



Sugar Apple

Posts From The Caribbean

Sea Moss Drink

I think sea moss drink must be an acquired taste. Maybe it's a guy thing. I won't be making this one again but I'm giving you the recipe in case you're interested. Or in case you can't afford Viagra.

2 cups of dried sea moss

8 cups of water

2 cinnamon sticks

5-6 whole cloves

a 2-inch piece of ginger, sliced into 2 or 3 pieces

4-5 dried allspice berries

Put all of the ingredients in a pot and bring to a boil. Lower the heat and simmer the mixture for an hour. Strain the mixture into a bowl and let it cool. As it cools, it will gel, like jello. To make the sea moss drink, put 1 cup of the sea moss gel into a blender, add a half a can of evaporated milk and a few tablespoons of sweetened condensed milk. Add a handful of ice, blend until smooth and serve.

<http://www.abigailblake.com/sugarapple>

from the article *Sea Moss* posted on May 26, 2009