

Concoct Elderberry Syrup

MAKES 16 ounces

TAKES 45 minutes

COSTS ~\$11.00



1. Add room-temperature water and elderberries to pot and turn heat to high.
2. Bring to boil, then turn down to simmer, stirring every 3-5 minutes to release medicine and keep from burning.
3. Simmer on low heat until liquid is reduced by half, approximately 30 minutes.
4. While mixture is still warm, line strainer with wet muslin cloth or cheesecloth, rest strainer on top of measuring cup, and pour liquid through strainer and into measuring cup.
5. Finish by twisting water and berry mix in cloth with your hands to remove excess liquid. When you're finished, you should have approximately 1 cup (no need to be exact).
6. Pour elderberry liquid into a clean pot while it's still warm (but not too hot) and add 1 cup of honey.
7. Gently reheat, just enough to dissolve and incorporate honey, but as little as possible to maintain health benefits of raw honey.
8. Once honey and liquid are thoroughly combined, pour liquid back into measuring cup.
9. Pour liquid into four 4-ounce sterilized bottles for storage and label with name, date, and ingredients. Bottles of other sizes can also be used.
10. Let cool before putting on caps.
11. Store in refrigerator for 3-6 months.

Ingredients

- 1 pint distilled water
- 2 ounces dried elderberries by weight or 1/2 cup
- 1 cup raw honey

Tools

- Small pot
- 2-cup Pyrex measuring cup (or canning jar)
- Small metal strainer
- Muslin cloth or cheesecloth
- 4 4-oz. bottles for syrup storage (Boston rounds are ideal; bottles of other sizes can also be used)
- Large wooden spoon
- Spatula
- Several teaspoons
- Canning jar to hold utensils (optional)
- Funnel (optional)

Want to learn more and see this process in action with Rebecca and Faith from Rebecca's Herbal Apothecary & Supply? View the Hatch Lab video now at hatchlab.net. In 30 minutes, you'll know exactly how to concoct with confidence!