



Egypt

.....Africa

Recipe called: *Karkaday* - Karkade' Oseilie de Guinee Guinea Sorrel

Karkade' Updated recipe using hibiscus flowers in syrup

2 Tablespoons hibiscus syrup

1/4 teaspoon vanilla

2 hibiscus flowers, divided

1-1/2 to 2 cups cold lemon lime soda or sparkling water

8 small blueberries

Mint leaves, sprigs

1 tart green apple, sliced thin

Raw brown sugar crystals

In measuring cup, combine hibiscus syrup with vanilla. Add more syrup if a sweeter drink is preferred.

Prepare two drinks. Place 1 hibiscus flower and 1 Tablespoon syrup into each glass;

Add lemon lime soda or sparkling water to fill the glass. Garnish with blueberries, mint leaves and top each glass with sugar crystal glazed green apple slices.

Yield: 2 cold tea drinks

About the Recipe: A refreshing chilled drink flavored with sweet hibiscus flowers brings celebration into your life with its refreshing flavor. Add as much sweet syrup as desired or use this recipe to make your favorite cocktail.

About the culture: Africa. This popular beverage in Egypt is said to have been a preferred drink of the pharaohs. Throughout history until the present, hibiscus tea has been a preferred beverage in many cultures such as China, Mexico, the Caribbean, and Europe. Many people believe that hibiscus is healthy and cooling since it has no caffeine and yet very refreshing. Most weddings and celebrations in Sudan and Egypt are enjoyed with glasses of ruby red hibiscus tea. Every busy street, train station, and bus depot has its vendors and the dried flowers may be found in every market.

Jus de Bissap

Made from the dried red flowers of *Hibiscus sabdariffa*, a kind of hibiscus plant, *Jus de Bissap* (*Beesap*) seems to be more of a tea than a "juice". It is often called the "national drink of Senegal". Every busy street, train station, bus depot, and stadium will have its bissap vendors selling the drink. The dried flowers can be found in every market. Bissap is equally popular in many neighboring countries of Western Africa: both the flower and the beverage are also known as *l'Oseille de Guinée*, *Guinea Sorrel*, and *Karkadé*. In Arabic-speaking countries, such as Egypt and Sudan, they are called *Karkaday*. The dried flowers are often called dried red sorrel, sorrel, or roselle.

What you need

- two to three cups of dried hibiscus flowers (sorrel or roselle)
- one to two cups of sugar
- one or two of the following optional flavorings:
 - sprig of mint
 - one-half teaspoon vanilla extract
 - one-half teaspoon grated fresh ginger root
 - one teaspoon orange-flower water
 - one half cup lemon juice
 - one cup pineapple juice or orange juice

What you do

Briefly rinse the dried flowers in cool water.

- In a [saucepan](#) heat two quarts (approximately two litres) of cold water. As soon as the water begins to boil, add the dried hibiscus leaves. Immediately remove

from heat and let the flowers steep for ten minutes. Pour the water from the pot into a pitcher using a [strainer](#) (lined with a cheesecloth or paper towel if you like) to separate the flowers from the water. (Be sure not to pour any of the flower sediment into the pitcher.) Stir in the sugar. Add any other flavorings (if desired).

- Add ice and chill completely. May be served over ice.
- Serve anytime, and especially with [Ceebu Jën](#) or any dish from Western Africa.

The red, tart Jus de Bissap reminds some people of cranberry or lingonberry juice, which can be substituted in this recipe if the dried hibiscus flowers cannot be obtained.

One common combination of flavorings is vanilla and mint. Bissap can be prepared double-strength, by using only half as much water. The resulting Jus de Bissap can be mixed with seltzer water, ginger ale, or lemon-lime soda. Jus de Bissap can also be mixed in cocktails.

The dried *Hibiscus sabdariffa* flowers are exported and used commercially to make food flavorings and colorings. In Africa, the new, tender leaves and stems of the hibiscus plant are eaten as [Greens in Africa](#).

In the Gambia (which is completely surrounded by Senegal), *wanjo* is a beverage that is similar to Jus de Bissap. Another similar drink, made more-or-less the same way, called *zobo* or *ortsobo*, is popular in Northern Nigeria.

From, www.congocookbook.com.

http://www.congocookbook.com/beverages/jus_de_bissap.html

<http://www.food.com/recipe/hibiscus-tea-egypt-456615>

Iced Hibiscus Tea Spritzer

Serves 4

1 vanilla bean (you can use 2 teaspoons pure vanilla extract as a substitute)

2/3 cup honey

2- 2/3 cups water

1 cup dried hibiscus flowers, lightly rinsed

Ice cube Soda water or plain water

Split the vanilla bean in half lengthwise and scrap the seeds into a small saucepan. Toss in the bean, and add the honey and water. Stir. Bring to a boil, and then remove the pan from the heat. Stir in the hibiscus flowers and cover. Let the tea steep for 10 minutes.

Strain the liquid using a fine sieve, and then place the liquid in the refrigerator to chill. When you are ready to drink your beverage, fill four glasses with ice cubes and divide

the liquid between them – each glass should be about 1/3-½ full. Top up with soda water and serve.

Hot Hibiscus Tea

Serves 2 (using mugs) or 3 (using teacups)

2 cups of water

1/2 cup dried hibiscus flowers, lightly rinsed

¼ cup honey

¼ teaspoon grated fresh ginger

2 tablespoons fresh lemon juice

Lemon slices, for garnish

Bring the water to a boil in a small saucepan, take it off of the heat and add the hibiscus flowers. Cover the pan, and steep the tea for 10 minutes. Strain the tea using a fine sieve into a small bowl. Add the honey, ginger and lemon juice and stir until the dissolved.

*Note: Both recipes are more modern versions of traditional Sudanese iced & heated karkadey/hibiscus drinks.