

Drinking Vinegar: A Shrub You Can Drink

A Dandelion and Strawberry Shrub Recipe

This springtime shrub is a tangy and refreshing vinegared syrup with the aromatics of strawberries and the mineral-rich qualities of the dandelion root. Mix this shrub into a drink to quench your thirst on a hot day, or simply to enjoy the bounty and gifts of spring. This recipe was inspired by the shrub recipes in Emily Han's book, *Wild Drinks and Cocktails*. Many of the shrub recipes called for a couple cups of sugar. I've chosen to use honey to sweeten this recipe and I've also chosen to use significantly less of it. If you have a sweet tooth, you may prefer to add more honey to this recipe.

What you'll need...

- 2 cups strawberries (fresh or frozen)
- 1/2 cup fresh dandelion roots, chopped (or 1/4 cup dried dandelion roots)
- 2 tablespoons fresh ginger, minced
- 1 cup balsamic vinegar
- 1 cup apple cider vinegar (or white wine vinegar)
- 1/2 cup honey (or more to taste)

- 1 Chop the strawberries. Add them to a sterilized quart jar. Using a wooden mallet or spoon, slightly crush the strawberries. Add the dandelion roots and ginger to the jar.
- 2 Add the vinegars and honey. Shake well. Cover with a non-reactive lid: plastic, glass, or a piece of parchment or waxed paper in between the metal lid and the shrub. (Vinegar will corrode a metal canning jar lid and destroy the drink.)



Yield: 2.5 cups

- 3 Let this infuse for a week in the fridge. Shake it gently every day. Strain when done.
- 4 **To serve your shrub:** Add 1-2 tablespoons of the shrub to 8 ounces of water, sparkling water, soda, or a cocktail. The drink should taste sour and sweet, with the aromatics of strawberries and a subtle zing of ginger.
- 5 Store the shrub in the refrigerator in a jar with a non-reactive lid. It should last for 6 months.