

Eat The View

Recipes and Tips

When collecting any wild grown ingredients always follow the foragers' rules and make sure there is enough for wildlife to survive and to ensure plants can regenerate and reproduce.

Elderberry syrup

Recipe from twitter friend E. J. Gill @suzycoos

- Remove the ripe berries from the bunches and for every pound add 1/4 pint water.
- Very gently simmer (it says in a double pan over water but I've never bothered). It may take an hour with a bit of squashing and mashing.
- Then I put the lot into muslin or thin cloth and let it drip through over a sieve or if you are impatient like me twist into a ball and squeeze.
- For every pint of juice add a pound of sugar and again gently simmer, letting the sugar dissolve. Don't boil.
- Pour into sterilized bottles or jars.
- Seal, refrigerate, enjoy.