Our State eats

Published in the April 2025 issue of Our State

Cold-Press Shrub Syrup

Yield: Makes about 1½ cups.

- **1 cup crushed berries or finely chopped stone fruit, such as peaches, plums, or cherries**
- **1 cup granulated cane sugar**
- **1 cup apple cider vinegar, red wine vinegar, or fruit vinegar (not distilled white vinegar)**

In a glass bowl, stir together the fruit and sugar. Cover tightly with plastic wrap and refrigerate at least overnight or up to 48 hours, stirring occasionally to help dissolve the sugar.

Strain through a fine-mesh sieve into a clean bowl, pressing gently on the solids to remove as much liquid as possible without forcing fruit pulp through the strainer. Scrape any undissolved sugar into the strained juice. Stir in vinegar. Transfer to a clean bottle or jar with a tight-fitting lid. Discard strained solids or eat them as a cook's treat.

Refrigerate covered for at least 3 days before serving, shaking gently from time to time. Sometimes a little sugar will settle to the bottom, although eventually, the acidity of the vinegar will dissolve it. New shrub is pungent and quite tart, but the flavor mellows and harmonizes over time. Shrub syrup can keep for up to one year.

RECIPE BY SHERI CASTLE / PHOTOGRAPHY BY TIM ROBISON