

Elderberry

HOW TO CHOOSE AND STORE

Elderberries should not be stored in containers at room temperature for more than 2-4 hours as this can cause them to spoil. They should generally be frozen or cooked immediately after picking them. It is easier to use a fork to remove berries from the sticks.

HOW TO USE AND EAT

Elderberries should not be eaten raw. They need to be cooked or dehydrated to make them edible. Valued for their immune boosting properties, they have all sorts of uses! Think pie, jelly, juice, and wine!



Elderberry Jam

-Lemon Juice

2 cups elderberries

2 cups sugar

- Remove elderberries from stalks (use a fork) then rinse in cold water. Put elderberries in a bowl with the sugar and stir. Leave overnight to macerate.
- Pour the elderberry mixture into a deep sided pan and add lemon juice and bring to boil for about 15 minutes till setting point 105C is reached ladle into sterilised jars.
- Refrigerate after opening

Elderberry Syrup

- 3 cups water
- 1 cup fresh elderberries
- 1 cinnamon stick
- 3 whole cloves
- 1 tsp minced fresh ginger root
- 1 cup honey

Combine water, elderberries, ginger, cinnamon stick, and cloves in a saucepan over medium heat; bring to a boil. Reduce the heat to low and simmer for 30 minutes. Mash berries with a potato masher. Strain the mixture through a fine sieve, retaining juice and discarding pulp, cinnamon stick, and cloves. Let cool for 30 minutes and then stir in honey until mixed.

Elderberry Pie

1 pie crust

4 cups elderberries , stemmed, rinsed and drained

1 ½ cup granulated sugar

¼ cup cold water

4 tablespoons cornstarch

4 tablespoons chia seeds

1 tablespoon lemon juice

1)Place berries and sugar in a saucepan. Mix the cornstarch with cold water and add it to pan. Cook, stirring occasionally, until the mixture thickens. Remove from heat and add the chia seeds and lemon juice. Stir to combine. Set aside to allow the mixture to thicken and cool a little more.

Preheat the oven to 375F.

2)Pour the berry mixture into the pie crust. Add crust over the top in either lattice or cookie cutter form. Crimp the edges of the pie. Bake the pie for 40–45 minutes, until the crust is browned.
3)Use oven mitts to remove the pie from the oven.
4)Set aside for it to cool for at least 2 hours. This cooling process helps the filling to firm up. Serve slices at room temperature or warm them slightly before serving.