

Kwanzaa Day 6

MOLASSES WATER

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

Jennifer Pallian

Chef Jessica Harris shares this recipe from page 149 of her new book and discusses Day 6 of Kwanzaa.

Kuumba : creativity



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

During the period of many of our ancestors' American enslavement, water was their only beverage. For holidays and special occasions, they improvised, using the only sweetener that they had: molasses. For this recipe, I've taken a couple liberties with history and added a sprig of fresh mint and a squeeze of fresh lemon juice.

MOLASSES WATER

ingredients

1 quart water

½ cup dark molasses, or to taste

¼ cup fresh lemon juice

5 springs fresh mint

Mint sprigs and lemon slices, for garnish

Mix the water, molasses, and lemon juice together in a pitcher, stirring thoroughly to make sure that the molasses is well mixed in. Refrigerate for at least 2 hours or until well chilled.

When ready to serve, bruise the mint by pressing it against the side of your serving pitcher with a bowl of a spoon, add ice, and pour in the molasses water. Serve chilled in glasses decorated with fresh mint sprigs and thin slices of lemon for garnish.

Makes 1 Quart