

TRADITIONAL DRINKS IN JAMAICA

SORREL

As people walk through the market in Jamaica during late November and December, seeing stalls filled with a bright red plant known as Sorrel is a clear indication that Christmas is right around the corner. Sorrel is the Jamaican name for the Roselle flower, which is part of the Hibiscus flower.

Jamaicans make the refreshing beverage way before Christmas Day; traditionally, stored in stainless steel, earthenware, or enamel containers.

Boiled water poured over Sorrel, grated ginger, cloves, and pimento. Jamaicans sit their Sorrel usually overnight. It is sweetened with sugar and flavored with rum or wine in the morning. Sorrel may be served as a hot or cold beverage.

JAMAICAN RUM PUNCH

The Jamaican rum punch is a fruity rum-based drink, and it is known for its tropical color and exotic taste of distinctive rum. The Jamaican rum punch cocktail recipe is a classic, made with the famous Wray & Nephew white rum and Jamaican Appleton dark rum. Rum punch is not just a cocktail you drink on holiday in Jamaica, and it's great for your parties at home because you can make big batches of this "help-yourself" drink.

Red Stripe Beer

Red Stripe Beer is one of the most authentic beer brands in Jamaica. In 1928 the first Red Stripe branded beer was brewed and became a milestone in Jamaican history. This more extensive beer is a light golden color and tastes of an acquired sweetness and a carbonation sting. This beer can be served hot or cold.

Jamaican Ginger Beer

Jamaican Ginger Beer is a traditional drink that can be served in both alcoholic and non-alcoholic forms. Ginger beer has health benefits such as immunity and is considered one the best ginger beer because Jamaican ginger is one of the most aromatic and pungent than other ginger.

Coffee & Tea

Blue Mountain Coffee is an exotic drink that is one of the most popular and expensive drinks in the world. The coffee has an authentic taste with a sweet flavor and floral fragrance.

Bush Tea is a famous drink in Jamaica that is served hot or cold. It is made from local plants and loaded with health benefits, and it is an alcohol-free drink with a refreshing flavor.

Jamaican Peanut Punch

The peanut punch in Jamaica is also called “strong back.” This adult drink combines Guinness or the stout of choice, the supplement drinks Supligen: raw peanuts, Oats, and other spices. For the entire family to enjoy, remove all alcoholic mixtures.

There are plenty of traditional drinks on the little island of Jamaica. Some for health benefits, some for holidays, and some for a drink. Whether the reasons for the glass, all is filled with an exceptional taste of island love.

