



SHRUB RECIPES

Gravenstein Apple Shrub:

1 cup of chopped apple (Gravenstein recommended)
¼ cup of raw pecan honey
2 inch knob of ginger
½ cup of apple cider vinegar

Finely chop the apple. You don't need to worry about peeling the apple because we're just getting the juice out of the apple eventually. Remove the skin from the ginger and finely chop. Put the ginger and the apple into a bowl and toss with honey. Let stand for an hour. Macerate the fruit mixture. Cover and leave for 24 hours, at room temperature or in the fridge. After 24 hours have passed, add the vinegar and stir again. Store at room temperature or in the fridge, stirring once a day, for five to seven days (depending on the strength of flavor that you want to develop and the patience you have for making this drink). Strain the mixture through a cheese cloth, discard solids, and transfer to a clean jar when finished.

Watermelon Shrub:

1 cup watermelon (rind and fruit)
¼ cup of brown sugar
5 all spice berries
½ cup of white wine vinegar

Chop the watermelon into pieces, removing the rind from the fruit, but keeping both pieces for the mixture. Combine with the brown sugar and allspice berries. Cover and let stand for an hour at room temperature or in the fridge. Macerate and bruise the fruit and cover and let stand for another 24 hours. Add the vinegar. Store at room temperature or in the fridge for five to seven days, stirring every day. Strain mixture through a cheese cloth, discard solids, and transfer to a clean jar when finished.



Slow Food USA[®]