



Sugar Apple

Posts From The Caribbean

Sorrel Drink

You can usually find dried sorrel in shops that sell West Indian products or in Latin shops, where it may be called flor de jamaica. Feel free to play with the spicing according to your personal preference. To make Mexican agua de jamaica, omit all the spices and use 2 cups of sorrel/jamaica, 2 quarts of water and 3/4 of a cup of sugar. It will only need to steep for about half an hour.

3 cups of dried sorrel
a one inch piece of ginger, peeled
one or two pieces of orange peel
2 cinnamon sticks
8 whole cloves
1 1/2 cups of sugar

Put the ingredients in a large pitcher and pour in 6 cups of boiling water. Cover the pitcher and let the drink stand at room temperature overnight. Refrigerate for another 2 days. Strain through a fine sieve and put in a clean bottle and refrigerate. At this point you can add a quarter to a half a cup of rum and then let it steep again for 3 days or so. Serve over ice, diluted to taste with water or club soda, or rum to taste.

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

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