

# ELDERBERRY SYRUP



## INGREDIENTS

- A large bowl of foraged elderberries - you can use dried if needs be
- Water
- Handful of cloves
- A teaspoon of ground ginger
- Cinnamon stick
- 3 sliced oranges
- 3 tablespoons of raw honey

### NOTES:

Elderberry stems and leaves are toxic until boiled - try to minimise how much you remove from the tree/add to your pan.

This keeps in the fridge for a couple of weeks, or freezes well in ice cube trays to use later!

## DIRECTIONS

- 01 Put on an apron, elderberries stain!
- 02 To prepare your berries, first give them a rinse to remove any bugs. Snip or pull the red berries from the stems and into a large pan. Leave the unripe green ones.
- 03 Don't panic too much about leaving a few small pieces of the stem as the toxicity does disappear upon boiling - but try to avoid as much as possible.
- 04 Cover them with water, and bring them to a boil without a lid to encourage evaporation and reduction of the juice. Boil steadily for 20 minutes or so.
- 05 Use a potato masher to remove as much of the juice as possible, and carefully fish out any stalks that may have snuck in as you go.
- 06 Pour into jelly bags or muslin in a sieve over a bowl, and leave to strain overnight.
- 07 The next morning, remove the berry pulp and add it to the compost heap.
- 08 Pour the juice into a pan, add your honey, cloves, ground ginger, cinnamon stick and 3 sliced oranges and simmer very gently for about 20 minutes to allow the honey to melt and the spices to infuse.
- 09 Strain again, then leave to cool. Pour into sterilised bottles and enjoy!