



Kwanzaa Day 3

CARIBBEAN SORREL

Recipe from *A Kwanzaa Keepsake: Celebrating the Holiday with New Traditions and Feasts*.

Riccardo Andolfo

Chef Jessica Harris shares this recipe from page 103 of her book and discusses Day 3 of Kwanzaa.

Ujima : collective responsibility



Jessica B. Harris | Rog Walker/James Beard Foundation [Official]

It wouldn't be Christmas in the Caribbean without the signature beverage known as sorrel. Prepared from the pods of a red flowering plant from the hibiscus family, sorrel is also drunk in West Africa. Senegalese folks savor it as well - without the additional spices - and call it Bissap Rouge.

When purchasing sorrel, you're looking for dried reddish-brown pods. You can find it in health food stores and in Caribbean markets year-round. You can drink yours plain or spirited, as well. In the Caribbean, adults drink their holiday sorrel mixed with liberal doses of local rum.

CARIBBEAN SORREL

ingredients

- 3 heaping cups dried sorrel pods
- 3 whole cloves
- 1 tablespoon grated orange zest
- 1 (3 inch) stick cinnamon
- ½ teaspoon freshly grated nutmeg
- 1 ½ tablespoons grated fresh ginger
- 1 quart boiling water
- 1 cup superfine sugar, to taste
- Several grains uncooked white rice

Place the sorrel pods, cloves, orange zest, cinnamon, nutmeg, and ginger in a large crock or heavy bowl. Pour the boiling water over them and allow the mixture to steep for 24 hours.

When ready, strain the sorrel and add the sugar, stirring well. Pour the sorrel into a scalded quart jar that can be loosely capped and add the rice. (There are a lot of theories about what it does, but all agree that the best reason to add it is that it's traditional.)

Allow the jar to remain in a cool, dark place for 2 days or longer, then serve. This sorrel is strong and should be served diluted: half sorrel, half water. Whether or not you choose to add rum is strictly up to you.

Makes 1 Quart



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