

Iced Roselle/Hibiscus Tea (makes 1 quart)

Ingredients:

1 pint fresh (about 1/3 lb) or 1/2 ounce dried hibiscus calyxes
1 small cinnamon stick
3 or 4 whole cloves
3 or 4 whole allspice berries
2 to 4 Tbsp sugar, agave nectar, or other sweetener
4 cups cold water

Directions:

If using fresh calyxes, prepare them by slicing in half lengthwise (through the stem), carefully popping out and discarding the green fruits, and rinsing the calyx halves.

Combine the hibiscus and spices with 3 cups of water in a saucepan. Cover and bring to a boil.

Remove from heat and allow the mixture to steep for 10-15 minutes if using dried hibiscus and 20-30 minutes if using fresh.

Strain the mixture into a 1-quart jar or pitcher and stir in the desired amount of sweetener and the remaining cup of cold water.

Serve chilled.

Hot Roselle/Hibiscus Tea

Crush the dried calyxes, or pulse them a few times in a coffee grinder to reduce them into smaller pieces (but don't turn them into a powder). Use 1 to 3 teaspoons of hibiscus pieces per cup of tea. Put the hibiscus in a tea strainer or bag, place in a cup and cover with boiling water. Steep 5 to 10 minutes, or until desired strength is achieved. Sweeten to taste.

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