

How to make Elderberry Syrup with fresh elderberries

You will need:

Ripe elderberries
Sugar
Cloves
Water
A measuring jug
Weighing scales
A saucepan
A wooden spoon
A sieve
Sterilised jars or bottles
A muslin cloth or thin tea towel



Method:

- Step 1.** Pick the fruit on a dry day. Wash well and drain thoroughly. Strip the fruit from the stems (with a fork) and put into a pan, adding just enough water to cover.
- Step 2.** Simmer for 30 minutes until the berries are very soft. Strain through a jelly bag or muslin and measure the juice. Allow 450g sugar and 10 cloves to each 600ml of juice.
- Step 3.** Heat the juice gently, stirring in the sugar until dissolved. Boil for 10 minutes and then leave until cold.
- Step 4.** The syrup may be frozen in small quantities (I use well-cleaned old milk bottles) or packed into small screw-topped, soft-drink bottles which have been sterilized