



### Sorrel Drink

Featured on December 2, 2017 for “Holiday Traditions with the Smithsonian Folklife Festival” demo with Jennifer Selman

*“If there is one drink in Trinidad & Tobago and throughout the Caribbean Island that screams “Christmas” it would definitely be sorrel.”- Jennifer Selman*

### Sorrel Drink

Serves 6-8

### Ingredients

- 1 pound dried sorrel petals\*
- 8 cups water
- 2 cinnamon sticks
- 2 pieces of dried orange peel (1 peel = 1 orange)
- 10 cloves
- 2 cups sugar or more, to taste

### Directions

1. In a large pot, put water, sorrel, cinnamon, cloves, and dried orange peel and bring to a boil.
2. Reduce to a gentle simmer and let it go for about 30 minutes.
3. Remove off heat, cover, and let steep for a few hours.
4. Strain with a very fine strainer to remove and discard debris.
5. When ready to serve, dilute with water to required strength and sweeten to taste. Traditionally brown sugar is used in sweetening sorrel, but you can use whatever sweetener you prefer.
6. Chill to serve\*\*.

### Notes:

\*If you like your sorrel drink stronger, be sure to double the amount of dried sorrel petals you use

\*\* You can spike things up with a dash or two of rum and Angostura bitters.

