

Shrub recipes

August 19, 2023

BLUEBERRY LAVENDER SHRUB

- 2 c. fresh blueberries
- 1 c. white sugar
- 1/4 c. dried lavender (leaves & flowers)
- 2 c. cider vinegar

Place blueberries, sugar, and lavender in a bowl. Mix and muddle or press down with a potato masher. Cover with plastic wrap and set out on the counter. Every once in a while, press mixture down again. Refrigerate for 1 day. The next day, continue to press mixture for half the day. Then drain everything and throw away the pulp. Pour into a clean bowl and add cider vinegar. Combine.

Cover and refrigerate up to 3 weeks, covered. You can use it anytime.

Add 1 T. or less per 8 oz. glass of water, sparkling water, seltzer, or club soda.

BASIL & BLUEBERRY SHRUB (from Emily Laurae)

- 2 cups Blueberries muddled
- 1 cup sugar
- ¼ cup basil
- 1 cup apple cider vinegar

Muddle blueberries in a small bowl until they've significantly broken down and there are no whole berries left. Add granulated sugar and basil leaves, stirring to combine. Place mixture in an airtight container and allow the berries to macerate for 24 hours. The next day, strain the blueberries through a fine mesh strainer or cheese cloth squeezing tightly to release as much juice as possible. Add vinegar to the blueberry juice and allow the mixture to chill in the fridge for one week so that the ingredients start to mesh and mellow out together. Serve as desired. One tablespoon of blueberry shrub to soda water, top with fresh blueberries and basil for refreshing summer beverage.

RASPBERRY SHRUB (slightly adapted from: Wild Drinks and Cocktails by Emily Han)

2 cups raspberries
1 cup champagne vinegar, or white vinegar, or apple cider vinegar
1 cup red wine vinegar
2 cups sugar
Sprig of rosemary

Lightly crush the berries with a potato masher or the back of a big spoon. Transfer the crushed berries, including their juice, to a 1-quart mason jar. Pour both vinegars over the fruit and stir to mix. Make sure the berries are completely submerged under the vinegar. Cover the jar and store in a cool, dark place for 1 week. Shake the jar daily, and check to make sure the berries stay submerged under the vinegar. Strain the raspberry-vinegar mixture through a fine-mesh strainer into another glass jar or bottle. Discard the solids. Add the sugar to the vinegar and stir well. Add sprig of rosemary. Place the jar in the refrigerator for 1 week, stirring or shaking daily to dissolve the sugar. Keep the shrub stored in the fridge for up to a year.

CRANBERRY SHRUB (from My Recipes and adapted by Mary Laedtke)

12 oz fresh or frozen cranberries
1 cup sugar
 $\frac{3}{4}$ cup red wine vinegar
1 tsp lemon zest and 2 tbs lemon juice
OR
 $\frac{1}{4}$ cup fresh lemon verbena or $\frac{1}{4}$ cup lemon basil

Bring all the ingredients to a simmer with 2 cups water in a small saucepan over medium heat, stirring often. Reduce heat to low and cook 5 minutes until most cranberries have burst. Spoon out a few whole cranberries and set aside for garnishing drinks if you like*. Strain mixture, pressing liquid out of pulp using the back of a spoon. Discard pulp. Chill at least 1 hour. Store for up to 3 months.

*Roll the berries in sugar, skewer on toothpicks, and set across tops of drinks. Use that day.