

GOURMET FISHING

Season II - Episode XVII



INFO-SHORTS



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Abaco's Goombay Smash & Pina Colada

Abaco's Tropical Elixir

Host, Chef & Guide, David Murray





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Grocery List

Coconut Rum
Spiced Rum
151 Rum
Dark Rum
Light Rum
Pineapple Rum
Apricot Brandy
Pineapple Juice
Cream of Coconut



Abaco's Goombay Smash & Pina Colada

Tropical Elixir

used exclusively at Abaco's Bar and Grill



4 Parts Coconut Rum

2 Parts Spiced Rum

1 Part 151 Rum

1 Part Dark Rum

1 Part Light Rum

1 Part Pineapple Rum

1 Part Apricot Brandy



Our Tropical Elixir is a combination of rums and brandy. When you see the word “parts” in the ingredients, this refers to no special measurement. It can be a gallon, or a cup or a tablespoon or an ounce. It doesn’t really matter. That measurement is up to you. If you have an empty liter bottle, you can use a 1/4 cup, and when you are done with the combination, that quantity will just about fill the bottle.

In a container, add your rums and brandy together and mix well.

That’s it. Not too hard.



Abaco's Tropical Elixir

Goombay Smash



1 1/2oz Tropical Elixir

Pineapple Juice

Ice

The first step is to get yourself a 12oz to 16oz glass and fill it with ice. The potency of your Goombay Smash is entirely up to you. 1 1/2 ounces or a jigger of our Tropical Elixir is a good start.

Add the elixir to the ice and glass. Next, top it off with Pineapple Juice. Stir well to combine or pour the drink into a sacrificial cup and then back into your glass. You can garnish the drink with a fresh pineapple slice.

Boom, you have your own, Abaco's Goombay Smash.

Enjoy and drink responsibly...



Pina Colada



3oz Tropical Elixir

3oz Cream of Coconut

2 to 3oz Pineapple Juice

Ice

It's time to ready the blender. This recipe will make 2 healthy size drinks.

Add 3 ounces of Cream of Coconut to the blender and then add 3 ounces of the Tropical Elixir. Now add about 2 to 3oz of Pineapple Juice. Next, add a couple of cups of ice to the blender. Place the top on the blender and begin mixing on high.

The consistency should be thick. If not, add a little more ice. Pour into your favorite glass, and you can garnish the drink with a fresh pineapple slice.

Enjoy and drink responsibly...



Gourmet Fishing



We catch fish, and then, We cook our catch...

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

RED PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A TOMATO PLANT

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best red pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

<small>Batch</small>	<small>Best By</small>
1M-2016	

The sauce that shakes the southland...

A SOUTH CAROLINA OWNED COMPANY



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Salt Marsh Apparel
PO Box 771 Goose Creek, SC 29445

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

YELLOW PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A TOMATO PLANT

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best yellow pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

<small>Batch</small>	<small>Best By</small>
2M-2016	

The sauce that shakes the southland...

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THE ORIGINAL
**SALT MARSH
DIRT SHIRT**

Salt Marsh Galleries
Charleston, South Carolina