



From the Kitchen of Executive Chef Jessica VanRoo

Elderberry Thyme Syrup

Makes 5 cups / 40 fl oz

Ingredients

- 4 cups dried organic elderberries, or double the amount of fresh!
- 8 cups of distilled water or 1 cup for fresh elderberries
- 4 sliced fresh ginger
- 10- 12 sprigs fresh thyme
- 2 whole cinnamon sticks
- 2 green cardamom crushed
- 8 cups water, or 1 cup water if you're using fresh elderberries
- 16-24 ounces honey or other syrup of choice

Instructions

1. Combine the elderberries with water and bring to a simmer. Once you see bubbles forming in the pot, add the ginger, thyme, cinnamon, and cardamom.
2. Cook everything at a simmer until it is reduced by half. Put the mixture in a strainer lined with cheesecloth and squeeze out the juice as much as possible, or use a food mill.
3. Place the extracted juice back into the pot with the honey and whisk until combined. If you need, you can put it on low heat to combine; do not boil.
4. Bottle and refrigerate for up to 12 weeks.