

Jamaican Sorrel Drink

Christmas is not the same without a tall glass of the refreshing Jamaican sorrel drink, seriously.

Sorrel is an important part of Jamaican food, especially in the festive Christmas season. When you put the delectable taste of sorrel to wash down the delicious 'rice and gungo peas', plus some rum soaked Jamaican Christmas cake, nothing tastes better. Much of the love comes from the smooth taste because of the addition of rum, which in fact, is the element that distinguishes our sorrel! Sorrel however, is not indigenous to Jamaica. In fact, it is found all around the world. It is an annual herb or woody-based sub-shrub, growing to 2–2.5 m tall. The leaves are deeply three- to five-lobed, 8–15 cm long, arranged alternately on the stems. The flowers are white to pale yellow with a dark red spot at the base of each petal and have a stout fleshy calyx at the base, which enlarges to a fleshy and bright red as the fruit matures. We typically reap it towards the end of the year, between November and December. We love it primarily for the savory taste, but here it is also used for a host of other purposes, including as a diuretic, mild laxative, and treatment for cardiac and nerve diseases and cancers.

Jamaican sorrel drink

What you need: 1 pound sorrel, 1/2 gallon water, Sugar 2-4 oz., ginger, Rum (or wine), Few grains of Pimento (allspice) (optional)

What to do: Wash sorrel thoroughly, drain and place in bowl. Peel and grate the ginger and add to sorrel. Boil water and pour over sorrel. Add the few grains of pimento. Allow to stand for at least 4-6 hours. Strain, then sweeten and add rum to taste. Serve chilled.