



Switchel

I mostly make this drink for the sailors during the summer months. The men love switchel because it tastes better than plain water and gives them more energy on a hot day.

5 cups water
1/2 cup vinegar
1/2 cup molasses
3 teaspoons ground ginger

1. Mix ingredients together in a bowl.
2. If it tastes too strong, add some water.
3. Serve cool and enjoy!



Hot Chocolate

Hot chocolate is a very popular drink with the crew. Sailors can buy chocolate from the Purser (the ship's storekeeper) for 37 cents a pound.

1 cup milk or water
2 tablespoons cocoa powder or 2 ounces semi-sweet or bittersweet chocolate
Sugar
Cinnamon (optional)
Chili powder (optional)
Vanilla (optional)

1. Heat the milk or water and stir in the chocolate until it's dissolved.
2. Remove the mixture from the stove, add sugar to taste, and froth it with a whisk.
3. Try adding different combinations of spices (or all of them) until you find your favorite!