

Posca

Posca was a watered-down vinegar drink enjoyed by soldiers (who received a vinegar ration) and the lower classes of the Roman empire. Vinegar helped mask impurities in water, killed some bacteria, and may have prolonged the feeling of being full after eating. If you can endure the smell, posca has a slightly sweet yet sour taste and is very thirst-quenching.

Ingredients

- 2 tbsp brewed red wine vinegar
- 1 cup chilled water
- 1 tbsp honey (optional)

Instructions

1. Mix vinegar, honey (optional), and water together.
2. Drink!

From the website *Pass the Garum*.
pass-the-garum.blogspot.com