

COOKING WITH HUGH

HOSTED BY HUGH HARDY



CARROLL'S
SAUSAGE & COUNTRY STORE



Featured on Season 3, Episode 6

Back to the Basics 101 Elderberry Syrup

Directions:

Boil 4 cups of water in a saucepan. Turn down heat until water is simmering (steaming, not boiling). Fill the enclosed tea bag with contents the Elderberries and more herbal mixture. Tie the tea bag securely so the contents do not spill out while simmering. Carefully place the filled tea bag into the hot water. Put a lid on the saucepan. Let it simmer on low 30-35 minutes. Pour ½ cup raw honey into a quart jar. Remove the tea bag from saucepan after it has cooled. Add cooled elderberry liquid to the honey in the jar. Stir well. Store in refrigerator.

Recipe makes approximately 24-30 fl. oz. of syrup.

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