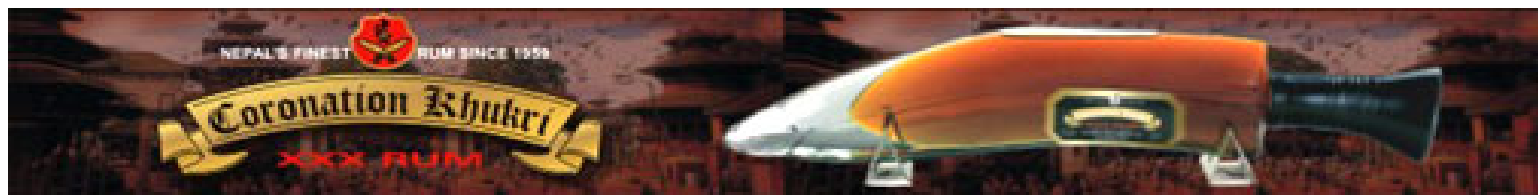
Add 2 1/2 cups of your choice of rum to the mixture, plus 1/2 teaspoon of ground cloves (optional). Place the mixture in a glass jar, close the lid and let it rest in a cool place for 1 month. At the end of the month pour a small sample into a glass and adjust the sweetness and/or spice level if desired. You may strain out the solids from the mix or leave them in.

Step 5

Enjoy your first spiced rum!

Step 6

Let your imagination fly! Experiment adding different ingredients or different amounts of the same ingredients. Also try using different rums and varying the amount of sugar. Please note that using honey instead of sugar produces very different results.



From the Rum Bar: Featured Cocktail: Hot Rum Toddy

The name "Toddy" seems to have been adopted by British sailors during the early 1600s from the Hindu word tari meaning the sap of a palm tree. In Asia tari was fermented to create an alcoholic beverage. What evolved as the Hot Rum Toddy was a mixture of hot water, sugar, spices, lemon juice and butter. The following is an antique recipe that is very close to the first Hot Rum Toddys ever made:

Old Fashioned Hot Rum Toddy

1 C. Hot Water
1 oz. Dark Rum
2 tsp. Brown Sugar
1 tsp. Creamed Butter
2 tsp. Freshly-Squeezed Lemon Juice
Grated Nutmeg
Dash of Powder Cinnamon
Dash of Powdered Ginger
Hint of Powdered Cloves

Mix your dry and wet ingredients (except the hot water and rum) into a paste. Pour into a serving vessel one cup of boiling water. Stir in the paste until dissolved. Add your ounce of rum. Garnish with a curl of lemon peel and a cinnamon stick. Serve hot.

Hot Rum Toddy

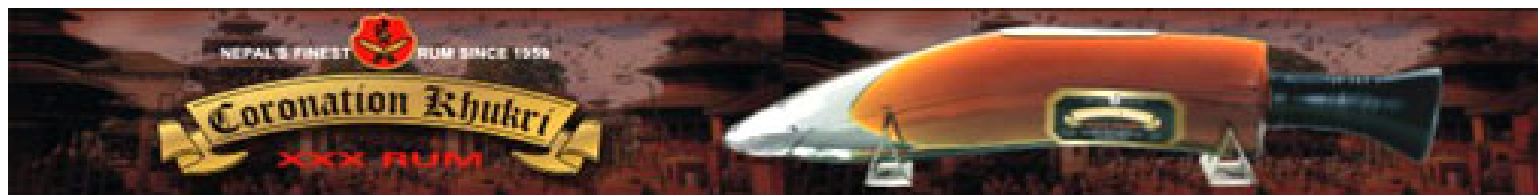
1 lb. Dark Brown Sugar
1/2 lb. Salted Butter
1 tsp. Ground Nutmeg
1 tsp. Ground Cinnamon
1 tsp. Ground Cloves
1 tsp. Ground White Cardamom
750 ml. Dark Rum

Making the batter:

Put all batter ingredients (everything but the rum) in a food processor and run it until the mixture turns creamy. Fold it down once with a rubber spatula to make sure the spices are blended in, and run the food processor some more. Scoop the mixture into a plastic container, and refrigerate. It will keep for many months in the refrigerator, even though it contains butter.

Making the drink:

Fill a coffee mug half full of boiling water. Add 2 generous tablespoons of batter. Stir until the batter dissolves in the hot water then add 3 ounces of rum. Yields: 12 servings.



Victorian Hot Rum Toddy

1 measure Rum
3 measures Water
Brown Sugar to taste
1 tsp. Butter

Heat all ingredients together in small saucepan then serve hot in a coffee cup.

Simple Hot Rum Toddy

2 oz. Dark Rum
1 Sugar Cube
Water (Boiling)

Put sugar into and coffee mug and fill it 2/3 full with boiling water. Add rum and stir. Garnish with a slice of lemon and sprinkle nutmeg on top.

