







Agua de Jamaica (Mexican Hibiscus Tea)

Agua de Jamaica (pronounced hah-MY-kah) is a delicious and popular Mexican drink which can be enjoyed hot or cold. It is high in Vitamin C and gets its beautiful red color from **hibiscus flowers**. We're keeping ours cold here for a refreshing summer treat! This activity has been brought to you by Carlos José Pérez Sámano, a Penn Museum [Global Guide](#).

MATERIALS:

1 cup dry hibiscus flowers*	10 cups of water	Sugar (to taste)	Pot	Pitcher	Colander
					

* you can often find these where Hispanic food is shelved at your grocery store.

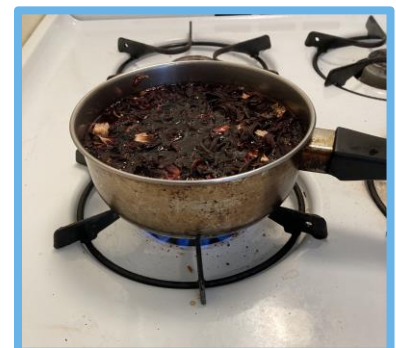
STEP ONE: Gather your materials. Find an adult to help you, as this activity involves cooking on a stove!

STEP TWO: Put 1 cup of dry hibiscus flowers in the cooking pot.



STEP THREE: Add 3 to 5 cups of water to the pot. Put the rest aside for later.

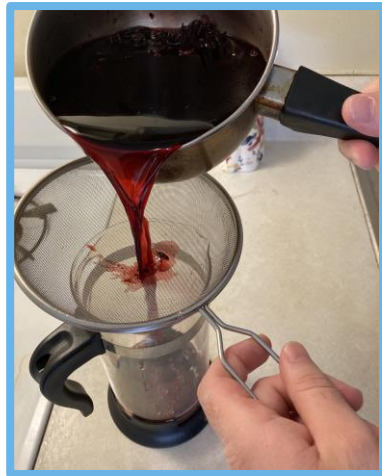
STEP FOUR: Bring the flower and water mixture to boil, then allow the mixture to simmer for 4 minutes. This forms the concentrate mix.



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STEP FIVE: Strain the concentrate mix by pouring it through your colander. It will be very hot! Set aside and allow time for the concentrate to cool.

STEP SIX: In your pitcher, add the concentrate, the rest of your water, and sugar (to taste) and stir. You may want to refrigerate the tea to make it extra cool.



STEP SEVEN: The cold tea or "Agua Fresca" can be as concentrated and sugared as you prefer. Some people like it very strong, some people prefer it lighter. Experiment with different levels of water and/or sugar to learn your preferences. Enjoy!

