

Elderflower Syrup at Forepaugh's Restaurant in St. Paul

Ingredients

- 3.5# elderberry flowers
- 2.5# sugar (add or subtract to taste)
- 26 organic lemons
- 13# pure water
- 1/2# citric acid

Method

1. Pick flowers when fully open for pollination. This is when they have the highest amount of nectar and pollen. Be sure to follow the farmer's instructions as most growers want only the low-lying flowers harvested, retaining the upper ones for fruit production.
2. Low positioned flowers may be sandy from contact with the soil. Rinse them thoroughly. Clean, higher-positioned flowers don't need rinsing.
3. After severing the cluster (cyme) from the mother plant, shake off any bugs/pollinators.
4. Process the flowers by trimming the area where the flowers form clusters, then pluck the flowers from the stems, i.e., de-stem them.
5. After cleaning and de-stemming the flowers, place them in a large heat-proof container with lid.
6. In a large stainless steel pot bring all ingredients except the elderflowers to a boil, then pour it on the elderflowers and let cool down to room temperature.
 - a. Store the above below 40° F for two days to infuse.
 - b. On the morning of the 3rd day, strain the elderflower syrup through cheese cloth and squeeze for total extraction.
 - c. The syrup is now ready to use. (It should be yellow and tart and full of flavor.)
 - d. Store the syrup in a sterile jar or container for 1 month in the refrigeration or 6 months in the freezer.

I use elderflower syrup with soda water to marinate stone fruit. It's great with grapefruit and crab, I also use it to make rain gel.

As a Chef, the flavor of elderflower syrup is lovely and a very useful tool when nectar or a tart sweetness is needed. I am passionate about this product. More and more chefs are being turned on to a product that just 5 years ago hardly ever got used! The artisan cocktail movement is also embracing elderflower. I feel with the proper marketing of the health benefits of elderberry, this could be a welcomed product locally.

Source

Donald Gonzalez.- Forepaugh's (Since 1870)
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