

# island style

## Greetings:

We love living in the islands! We especially love all the interesting people we have met over the years. Some are quite the characters, living their lives just a little bit off the beaten path. One of our favorite characters is Alton who tends a small beach bar just outside of town. Now the bar itself is nothing special, just a small open hut on the beach that attracts a mix of locals and tourists. What makes Alton's bar so special is his special drink he calls the Jumbie Jam, a wonderful mix of dark rum and homemade ginger beer he makes himself.

Alton always recommends the Jumbie jam to his bar's first time visitors. Regulars always love this because we know what comes next. While the unsuspecting first timer savors the deliciously refreshing drink and feels the first effects of the dark rum, Alton will ask them if they plan to go up the mountain. Invariably they will say yes because nobody would want to miss the lush tropical foliage and the spectacular views. He will then lower his voice, leans close to the visitor and in an ominous tone says "beware of the Jumbies." "The what?" they ask. In a dark manner Alton will then tell them the story of the Jumbies.

What is a Jumbie you ask? If you're not familiar with the Jumbies it may be best you stay that way. Curious? Ok, but remember we warned you. The Jumbies are spirits of the dead. Not just any dead they are the spirits of those who were evil and are destined to become even more evil after their death. As Alton explains this he will feign a look of terror on his face that is usually reflected in the faces of those who are listening. The rest of us, who have heard this story dozens of times, and have already had a few Jumbie Jams, are usually in hysterics at the other end of the bar. As Alton's story reaches its climax he sternly warns his audience that, if they are foolish enough to ignore his advice to not go up the mountain, they must, absolutely MUST not listen to the music.

Now totally bewildered and under more of the dark rum's influence they invariably will ask, "What music?" "The Jumbies!" he shouts. Adopting a tone of frustration, Alton will explain that the Jumbies play beautiful music at the mountain top. As people seek out the source of the music the Jumbies will deliberately lead them over a cliff to their death. Depending on how busy the bar is Alton sometimes will list all the people he has known who supposedly went up the mountain and never returned. By this point the first timers usually laugh it off and order another round. The rest of us, having had our amusement for the day, go on about our business or even better just order another Jumbie Jam for ourselves.

Have a happy Island Style day!

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Recipe of the Month Spring 2012

### Jumbie Jam Cocktail

Dark Rum (We like El Dorado any will do.)

Homemade Ginger Beer

Ice Cubes

Fresh Lemon

Fill a tall glass with ice cubes. Add one jigger of dark rum. Fill the rest of the glass with homemade ginger beer. Garnish with a fresh lemon curl.

### Homemade Ginger Beer

1 Gallon Purified Water  
Sugar

1 Pound of Fresh Ginger

Fill a one gallon glass jar with purified water. Grate 1 pound of ginger (not too finely) and add to the water. Add sugar to taste. Cover the jar tightly with plastic wrap. Let the jar sit out at room temperature for at least 3 days. Pour through a strainer and serve chilled. Note: For a spicier taste add an additional ½ pound of fresh ginger. For more effervescence let the ginger sit out additional days before straining and serving.

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