



# RECIPIES: SORREL & BLACK CAKE

## SORREL

Sorrel punch is a traditional Christmas beverage in the Caribbean. Dried hibiscus flowers — known as sorrel in Jamaica, and other parts of the Caribbean - is steeped in boiling water along with ginger and other whole spices such as allspice, cinnamon sticks, and cloves. It is traditionally sweetened with sugar, and rum can be added.

**INGREDIENTS** - Makes about 1 ½ litres

2 cups dried or fresh hibiscus flowers  
(sorrel)  
¼ cup ginger root, minced or chopped  
Lime/lemon or orange, pimentos or cloves  
(all optional)  
8 cups boiling water  
1 to 1 ¼ cups sugar (or honey for healthy  
option)

### METHOD

1. Place sorrel, ginger and other ingredients in a large bowl and pour in the boiling water. Cover and let it steep for several hours or for a stronger and better taste, overnight at room temperature.
2. Some prefer to let it simmer on a low heat for 10 to 15 mins and then leave overnight just for the extra kick of ginger, lime and pimento.
3. Strain into a large jug and stir in sugar to taste. Serve chilled.

### SORREL PUNCH VARIATIONS

- Add a few allspices, berries or sticks of cinnamon if you like.
  - Other things that could be added are bay leaf and dried apple skins. It's all about the taste you want to get!
  - Mix in rum to taste and a garnish of lime or add wine to sorrel, serve with ice cubes.
- For a range of variations, check online or read more at: [www.jamaicans.com/sorrel](http://www.jamaicans.com/sorrel)

## BLACK CAKE

As with all Caribbean cooking, everyone has a slightly different recipe for this popular cake!

### INGREDIENTS

8 ounce butter (unsalted, room temperature,  
plus extra for greasing cake pan)  
1 cup Demerara sugar  
6 eggs (room temperature)  
2 teaspoon vanilla essence  
4 cups rum-soaked fruits  
1/2 teaspoon ground cinnamon



2 teaspoon baking powder  
2 cups plain flour

### **SOAKING THE FRUIT**

Place the dried fruits (can use prunes, currents, raisins and dried cherries) in a large jar, pour in rum until fruits are completely covered then seal the jar tightly — leave fruits to soak for at least a month (the longer, the better).

### **METHOD**

1. Preheat oven to 170C (350F).
2. Grease the bottom of a cake tin. Set aside an additional cake tin of water to be placed at the bottom of the oven to ensure the cakes do not dry out.
3. Cream butter and sugar in a very large mixing bowl with a wooden spoon until light and fluffy.
4. Sift together flour, baking powder and cinnamon into a large bowl and set aside.
5. Whisk eggs in a large bowl until frothy.
6. Add vanilla essence to eggs and continue to whisk until incorporated (about a minute).
7. Pour whisked eggs into the bowl with the creamed butter and sugar mixture and stir gently. Keep stirring until incorporated. The mixture will look curdled.
8. Add the rum-soaked fruits to the egg-butter-sugar mixture and stir.
9. Add the flour-baking powder-cinnamon mixture gradually to the wet ingredients and mix gently but thoroughly to incorporate. Do not over mix or beat the batter.
10. Add batter to cake tin and bake for 90 minutes or until an inserted skewer comes out clean.

To find out more about this recipe, visit: [www.thespruceeats.com](http://www.thespruceeats.com)