




# HIBISCUS & GINGER SWEET TEA

*Hibiscus, which is known as sorrel or roselle in the Caribbean, flor de Jamaica in Mexico, bissap in Senegal, and karkade in Egypt, is the fresh or dried pod of Hibiscus sabdariffa, a plant native to West Africa. The bright red pods have long been valued for making hot and cold drinks and in folk medicine.*

 **YIELD**  
Makes **3 quarts**

 **TIME**  
Active time: **15 minutes**  
Total time: **5 hours 15 minutes**

## INGREDIENTS

12 cups water  
4 ounces fresh ginger, peeled and sliced  
2 cups dried hibiscus flowers (flor de Jamaica)  
 $\frac{3}{4}$  cup superfine sugar  
 $\frac{1}{2}$  cup fresh mint leaves, for garnish

## CHEF'S NOTE

Dried hibiscus flowers can be found in some specialty groceries, health food stores, and Caribbean and Hispanic markets under one of its many names.

## INSTRUCTIONS

In a large pot, bring the water to a boil. Add the ginger and hibiscus. Turn off the heat and let steep for 1 hour.

Strain through a fine-mesh strainer, pressing against the solids to extract as much liquid as possible. Stir the sugar into the tea and refrigerate for 3 to 4 hours, until well chilled.

Serve the tea over ice in large glasses and garnish with mint.

PHOTO BY JENNIFER PALLIAN