SHRUB A concentrated mixture of a spirit, citrus fruit and sugar. Basically, shrub
was pre-made punch without the water. In this form the high alcohol content
prevented it from spoiling, and it could be kept for long periods. A 1762 ad for
commercially-marketed shrub boasts, “one Glass of which is sufficient to make a
Quart of Punch”

SHRUB.

Shrub is often made in the West Indies
as follows; take one gallon of rum, six
pounds of sugar, and one quart of lime
juice; dissolve your sugar in the lime
juice, and then mix it well with the
rum; after which, set it in a bottle or
cask to settle, till it becomes mellow.
This makes excellent punch.

From The Innkeeper’s and Butler’s Guide, 1810

TODDY Probably the second most popular mixed drink, toddy was rum or brandy,
sugar and water, sometimes with nutmeg grated on it. Basically, it was punch
without the citrus. It could be served hot or cold.

TOD-D-Y.

This liquor is prepared by adding to three half pints
of water, one of rum or brandy, a little sugar, and after
stirring, a little nutmeg.
It is called a salutary liquor, and especially in the
summer season, if it is drank with moderation.

from The American Herbal, 1801

FLIP A hot drink of beer, sugar and rum or brandy. Sometimes a mixture of beaten
eggs and cream was added. Toddy was traditionally heated with a hot poker or
loggerhead. Obviously, a cold weather drink.

FL I P.

This kind of liquor is made by putting a spoonful of
brown sugar into about five or six jills of warm beer,
which is then warmed by putting a hot iron into it, called
a logger-head; afterwards, half a pint of rum or
brandy is added, and the mixture well stirred with a
spoon. Then a little nutmeg is grated on the top, which
makes the flip fit for use.

From The American Herbal, 1801

Phil Dunning, 2018