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Food Hibiscus by Lopè
Ariyo Categories: Main

course; Side dish;
Nigerian (Nigeria);
Vegan; Vegetarian
Ingredients: coconut
oil; plantains; garri;
onion granules; dried
thyme; kale; palm
vinegar; groundnut oil;
garlic powder; ground
ginger; paprika; peanut
flour; portobello
mushrooms

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Hibiscus is a group of flowering plants that are native to the tropical and subtropical regions of the world.

The flower is edible and known for its bright red color, distinct, tangy flavor and for being a great source of vitamin C. Jamaica flower is not officially a flower, but the calyx (the portion that covers and protects the bloom

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before it opens) of the
hibiscus.

Flavor Insight:
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Hibiscus tea, also called sour tea because of its tart taste, is made from a mixture of dried hibiscus flowers, leaves, and dark red calyces (the cup-shaped centers of the flowers).

All You Need to
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Ariyo Pages: 192
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To make hibiscus tea, use the following guidelines for a perfect cup every time. Step 1: Harvest and Dry Hibiscus Flowers. If you

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are using pre-dried
hibiscus flowers, you
- can skip ahead to step
The Observer
2. If you would like to
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use fresh hibiscus
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flowers from your
garden, you'll need to
harvest and dry the
petals before brewing
your tea.

How to Make Hibiscus Tea For Your Next Garden Tea Party ...

212°F Bring fresh,
filtered water to a boil.

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STEP 2. 8 fl oz Pour
water over the filterbag
in your cup. STEP 3. 5
min Sit tight until
steeping is done.

Delicious tea is on the
way. INGREDIENTS
INFORMATION. Hibiscus
flowers, natural tropical
flavors, citric acid,
licorice root, orange
peel, cinnamon, rose
hips, lemongrass, fruit
juice extract ...

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