Lesson 7 Questionnaire

Q: Are all Dark Rums heavier than White Rums?

Q: In today's market, Spiced and Flavored rums are not necessarily made with "real" rum. What are more correct names for these products?

Q: What are the methods used to extract flavors for cordials and liqueurs?

Q: What flavor extraction process is sometimes referred to as "brewing"?

Q: Vanilla beans were mixed with cacao to make a flavorful beverage only consumed by nobility and the very rich. Where was this done and for how long?

Q: Name the four largest producers of vanilla in the world. Which of the four produces a flowery and fruity vanilla bean?

Q: How and when was nutmeg introduced into Constantinople?

Q: Which one of the spices commonly used to flavor rums can be poisonous if consumed in large enough quantities?

Q: What are the main ingredients used to create a Hot Rum Toddy?



Answers to Lesson 6 Questionnaire

Q: Why was Father Labat so interested in Rum?

A: During one of his expeditions he fell ill with the Maltese Fever. One of his clerks gave him a medicinal recipe called Kaniche. Father Labat soon after recovered. He claimed that this recipe saved his life and therefore sought ways in which he could refine this rough beverage.

Q: Why is Father Labat considered by some to be the "Father of Rum"?

A: He reorganized the method of culturing sugar cane, invented a vertical rotating mill for pounding sugar cane and designed a copper pot for cane juice distillation. He also organized a process of heating sugar cane juice in different kettles where it would be reduced and cooked before fermentation.

Q: What are some of the advantages of producing Rhum Agricole?

A: It produces an extremely fruity, very aromatic rum with many herbal and floral hints that are rarely found in molasses-based rums and the cost of production does not depend on international price of sugar, so cost management is much simpler.

Q: What are some of the disadvantages?

A: Freshly produced juice starts to ferment naturally almost immediately after being extracted from the cane and the juice does not store well which means that production must begin immediately after extraction and can only occur during sugarcane harvest season.

Q: Why is it that one can't tell the difference between cane juice rum and molasses rum just by looking at them?

A: Because the color of the rum is affected by many other variables such as: type of wood used for aging (charred or uncharred), caramel and tannins.

Q: Which rum has more floral and fruity elements in the bouquet, cane juice or molasses?

A: Cane Juice Rum.

Q: What are the key ingredients needed to make a Ti Punch?

A: Rum, simple syrup and lime juice.



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The Nepal Distilleries Pvt. Ltd.

"Rum dissipates melancholy, rejoices the heart, purifies understanding and lights up the spirit" - J.G. Guillame, Le Rhum

Drink, specially rum, makes some of us more sociable. On a good day, it liberates quirkiness and wit. It loosens the tongue. Sometimes it speeds the pen, oils the typewriter, or drives the disk.

Rum brings people together like no other potion. It inspires in many ways. Lord Byron once declared that "There's nought no doubt so much the spirit calms as rum and true religion". Khukri XXX Rum is a uniquely positioned product which evokes the nostalgia of 'The Himalayas' in its aroma and full bodied taste.



It is Nepal's oldest brand and is the leader of the Nepalese rum market since 1959, year after year.

'Khukri's empathy with its origin is transcendental, it transports the mind to images of the magnificent Himalayas, where nature boasts it's powerful sinews, flaky humour and treacherous Omnipotence - the ultimate rendezvous to be re-lived again and again.' We believe Khukri XXX Rum is one of life's pleasures. Drink it how you wish, but always drink it with pleasure.

The Nepal Distillery Pvt. Ltd. (NDL) is Nepal's leading spirits company with a portfolio of premium brands such as Khukri Rum, Khukri Special, John Bull, Napoleon, Gaule and Old Reserve Whiskey out of which Khukri Rum is an absolute market leader.

NDL was one of the first Distilleries to be established in the organised sector in Nepal in the year 1960 by Mr. J. R. Contractor.

Kathmandu is the ideal location for a Distillery because of its cool weather conditions, clean air and most importantly due to the availability of fresh spring water.

The company started its humble beginnings with the distillation of alcohol from Pot Stills whose patent designs goes back to the 1870's. This Pot Still is still in its factory premises as a reminder of how it all started. Presently, the distillation is done through a modern 3 column distillation plant which is used to upgrade raw spirit to neutral spirit as per our required specifications. NDL's huge maturation capacities are due to its specialised Wooden Vats where the rum is matured for a minimum of eight months.

NDL has specialised in the production and marketing of its premium "Khukri Rum" which commands over 80% of the market share and is sold locally and exported to other countries as well. NDL has its own intensive distribution network throughout the country.

NDL intends to remain the Best Distillery in the Kingdom of Nepal. www.khukrirum.com

