

ELDERBERRY SYRUP



Elderberry Syrup

Ingredients:

- 2 cups fresh or 1 cup dried elderberries
- 4-6 cups water
- *optional: cinnamon, clove, fresh ginger, star anise
- 1 cup raw honey

Directions:

1. Place elderberries in a pan and cover them with the water.
2. You may also add cinnamon, cloves, fresh ginger, or star anise to increase the anti-viral activity of the syrup.
3. Bring the mixture to a boil; reduce the heat, and simmer for a 30-45 minutes, or until reduced by about half.
4. Mash up the berries to release all the juices.
5. Strain the mixture through cheesecloth or a fine mesh strainer
6. Let the mixture cool to room temperature
7. Add the honey and stir until it is completely dissolved into the juice.
8. Pour in jars and cover with a lid
9. Store in the refrigerator, or it will ferment. If it ferments, it will still be useful, but you should not give it to children. Syrup can keep it in the fridge for years because honey helps preserve it.
10. The usual dose is about 1-2 tablespoons 3-4 times per day.

****Do not give this syrup to children under the age of one year.**

STEP 1



- Place the elderberries in a pot large enough to hold the water
- You may make a single batch, or increase as many times as you need

STEP 2



- Optional ingredients of whole clove and star anise added
- Per batch, I added a 1/2 tsp. of whole clove and 6 star anise pods
- Some of these spices have strong flavor, so you won't want to add too much

STEP 3



- Measure and add the water to your large pot
- Bring to a boil

STEP 4



- Once the mixture starts to boil, turn down the heat and simmer to reduce the liquid
- Stir occasionally to prevent any elderberries from sticking to the bottom of the pot

STEP 5



- Continue to simmer until the liquid is reduced by half
- This will take at least 30-45 minutes, or longer
- Keep an eye on the pot so the liquid does not all cook away and scorch the bottom

STEP 6



- Once reduced, pour the mixture into a fine mesh strainer or cheese cloth
- Place a container under the berries to catch the elderberry juice
- Let sit and drain

STEP 7



- Squeeze the cheese cloth or press the berries in the strainer to capture the juices
- Cool the juice to room temperature
- Compost the strained berries

STEP 8



- Add the honey to the cooled juice and stir until it is completely dissolved

STEP 9



- Pour the elderberry syrup into glass jars

STEP 10



- Place a lid on the jar and store in the refrigerator
- Use according to directions in the recipe

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