



Hibiscus sabdariffa

Tangy Hibiscus-Lime Iced Tea

1 cup sugar
1 cup warm water
8 cups cold water

$\frac{3}{4}$ cup dried hibiscus flowers
Ice cubes

In a small saucepan, bring the sugar, warm water and lime zest to a boil. Remove from the heat and let steep for 30 minutes. Strain into a measuring cup.

In a large saucepan, bring the cold water and hibiscus flowers to a boil. Remove from the heat; let steep for 20 minutes. Refrigerate until chilled.

Strain the tea into a pitcher. Stir in $\frac{1}{2}$ cup of lime syrup, or more to taste. Serve the tea in tall glasses over ice.

Note: Dried hibiscus is available at health food stores Latin markets, tea and herb shops. If you can't find hibiscus flowers, you can substitute dried rose hips or Celestial Seasonings Red Zinger tea (which contains hibiscus, rose hips and other herbs).

Melissa Rubel Jacobson
From Grilling's Greatest Hits, June 2005, Food and Wine

Hibiscus Ice Cubes

Hibiscus tea
Ice cube trays

Add to tea to ice cube trays (when cool). Freeze. Use the ice cubes to flavor water or other beverages.

Hibiscus-Clove Cooler

½ to one whole lime, or to taste
4-6 hibiscus ice cubes
Cold water

Small pinch of cloves
Dash of sweetener or 1-2 fruit ice cubes
(optional)

Add lime slices or squeeze desired amount of juice into a tall glass. Add sweetener or fruit cubes if desired. Pour cold water over contents. Stir in a tiny pinch of clove (optional). Makes one serving.

Herbal Academy of New England

Hibiscus Cranberry Sauce

⅓ cup dried hibiscus flower
10 ounce bag fresh or frozen cranberries
⅓ cup water

⅓ cup granulated sugar
1 tablespoon lime juice
1 teaspoon finely grated lime zest (optional)

Place hibiscus flowers in the center of a large piece of cheesecloth or clean muslin. Tie tightly into a bundle with food-safe twine.

In a saucepan, combine cranberries, water, sugar, and lime juice and nestle hibiscus bundle within the liquid. Bring to a simmer, stirring occasionally and keeping hibiscus bundle submerged, and boil for 10-15 minutes or until cranberries are burst and liquid is thickened. Remove hibiscus bundle, squeezing out as much liquid as possible, then discard.

Sauce can be made up to 3 days ahead of time and refrigerated in a jar or airtight container.

Love & Olive Oil, 11/6/13

Chocolate Fudge Ancho Cupcakes with Hibiscus Buttercream Frosting

Cupcakes:

1 ¼ cups flour, divided
1 tablespoon McCormick® Gourmet
Collection Chile Pepper, Ancho
½ teaspoon baking soda
4 ounces semi-sweet baking chocolate
6 tablespoons butter

¾ cup granulated sugar
1 teaspoon McCormick® Pure Vanilla
Extract
2 eggs
¾ cup water

Frosting:

½ cup (1 stick) butter, softened
1 tablespoon finely ground dried hibiscus flowers
2 cups confectioners' sugar
1 tablespoon water

Preheat oven to 350°F. Mix ½ cup of the flour, ancho chile pepper and baking soda in small bowl. Set aside. Microwave chocolate and butter in large microwavable bowl on HIGH 2 minutes or until butter is melted. Stir until chocolate is completely melted. Stir in granulated sugar and vanilla. Beat in eggs, 1 at a time. Gradually beat in ancho-flour mixture on low speed until just blended. Add remaining ¾ cup flour alternately with water, beating until well blended after each addition.

Spoon batter into 12 paper-lined muffin cups, filling each cup ¾ full.

Bake 18 to 20 minutes or until toothpick inserted into cupcake comes out clean. Cool in pans on wire rack 10 minutes. Remove from pans; cool completely.

For the Hibiscus Buttercream Frosting, beat butter and hibiscus flowers in a large bowl with electric mixer on medium speed until light and fluffy. Gradually beat in confectioners' sugar until smooth. Add water; beat until light and fluffy. Frost cupcakes with Hibiscus Buttercream Frosting.

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