

VIENNESE ELDERBERRY SOUP (8 cups)

Or 10 - 6 oz. servings

Served chilled or warm

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| 3 | Cups Elderberries, fresh or frozen.....} | |
| 6 | Cups Water.....} | Total 8 cups strained juice and pulp |
| 3/4 | Cup Organic sugar.....} | |
| 2 | Tbsp Lemon juice | |
| 1 | Tbsp Grated lemon zest | |
| 2 | Cups Diced apples | |
| 5 | Tbsp Corn Starch or rice flour dissolved to slurry in cold water | |
| 1 | Tsp Ground ginger | |
| 1 | Tsp Ground cloves | |
| 1/4 | Tsp Cayenne pepper | |
| 1/2 | Tsp Sea salt | |

1. Simmer elderberries in water covered 30 minutes (Ratio = 1 part elderberries to 2 parts water)
2. Strain through fine colander or sieve; mash part of berries through sieve, remaining chaff (stems, leaves) for compost.
3. Add sugar, diced apples, lemon juice, zest, spices, simmer 5 minutes.
4. Thicken with slurry (starch and cold water); simmer a few minutes to thicken.

For serving, top with sour cream, ginger snap crumbles, mint leaves.

NOTE: If served chilled, refrigerate right away.

A quick way to turn this soup into an elderberry sauce for desserts:

Add more sugar or fruit juice, puree in blender. It goes with various puddings such as semolina pudding, bread-apple pudding, caramel pudding, quinoa pudding, plum pudding, rice pudding, pancakes, crepes, cheese dumplings, shakes.



PRACTICAL POINTERS FOR RECIPES

ELDERBERRY SOUP

Designed to serve chilled in summer, warm in winter, plus can be turned into a sauce to serve with various desserts. In addition for smoothies adding bananas, citrus, spices such as ground cloves, ginger, and cayenne add a zing to it.

The amount of sugar (any kind) is crucial because the slightly bitter berries need it. However, the natural fructose from other ingredients such as raisins, raisins and apples are a better source of sweetener.

1	1/2	Tap	Sea salt
1	1/4	Tap	Cayenne pepper
1	1	Tap	Ground cloves
1	1	Tap	Ground ginger

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3. Add sugar, diced apples, lemon juice, zest, spices, simmer 5 minutes.
4. Thicken with slurry (starch and cold water); simmer a few minutes to thicken.

For serving, top with sour cream, ginger snap crumbles, mint leaves.

NOTE: If served chilled, refrigerate right away.

A quick way to turn this soup into an elderberry sauce for desserts: Add more sugar or fruit juice, puree in blender. It goes with various puddings such as semolina pudding, bread-fruit pudding, caramel pudding, quince pudding, plum pudding, rice pudding, pancakes, crepes, orange dumplings, shakes.