

Janice's Basic Shrub

Shrub is also known as drinking vinegar; it is tasty and some say that it has many health benefits.

Prep time is 5 minutes plus 3-5 days infusing time.

Ingredients

1.5 cups of seasonal fruit (strawberries, peaches, blueberries, raspberries, pineapples, mangos, apples, lemons)

1.5 cups of apple cider vinegar (the best vinegar makes a difference) You can use coconut vinegar, kombucha vinegar, white wine vinegar.

2/3 cup granulated sugar

Optional: 1-2 sprigs of herbs (cardamon, basil, rosemary or thyme... use your imagination)

Directions

1. DICE the fruit into very small pieces and place in a quart-size mason jar. Add the vinegar and sugar, and the herb sprigs. If there's room at the top of the jar, add a few more splashes of vinegar.

2. CAP the jar tightly and shake it a few times to blend in the sugar. Place the jar in the fridge for 3-5 days, shaking once or twice.

3. TASTE the shrub after three days. If you like the intensity of flavor, strain out the fruit, first pressing the fruit with the back of the spoon to get all of the juice. Then, store the shrub in an airtight container. Otherwise, let it infuse for two more days.

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4. SERVE: Pour the shrub over ice and mix with sparkling water or make a cocktail. Or try it as a shot: We did, and really liked it.

Read more at: <https://blog.thenibble.com/2016/07/19/tip-of-the-day-make-a-shrub-a-k-a-drinking-vinegar/>

Geeky shrub recipe <https://farmtojar.com/mixology-cocktails-using-shrub-syrups/>

