

# JAMAICAN SORREL

( A traditional Caribbean Christmas punch )

## INGREDIENTS:

2 cups of dried or fresh hibiscus flowers ( sorrel )

¼ cup ginger root, minced or chopped

Lime/lemon or orange, pimentos or cloves (all optional)

8 cups of boiling water

1 to 1 ¼ cups sugar ( or honey if preferred )

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## METHOD

Place the sorrel, ginger and other ingredients in a large bowl and pour in the boiling water. Cover and let it steep for several hours or for a stronger and better taste, overnight at room temperature.

Some prefer to let the punch simmer on a low heat for 10 to 15 minutes and then leave it overnight just for the extra kick of ginger, lime and pimento.

Strain into a large jug and stir in sugar to taste. Serve chilled.

## SORREL PUNCH VARIATIONS

Add a few allspices, berries or sticks of cinnamon.

Other things that can be added include bay leaf and dried apple skins.

Mix in rum to taste and a garnish of lime or add wine and serve with ice cubes.

