

# Raspberry Shrub (aka Drinking Vinegar)

**Servings:** about 3 cups

Ingredients:

- 24 to 30 ounces fresh or frozen organic raspberries
- 2 stalks lemongrass, thinly sliced (optional)
- 750 milliliters coconut vinegar (5% acidity)\*
- 1/2 cup sugar, plus additional to taste

Directions:

1. Place raspberries, lemongrass, and vinegar into a non-reactive container that can be tightly sealed. (I don't wash the raspberries because they are so fragile, and I don't want to lose any of their juice. If you need to you may gently rinse them.)
2. Seal the container and allow to rest at room temperature for 3 to 5 days, stirring once to twice daily. The berries will basically disintegrate within a day or so.
3. Transfer vinegar and berries to a non-reactive saucepan. Stir in 1/2 cup sugar. Bring to a boil over med-high heat, then reduce heat to low. Simmer as gently as possible, uncovered for one hour, stirring on occasion. (Note: boiling vinegar is quite pungent, make sure you have good ventilation!)
4. Strain a tablespoon or two of the mixture into a glass, and allow it to cool. Add seltzer water, then taste. Add sugar if desired (I ended up adding another 1/4 cup of sugar.) Once it is the desired sweetness, remove from heat and allow to cool for 15 to 20 minutes. Strain the entire mixture through a mesh strainer set over a bowl, pressing as much of the liquid out of the fruit pulp as possible. Strain the collected liquid through a mesh strainer lined with several layers of cheesecloth into a quart-sized pitcher or glass measure. Transfer to a bottle, cool to room temperature, seal, and store in the fridge. Use as you see fit!

\* Look for coconut vinegar at Asian groceries. It is a translucent white color, and has a mild flavor making it a perfect vehicle for your fruit to shine!

**Source:** <http://food52.com/recipes/13095-raspberry-shrub-aka-drinking-vinegar>

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# Lime, Grapefruit and Ginger Juice

**Prep Time:** 5 min | **Cook Time:** 5 min

Ingredients:

- 3 tablespoons natural cane sugar
- 2 tablespoons ginger, peeled then grated
- 1 cup / 240 ml water
- very scant 1/2 cup / 95 ml fresh lime juice - 2 juicy limes
- 1 1/3 cups / 310 ml fresh grapefruit juice - 2 juicy grapefruits

Directions:

This juice is quite strong - but invigorating! You can make it more/less sweet, to your tastes. And you can mix it with more/less water sparkling water, also to taste. You can also double the recipe if you need to use up more citrus. The juice freezes well in baggies or ice cube trays. I typically use ruby red grapefruits here.

1. In a small saucepan, over medium heat, stir together the sugar, ginger, and water. Simmer for 5 minutes, transfer to a glass bowl or cup, and place in the freezer for a few minutes to cool.
2. Strain the ginger into a pitcher along with the lime and grapefruit juices. You can either strain the citrus juices or leave them pulpy, just be sure to catch any seeds before they go in. Stir and taste, if you want a bit more sugar, go for it, but I find this plenty sweet. Serve straight in a tiny chilled glass with ice. Or use a splash to freshen up a glass of sparkling water.

Makes about 2 cups / 1 pint.

Adapted from Breakfast, Lunch, Tea: The Many Little Meals of Rose Bakery

**Source:** <http://www.101cookbooks.com/archives/lime-grapefruit-and-ginger-juice-recipe.html>

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# Fresh Apple Shrub

**Servings:** 3 cups

Ingredients:

- 3 medium apples (choose a variety that is flavorful and sweet)
- 1 cup apple cider vinegar
- 2/3 cups granulated white sugar

Directions:

1. Shred apples on a box grater. Funnel the shreds into a wide-mouth quart jar. Top with apple cider vinegar and sugar. Use a narrow spoon to stir the apples, vinegar and sugar together. Apply a watertight lid and give the jar a good shake.
2. Tuck the jar into the back of your refrigerator and let it sit for four or five days. Taste the liquid and if you're happy with the balance, strain out the apple bits, making sure to press firmly to remove all the liquid. Don't be afraid to use your (clean) hands for this.
3. Place the strained shrub in a clean jar and keep refrigerated. It is ready to use now, but will mature in flavor over time.
4. Stir it into cocktails, sparkling water or use in homemade vinaigrettes and marinades.

**Source:** <http://food52.com/recipes/19356-fresh-apple-shrub>

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