

HISTORY AT HOME

#TXHistoryAtHome

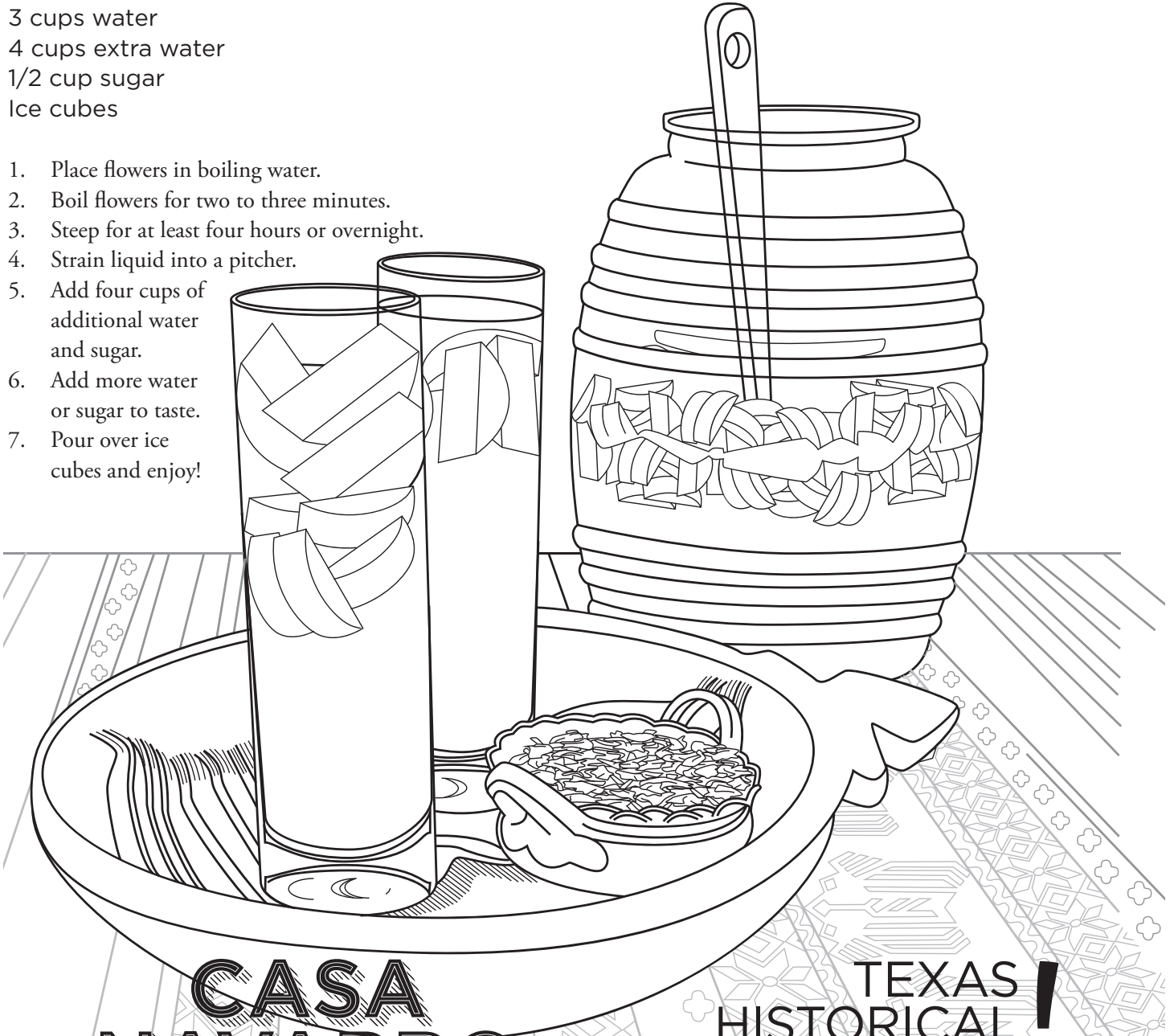
Hispanic Heritage

AGUA FRESCA DE FLOR DE JAMAICA
(HIBISCUS FLOWER WATER)

1 1/4 cup dried hibiscus flowers
3 cups water
4 cups extra water
1/2 cup sugar
Ice cubes

From *La Cocina en el Bolsillo*, a turn-of-the-century pocket cookbook series published by Antonio Vanegas Arroyo.
lacocinahistorica.wordpress.com/2014/06/09/la-cocina-en-el-bolsillo-a-turn-of-the-century-pocket-cookbook-series/

1. Place flowers in boiling water.
2. Boil flowers for two to three minutes.
3. Steep for at least four hours or overnight.
4. Strain liquid into a pitcher.
5. Add four cups of additional water and sugar.
6. Add more water or sugar to taste.
7. Pour over ice cubes and enjoy!



**CASA
NAVARRO**

STATE HISTORIC SITE

San Antonio, Texas

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