

## **Boiled Apple Cider Syrup**

Boiled cider is a non-alcoholic, largely shelf-stable, nutrient-dense, delicious caramel syrup recipe from the 1600s. It came about mostly out of necessity of a surplus of cider apples, but also because of a desire for a low-cost sweetener that wasn't sugar or molasses. It contains magnesium, calcium, vitamin A, and C, potassium and sodium, perfect for staying healthy this winter.



We love using the cider that is pressed at our families cider fest in September.

This treat is the result of slowly simmering apple cider down to approximately 1/5 to 1/7; estimate and taste when it thickens slightly, and gets a caramel flavor. Makes approximately 1 quart. Substitutions: leave out any ingredients you do not have– it will still be medicinal and delicious.

### ***Ingredients:***

- Approximately 2 gallons of unfiltered apple cider,
- 1 to 2 cups elderberry; fresh or dry or frozen,
- 2 cinnamon sticks,
- 1 tablespoon chopped ginger, root or 1 teaspoon powdered ginger
- 1/2 cup Hawthorn berries
- 1 cup rose hips, seeded

### ***Instructions***

1. Add all the ingredients into a large pot. Use a long skewer or chopstick to make seven marks on it to measure when the cider has been reduced 5- 7 times.

2. Simmer slightly for about 30 minutes then strain the berries. Pour the cider back into the pot. Continue to simmer for another 20 minutes or so until the syrup thickens.
3. The syrup is now considered shelf stable or also can be canned, but refrigerating will keep it good to use for months.
4. Add boiled cider to desserts, glaze on ham, stirred into your tea or top your pancakes.

**Historically, it was mixed with hot water and drunk as a delicious beverage.**