



Elderberry Syrup Recipes

Below are 2 different recipes for elderberry syrup. My favorite is the first version that uses a “no cook” method. It contains a small amount of vodka to help extract the properties of the elderberries and acts as a preservative. Some people believe alcohol is a better extraction method than cooking.

Elderberry Syrup Recipe (No-Cook Method): Makes 8 oz of syrup**

- 1/4 cup dried elderberries
- 2 tsp fresh grated ginger, or 1/2 teaspoon dried
- 1 cinnamon stick
- 4 oz boiling water
- 2 oz 100 proof vodka* (or, 1 oz 80 proof vodka)*
- 1/2 lemon, juiced
- ~4 oz raw honey or sugar

Mix all the dried herbs together in a mason jar.

Pour boiling water over the herbs, add the alcohol.

Cap and let infuse 8 hours or overnight.

In a muslin, jelly bag, or cheesecloth strain the herbs from the liquid. Squeeze gently to get as much fluid from the herbs as possible.

Add the lemon juice.

Measure out exactly how much liquid you have in a glass measuring cup (you should have about 4 ounces).

Add an equal amount of honey to the liquid. Mix well until sugar dissolves.

* 2 oz of 100 proof vodka is shelf stable for 1 year. 1 oz 80 proof vodka needs to be refrigerated up to 1 year.

** No-cook recipe adapted from herbalist Darcey Blue of [Blue Turtle Botanicals](#)

Elderberry Syrup Recipe (Cooked Version):

Makes 8 oz of syrup

- 1/4 cup of dried elderberries
- 1 tsp fresh grated ginger, or 1/2 teaspoon dried
- 1 cinnamon stick
- 3/4 cup of water
- honey

Place elderberries, all herbs and water in medium sauce pan.

Turn heat to high, bring to a boil, then reduce to simmer for 20 minutes (covered).

- Turn off heat and allow to cool until you can comfortably process it further.
- Strain the mixture through cheesecloth, squeezing it well to get the most elderberry juice from the mixture.
- Measure your resulting liquid.
- Add equal part of honey to the mixture.
- Store in fridge for up to 1 year.