

Hibiscus-Poached Peaches

Tangy hibiscus flowers have a long history in the food cultures of Asia, Africa and the Middle East. Here, a tea made from them blends with rose water to give simple peaches a floral note. The fragrant nectar of this dessert is a delight that will instantly boost your mood.

1 cup	unsweetened white grape juice	250 mL
1/4 cup	crushed dried hibiscus flowers (see tips, at left)	60 mL
1 lb	firm ripe yellow peaches (about 2 large or 3 medium)	500 g
2 tbsp	liquid honey	30 mL
1 tsp	rose water	5 mL

MAKES 4 SERVINGS

Tips

You'll often find dried hibiscus flowers in Latin American grocery stores, where they are called *flor de jamaica*. Packages are usually sold by weight; you'll need about 1/3 oz (10 g) to get the 1/4 cup (60 mL) for this recipe.

If you'd like your peaches to have a stronger floral flavor, you can increase the rose water to 2 tsp (10 mL)

1. In a medium nonreactive saucepan, combine grape juice and hibiscus flowers. Bring to a simmer over medium heat. Remove from heat, cover and let stand for 5 minutes.
2. Strain hibiscus mixture through a fine-mesh sieve into a small bowl. Return liquid to pan and discard solids. Return to a simmer.
3. Meanwhile, pit and cut peaches into 1/2-inch (1 cm) thick wedges. Add to pan along with honey. Simmer, stirring gently once or twice, for 10 minutes or until peaches are tender. Remove from heat, cover and let cool slightly.
4. Stir in rose water. Spoon into serving bowls and serve immediately. Or refrigerate in airtight container for up to 1 week.

Health Tip

Hibiscus is widely used to maintain healthy blood pressure, and to support heart health and the lungs . Rose is also soothing for liver. When combined with the peaches in this dessert, these herbs cool the body and quench summer thirst .