



Lynn Jacque

**SORREL
DRINK RECIPE**

SORREL DRINK

Ingredients

1 to 2 packaged dry sorrel (about 6 ounces)

Fresh ginger

Cinnamon sticks

Gloves (optional)

Bay leaves (optional)

Sugar to taste (may require a pound or more of sugar)

Water to taste (about 8 cups of water per bag will give good tasting sorrel with a bag or two of dry sorrel. Be prepared to add more water. The drink can have a sharp after taste, if it's too concentrated.)

Method

1. Place dry sorrel in a pot and add sufficient water to cover the sorrel in the pot. Add in the cinnamon sticks, the fresh cut ginger and any of the above spices for taste(Tip: You may add all the water but I tend to use just enough water to draw the sorrel and then I add sugar and water to get the desired taste of sorrel that I want.
2. Heat the sorrel and water in a medium pot. Avoid bringing to a boil. You want to heat the sorrel enough to draw out the sorrel.
3. Cover and let stand until cool.
4. Strain the sorrel, add water, and sweeten to your taste.
5. Bottle, refrigerate, and serve with ice.
6. You may spike your sorrel with rum, wine or any alcohol of your choice.