



# Mint-Hibiscus Cooler

## *Hibiscus Water/Bissap*

Serves 6

Also known as roselle, hibiscus is native to West Africa, and hibiscus water is one of Senegal’s most popular beverages. Through the slave trade, it arrived in places like Mexico and Jamaica, where it quickly became very popular. Today, Senegal remains among the world’s largest producers of hibiscus. With very high levels of antioxidants, hibiscus is healthy and in this simple recipe, refreshing. The mint infusion makes it the perfect summer drink. —Pierre Thiam

From “Senegal, Modern Senegalese Recipes From the Source to the Bowl” by Pierre Thiam with Jennifer Sit, Lake Isle Press, 2015

### INGREDIENTS

- 1 quart plus 2 cups water
- ¼ pound dried red hibiscus flowers
- ¼ cup fresh mint leaves, plus extra sprigs for garnish
- ½ cup honey or sugar

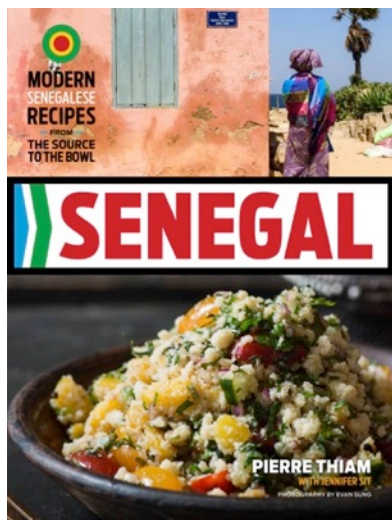
### PREPARATION

1. In a saucepan, bring 2 cups of the water, the hibiscus flowers, and mint to a boil. Turn off the heat, stir in the honey, and let cool.
2. Add the remaining 1 quart water. Set aside to infuse for 10 to 15 minutes. Strain into a pitcher and refrigerate. Serve cold over ice, garnished with extra mint.

### NOTE

- With the addition of light rum, this recipe makes a wonderful punch for a summer BBQ. Serve in a pitcher full of ice with a bit of rum, extra mint, and fresh lime slices.

Evan Sung



### Senegal: Modern Senegalese Recipes From the Source to the Bowl By Pierre Thiam with Jennifer Sit

“...a masterclass in...West African cuisine. Get ready to pack your bags for this culinary adventure.—Carla Hall

Inspired by the depth of Senegalese cooking and the many people he’s met on his culinary journey, these recipes are Pierre Thiam’s creative, modern takes on the traditional. Learn to cook the vibrant, diverse food of Senegal, such as soulful stews full of meat falling off the bone; healthy ancient grains and dark leafy greens with superfood properties; fresh seafood grilled over open flame, served with salsas singing of bright citrus and fiery peppers; and lots of fresh vegetables and salads bursting with West African flavors.

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