

El Ponche de Fruta

This punch is a Mexican favorite and is served around Christmas time.

Ingredients

- 12 quarts water
- 10 oz tejocotes (Mexican hawthorn)
- 6 oz walnuts
- 5 oranges juiced
- 2 apples
- 8 guavas
- 4 sugar canes
- 10 oz prunes
- 3 sticks cinnamon
- 2 lb. sugar

Wash fruit. Place the tejocotes in boiling water, and remove them when the water begins boiling again. Peel them and remove the seeds. Peel and cut the sugar cane into strips. Peel and cut the guava. Peel, core and cut the apples into quarters.

Boil water, fruit and spices together, omitting the sugar.

When all fruit are cooked (about a half hour) add the sugar, and cook a few more minutes.

Serve hot, with or without the fruit.

Can also be added (variations):

- Tamarind
- Hibiscus blossoms
- Cloves
- Pears
- Lemon rind.

The more acid the fruit, the more sugar needs to be added.