

Herbal Syrup

RECIPE CARD

Ingredients

- 1 cup sugar
- 1 cup water
- 2-4 tbsp herbs

Directions

1. Combine sugar and water in a saucepan over medium heat
2. Bring to a boil, stirring regularly to dissolve the sugar
3. Meanwhile, place the herbs in a heat-proof jar
4. Once the syrup has thickened, remove it from the stove and pour it over the herbs
5. Let the jar rest for a few minutes to let the heat dissipate a bit, then seal with a tight-fitting lid
6. Let the mixture extract for between 2-24 hours, shaking occasionally.
7. Strain out herbs, pressing out as much liquid as possible
8. Pour strained syrup into a clean, sterile jar.
Label and store in the refrigerator for up to 3 months



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