***SORREL***

White sorrel is becoming very popular, but most households still use red sorrel at Christmas. There are many recipes for drawing sorrel and nearly all use root ginger and cinnamon leaves or spice.

***Recipe***

3 cups sorrel

¼ lb ginger

8 whole cloves

 2 pimento leaves and 6 grains of pimento

 3 cinnamon leaves

 31/2 cups boiling water

 1 tbsp. Lime juice

 1 tbsp. rice

 1/2 lb, brown sugar, or sweeten to taste, Or

Grace strawberry syrup to sweeten to taste

***Directions***

1. Bring water bring to boil
2. Add sorrel, ginger, cloves and spice leaves to rapidly boiling water. Keep pot on fire and allow the water to return to a simmer
3. Let it rest for 24 hours
4. A tablespoon of rice can be put in sorrel to speed up fermentation
5. Strain and sweeten with brown sugar or syrup, add a little lime juice to your taste

The Real taste of Jamaica