

SORREL

Sorrel is one of the favorite Christmas drinks in the Caribbean. This is a bushy shrub which belongs to the hibiscus family. The large red, fleshy calyx, (there is also a white variety) which covers each seed pod is used to make this famous drink.

Although the plant is known as “Jamaican Sorrel” in some places, it is also called “roselle” by some and “Sudanese tea” by others. The Sorrel plant originated in the Sudan. West Indians in places like Florida and California cultivate sorrel, but packaged dried sorrel (sometimes the fresh one) may be purchased in any West Indian store across North America. Sorrel syrup is also available and can be diluted to suit your own taste.

MENU: 2 or 3 packages of dried sorrel, crushed ginger to taste, about 1 gallon of water

Boil water with ginger. Add Sorrel and remove from heat. Cover and leave overnight. Strain and sweeten to taste. Refrigerate or serve with cracked ice.

NB Some folks add some red wine or a small amount of Jamaican rum. These additions will enable the drink to last longer without spoilage.



*Submitted by
Leicester Bigby
Montreal, Canada*