

Rhubarb Shrub Recipe – Makes 2 cups

A basic shrub recipe, with rhubarb or any other fruits.

Ingredients

2 cups fruit – rhubarb, diced into very small 1/4 inch pieces

(or use other fruit or berries)

1 cup sugar

1 cup vinegar (white or apple cider, or any other)

Instructions:

Mix rhubarb and granulated sugar in small bowl, cover w/ plastic in the fridge 4-5 days, stirring every 12 hours. Strain the liquid, pressing down hard on solids. Mix the rhubarb syrup with vinegar and pour into a lidded jar and refrigerate. You can use immediately, but after a week, flavors will deepen, meld and harmonize. Add to cocktails or sparkling water.

Basic formula: Use **2 cups fruit** per **1 pint vinegar**. Sweeten with **1 1/2 to 2 cups sugar** (level of sweetness is up to personal preference).

Fruit: Berries are perhaps the finest fruit for shrubs, but cherries, peaches, plums, pears, and other fruits may be used. They should be ripe and sweet, yet they do not need to be perfect; this is a great opportunity to use farmers' market "seconds" and any fruit that is abundantly in season. Fruit should be thoroughly washed and may be peeled, chopped, or lightly crushed to shorten the infusing process. Ginger, citrus peel, or even peppercorns may also be added for flavor.

Vinegar: Any vinegar may be used, as long as it is labeled at least 5% acidity. Distilled white vinegar has a clear, sharp flavor; apple cider vinegar tends to be milder with a fruity flavor; and wine vinegars, while more expensive, often provide a superior smooth flavor. Balsamic vinegar is delicious with cherries and strawberries.

Sugar: White granulated sugar provides a neutral sweetness; brown and [raw sugars](#) may also be used.

Equipment

Clean hands and tools are a must!

Glass container with a lid or cap (a quart mason jar works well)

Deep pot

Measuring cups (liquid and dry)

Funnels (useful, but not required)

Saucepan

Food thermometer

Clean kitchen cloth or paper towel

Fine cheesecloth or coffee filter

Instructions

1. Sterilize the container: Wash the container in hot, soapy water and rinse thoroughly. Submerge in a pot of warm water to cover by 1 to 2 inches, bring to a boil, and boil for 10 minutes. For the lid or cap, wash it in hot, soapy water, rinse well, and scald in boiling water.

2. Add the fruit: Carefully remove the container from the pot using canning jar lifters or tongs. Place the fruit in the container.

3. Add the vinegar: Place the vinegar in a saucepan and heat to just below the boiling point, or at least 190°F. Pour the vinegar over the fruit, leaving at least 1/4-inch headspace. Wipe the rim with a clean, damp cloth, and cap tightly.

4. Let it stand: Let the container cool undisturbed and then store it in a cool, dark place such as a cupboard or the refrigerator. Let it stand at least 24 hours and up to 4 weeks until the desired flavor is reached.

5. Strain it: Strain it through a damp cheesecloth or coffee filter one or more times until the vinegar shows no cloudiness. Discard the fruit or save it for another purpose (it's often delicious for use in chutneys).

6. Add the sugar: Place the vinegar and sugar in a saucepan. Bring to a boil, stirring to dissolve sugar. Remove from heat and let cool. Pour into a clean, sterilized container (use the original mason jar or other bottles; see step 1 for sterilization procedure) and cap tightly.

7. Store: Store the shrub syrup in the refrigerator. Tightly sealed, it may last for up to 6 months. Taste before using to make sure the flavor is still good. Discard immediately if it has mold or any signs of fermentation such as bubbling, cloudiness, or sliminess.

8. Serve: To serve, mix 1 tablespoon shrub syrup into a glass of still or sparkling water. Taste and add more syrup, if desired. Shrub syrups may also be used as cocktail mixers, in salad dressings, and more.