Homemade Elderberry Syrup

Use this to turn any herb into a syrup

Ingredients

- 100-113g of Elderberry or Herb
- 1,000ml Distilled water
- 500ml of Raw Honey, Maple Syrup or 500g Sugar
- Makes 1 qt. of Syrup - Double for 1/2 gal.
- Soak dried berries/herbs overnight to rehydrate
- Spices for Flavoring optional.

Instructions

1. Add Herbs to water and bring to boil and then simmer until reduced by just over ½
2. Once reduced, remove from heat and let it cool a bit and then strain/press out water. *This is your decoction.
3. Measure your decoction to 500ml (either reduce more, or add some more water)
4. Add your honey, syrup or sugar to warm decoction and mix well.
5. Label your jar. Expires in 3 months. Keep in the refrigerator.

INGREDIENTS NEEDED:

100 g herb : 1,000 ml Distilled water 1:10 RATIO

500ml Raw Honey or Maple Syrup, or Sugar (500 grams for sugar)

Alcohol Optional

Spices for flavoring if wanted

Cinnamon, Cloves, Fresh Ginger, Star Anise

Makes 1 qt. of syrup. *Double for ½ Gal

(Note: to evenly use up 1lb of herb just use 113g of herb no need to adjust other numbers)

DIRECTIONS:

Bring to a boil and then simmer herb and spices in water until reduced by just over ½

Note: if using dried berries soak overnight in water to reconstitute.

Once reduced, remove from heat and let it cool a bit.

Don't cool if using sugar.

Strain herb/plant material

The above strained juice is your decoction.

Measure your decoction you should have 500ml If you have more you can set aside the extra or follow the same instruction if you have too little. Or you can continue to simmer till you have 500ml of liquid.

Add your 500ml of Honey, or Syrup and shake well

If using sugar just add sugar until qt. jar is filled or add 500g.

If you boiled it too long and you only have 400ml of the decoction left then you can just add 400ml of Honey to preserve, or you can add in 100ml of more distilled water.

- **If your using Alcohol or a Medicinal Tincture such as Echinacea you can just ½ the amount of honey and add the same amount of Alcohol example 250ml Honey and 250ml Alcohol will be added to the Elderberry Decoction.**
- **IF you plan on using your syrup quickly then you can put only 1/4th Honey/sugar to preserve it. This only last's about 1 month but is less honey or sugar and therefore a cheaper option. If you were using 1/4th Honey/Sugar then you would just add 250ml/g. Which would make less than a quart.**
- **LABEL YOUR JAR!!!!**
- **JUST HONEY EXPIRES 3-4 MONTHS**
- **WITH ALCOHOL: Expires 6-7 mo.**
- **If you'd like to use fresh herbs or berries then just double the amount of herb/berries you are using but keep the liquid the same.**
- **Use your favorite alcohol for best taste or you could add a medicinal tincture.**
- **E&J Brandy is my favorite**
- **If sugar content is a concern you do not have to make your Elderberry decoction into a syrup. Elderberries are not the most pleasant but you can just freeze your decoction into small icecubes and add to a favorite tea for cold/flu prevention.**
- **Adding some fresh Ginger Juice and Lemon Juice can help with the flavor.**
- **Refrigerate for best freshness. Or place into smaller mason jars and freeze till needed.**
- **Ways to strain well: with a mesh strainer, a jelly strainer, a juicer, or a fruit press.**