

FOREST FRESH ALASKA

Elderberry Syrup



PREP TIME
20 minutes

COOK TIME
25 minutes

READY IN
45 minutes



SERVINGS
6 cups

FOREST
INGREDIENTS
Elderberries

Ingredients

10 cups elderberries, cleaned from the
branches

4 cups water

4 cups sugar

Steps

- Place elderberries in a large pot. Cover with four cups of water. Bring to a boil and simmer for seven minutes.
- Sieve berries and be sure there are no branches or small sticks left in the pot.
- Check that the liquid measures eight cups. If not, add enough water to measure eight cups. Stir in sugar.
- Return liquid to high heat, bringing to a boil. Reduce heat to low and allow mixture

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to simmer for twenty minutes or until liquid reduces to about 6 cups.

- Jar and seal lids or pour mixture into a container and store in the refrigerator.

Notes

The tanginess of elderberries is balanced by the sweetness of the sugar. Elderberry syrup is reminiscent of my Saturday mornings as a young girl running over to my grandparents house. It was those Saturdays my grandmother would make my siblings and I sourdough pancakes drizzled with elderberry syrup. Because their home was a tiny trailer there was only enough room for one of us to sit at Grandma's little table at a time. We had to take turns, but that's what made it special. One-on-one time with Grandma is something I will always treasure.