



Tasteful Spoon



Ponche De Frutas

🕒 Total Time: 1 hour

🍴 Yield: 10 cups

Description

This is a traditional hot beverage from Central Mexico which is typically made in December for Christmas holidays.

Ingredients

- 3 lts water
- 6 tejocotes (hawthorne apples)
- 6 guavas
- 3 prunes
- 1 apple

- 2 internodes of sugar cane
- 3 tamarind pods
- 1 cinnamon stick
- 150 g sugar
- 200 g piloncillo
- 5 g hibiscus

Directions

1. Wash all the fruit for the punch. Cut the tejocotes in half; guavas and apples, cut them in four. Remember to core the apples.
2. In a large pot, heat half the water with the sugar, cinnamon and piloncillo. At the first boil, add the tejocotes and the cane previously peeled and cut into pieces of approximately 12 cm. And the other half of water.
3. Five minutes later, add the apples, lastly the guavas, the prune, the tamarind and the hibiscus. Remember to keep the flame over medium heat and let the water consume a little but just before the guava and the apples fall apart
4. Before removing from the heat, test the flavor and let it rest. Serve hot in a mug or thermal glass disposable, and put a piece of cane inside vertically, enjoy during the Christmas holidays with all your family.

Tips

- If you want to add the traditional "piqueete" (a little kick to it), add a some tequila or vodka at serving