



Jamaica Hibiscus Beverage

Makes 6 large glasses

Ingredients

- 1 quart water, half to start and half later
- ¼ cup turbinado (raw) sugar
- ½ cup dried hibiscus flowers
- A few thin slices ginger (about one tablespoon of unpeeled slices)
- 1 star anise (omit if you aren't a licorice fan and use 1" piece of cinnamon)
- Lime juice (optional - I don't use it)
- Orange or lime slices for garnish

Instructions

Put two cups of the water and the sugar in a medium saucepan. Add star anise (or cinnamon) and ginger slices and heat until boiling and the sugar has dissolved. Remove from heat. Stir in the dried hibiscus flowers.

Cover and let sit for 20 minutes. Strain into a pitcher and discard the used hibiscus flowers, ginger, and star anise (or cinnamon).

At this point you can store the concentrate in the refrigerator until you're ready to make the drink.

When ready to serve, reconstitute the concentrate half with this mix and half with water or seltzer water, pour over ice and garnish with a fresh lime or orange slice.