



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE



Traditional Jamaican Sorrel (Hibiscus) Drink

1 lb. fresh sorrel (hibiscus) or equivalent dried
5 oz. fresh ginger, thinly sliced
10 whole pimento (allspice) berries
1 cinnamon stick or 3 cinnamon leaves
5 large strawberries, sliced
Optional: 1 cup white rum
About 1 ½ cups sugar (sweetened to taste)
6 cups water

Thoroughly wash the sorrel and pour the water away.

Place the washed sorrel in a stainless steel pot along with the ginger, strawberries, pimento berries, cinnamon and 6 cups water. Bring to a boil. Boil for 5-10 minutes, then turn off the heat. Leave the mixture to steep overnight or for at least 12 hours.

Strain well and add fresh strawberry slices. Add optional rum. Sweeten to taste with sugar, and enjoy!

Serves 4-6.

*Recipe demonstrated by guest chef Chantoll Williams, owner of Rasta Mama's Kitchen in Vacaville, CA.
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**Buy local! Get produce for this recipe from small Solano County farms.
Visit <http://sustainablesolano.org/local-food/> for resources and information.**