

Recipes



Hibiscus, *Hibiscus sabdariffa*

Tips for Using Hibiscus:

- Add cooled hibiscus tea to ice cube trays. Freeze. Use to flavor water, lemonade and other beverages.
- Harvested calyxes should be rinsed and then can be used fresh, dried or can be frozen.
- Dried hibiscus flowers (calyxes) are also sold dried loose in a bag as well as in tea bags alone or with other herbs. Use these in liquids to create beverages or flavor in recipes.

Hibiscus-Lime Tea

¾ cup dried hibiscus flowers
½ cup agave syrup

Grated zest and juice of 1 lime, plus lime slices for garnish

Bring 4 cups of water to a boil in a medium saucepan. Add the hibiscus flowers, agave syrup and lime zest and let steep 7 to 10 minutes.

Strain through a sieve into a pitcher, discarding the solids. Add the lime juice, 2 cups cold water and 2 cups ice. Serve over ice and garnish with lime.

Guy Fieri
From Food Network Magazine, Foodnetwork.com

Baked Yeast Doughnuts with Hibiscus Glaze

¾ cup milk
1 ½ teaspoon yeast
1 egg
1 teaspoon vinegar
½ teaspoon vanilla extract
2 ¾ cups all-purpose flour
1/3 cup sugar

½ teaspoon salt
1 pinch freshly ground nutmeg
2 tablespoons butter
½ cup hibiscus flowers (dried)
2 cups water
½ cup heavy cream
1 cup powdered sugar

The night before or several days ahead, for the glaze: Make the hibiscus concentrate by combining 1/4 cup hibiscus flowers and 2 cups water in a small saucepot and bringing it to a boil over medium heat. Simmer for 15 minutes, then let cool completely and refrigerate until needed. Make the hibiscus cream by combining the cream and remaining 1/4 cup hibiscus flowers in a small saucepan over medium heat. Warm the mixture until just the edges begin to simmer, then immediately remove from heat. Let sit until completely cool, then refrigerate until needed. In about an hour, the cream should turn a bright, pretty magenta, almost like paint. Both the cream and the concentrate will keep for a good while, at least a week or more.

The night before, for the dough: Heat the milk until just warm to the touch but not hot, about 110 degrees. This takes me about 15-20 seconds in the microwave. Sprinkle the yeast over the milk and let sit for 5-10 minutes, or until foamy. (See Notes if your milk is having trouble foaming.)

Meanwhile, whisk together flour, sugar, salt, and nutmeg (if using) in a large bowl. In a separate bowl, whisk together the egg, vinegar, vanilla extract, and milk-yeast mixture. Pour the egg mixture into the flour mixture and stir with a spatula or wooden spoon until a wet dough forms.

Turn the dough out onto a lightly floured surface. Knead 4-5 minutes, adding flour only as necessary to keep the dough from sticking. It should be a fairly sticky dough. Once the dough forms a semi-elastic ball, add the butter in two batches, one tablespoon at a time, kneading until incorporated after each addition. The butter will make the dough quite messy at first but should eventually incorporate into a light, silky dough. Continue to knead for 4-5 minutes. Place back in the bowl, cover with plastic wrap or a damp towel, and let rise in the refrigerator overnight, until well-doubled. (If you'd like to make the dough the day of, this should be fine — it will need about 1-2 hours at room temperature to double.)

The day of: Turn the cold dough out onto a lightly floured surface. Roll it to a half-inch thickness and stamp out rounds using a 4-inch cookie cutter, re-rolling the scraps as needed. (At a certain point, I just twisted the remaining scraps into a makeshift cruller, but do whatever you like!) Line a baking sheet with parchment paper and transfer the rounds to it. Using a 1-inch cutter, cut holes in the doughnut rounds. Let proof for another hour, or until doubled. In the last 20 minutes of proofing, preheat the oven to 375 degrees.

Bake the doughnuts and doughnut holes together until the bottoms are barely browned, about 9-10 minutes. The doughnuts will look comically pale — this is fine. As long as the bottoms are golden, they should be cooked through. You can break open a doughnut hole to test.

For the glaze: Strain out the flowers from the concentrate and hibiscus cream. Combine the powdered sugar with 1 1/2 tablespoons of the hibiscus concentrate and 1 1/2 tablespoons of the hibiscus cream, and whisk until smooth. You may want to add a bit at a time, until the glaze reaches your desired consistency. When the glaze looks about right, dip the fully-cooled doughnuts in the glaze, sprinkle with a few additional hibiscus flowers, and enjoy immediately. Doughnuts will keep, but are best enjoyed within a few hours of baking.

For the glaze, you can opt to make only a hibiscus-infused cream or a hibiscus concentrate, or you can use a mixture of both, like I did. For a creamier glaze, use about 3 1/2 to 4 tablespoons cream and no concentrate; for a tart glaze, use 2 1/2 tablespoons or so of concentrate and no cream. If your milk and yeast will not foam, you may need to scald the milk first. Heat the milk in a small saucepan just until the edges begin to simmer, then remove from heat and let cool to lukewarm, add the yeast, and proceed. To fry these like regular doughnuts, heat about one inch of neutral-flavored oil in a pot over medium heat to 375° or when small piece of dough bubbles cheerfully when dropped into the oil. Use a fish spatula or slotted spoon (or both together) to gently pick up a donut and place it in the oil. Cook, flipping once, until puffed and dark golden brown, 1 to 2 minutes per side. Drain on napkins or a baking sheet and let cool until just warm to the touch.

Cynthia at Tworedbowls.com

Chocolate Fudge Ancho Cupcakes with Hibiscus Buttercream Frosting

Cupcakes:

1 1/4 cups flour, divided
1 tablespoon McCormick® Gourmet Collection
Chile Pepper, Ancho
1/2 teaspoon baking soda

4 ounces semi-sweet baking chocolate
6 tablespoons butter
3/4 cup granulated sugar
1 teaspoon McCormick® Pure Vanilla Extract

2 eggs

¾ cup water

Frosting:

½ cup (1 stick) butter, softened

1 tablespoon finely ground dried hibiscus flowers

2 cups confectioners' sugar

1 tablespoon water

Preheat oven to 350°F. Mix ½ cup of the flour, ancho chile pepper and baking soda in small bowl. Set aside. Microwave chocolate and butter in large microwavable bowl on HIGH 2 minutes or until butter is melted. Stir until chocolate is completely melted. Stir in granulated sugar and vanilla. Beat in eggs, 1 at a time. Gradually beat in ancho-flour mixture on low speed until just blended.

Add remaining ¾ cup flour alternately with water, beating until well blended after each addition.

Spoon batter into 12 paper-lined muffin cups, filling each cup ⅔ full.

Bake 18 to 20 minutes or until toothpick inserted into cupcake comes out clean. Cool in pans on wire rack 10 minutes. Remove from pans; cool completely.

For the Hibiscus Buttercream Frosting, beat butter and hibiscus flowers in a large bowl with electric mixer on medium speed until light and fluffy. Gradually beat in confectioners' sugar until smooth. Add water; beat until light and fluffy. Frost cupcakes with Hibiscus Buttercream Frosting.

McCormick, McCormick.com

**Do you have a recipe using hibiscus to share?
Please send it to educator@herbsociety.org**