

Sorrel is So Real

By : **Juggernaut**

Sorrel is a popular drink particularly during Christmas time in Trinidad. Juggernaut learns for the first time how to make Sorrel drink from Sorrel flower petals from his friend Daddy a budding Calypsonian.



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Subba Rao

â Boy, this juice is so refreshing, I love it, what is it?â

â You are from India, and you donâ t know Sorrel,â Daddy was blunt.

â I am from India alright but I never heard or tasted Sorrel before; how you make it,â Juggernaut was very curious.

â Down here in Trinidad, we make a juice out of Sorrel during Christmas time; red flower petals of Sorrel plant are boiled in water to bring out its bright red color and sour fruity flavor; mixed with brown sugar and a little cinnamon, a glass of cold Sorrel juice is a real thing; I can show Sorrel plant in the backyard,â Daddy took Juggernaut into his backyard to show the Sorrel plant in full bloom with bright red flowers.

â I know this plant well, it is a common leaf vegetable in India; it is cultivated on a large scale for its leaves, I didnâ t even know it produces flowers.â

â You eat the leaves?â Daddy made a face with disbelief.

â Yes, this plant is grown only to harvest its leaves and never allowed to grow to a point where it flowers as you do it here; back home, the leaves are cooked with split peas to make sour Dahl or used to make chutney or relish known for its sour taste, I didnâ t even know this plant produces these pretty flowers,â Juggernaut looked surprised.

â Well, it seems you know a lot about this plant, how come the flowers taste so sour?â

â The whole plant is known for its sour taste; the leaves, the stems and the entire plant has sour taste from small amount of weak organic acids in it; this plant belongs to the same family as Hibiscus known for bright colorful flowers; that explains the bright red flowers on the Sorrel plant.â

â Well, you taught me something more today about Sorrel plant,â Daddy was still looking at his Sorrel plant in full bloom with bright red flowers.

â Well, the leaves are used in Indian cuisine for its flavor and sour taste; the people down here recognized the flavor and taste in its flowers to make a refreshing juice, pour some white rum in my Sorrel juice it is Christmas time, naâ Juggernaut was in a festive mood.

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