Holiday Celebrations Around You – Las Posadas

Ponche (Mexican Christmas Fruit Punch)

Ingredients

- 3 quarts & 1 cup of water
- 5 small piloncillo cones (or 5 oz. of brown sugar)
- 2 cinnamon sticks
- 1/2 cup prunes chopped
- 1 cup of Hibiscus Flowers
- 3 Tamarind pods peeled (optional).
- 1/2 pound of Tejocotes “Mexican Hawthorn” (sold at Mexican grocery stores) canned or fresh.
- 4 guavas cut in 1 inch cubes.
- 1 large red apple chopped in 1 inch cubes.
- 1 large yellow or green apple chopped in cubes. You can use quince fruit instead, too.
- 2 sugar cane sticks, about 5-in. long cut into four pieces each.

Instructions

1. Place water in a large stockpot.
2. Add the piloncillo (or brown sugar) and cinnamon to cook for about 15 minutes. If you are using fresh Tejocotes, add them with the piloncillo and cinnamon, since they take longer to soften.
3. Add the chopped guavas, apples, and prunes along with the rest of the ingredients like the sugar cane sticks, hibiscus flowers and if adding tamarind pods add them too. If you are using the canned version of the tejocotes, add them in this step.
4. Simmer for about 1 hour covered. Serve hot in mugs, ladling in some of the fruit. You can sprinkle some chopped pecans to your fruit punch if you’d like.

Recipe offered by Erika Zamora García