



Shrub: sweet, sour, refreshing



It's not just the Swiss who are recalling their culinary traditions. People are digging out old recipes in the USA too. One of these recipes – shrub – is now enjoying a renaissance.

Shrub is a syrup which, along with classic ingredients – fruit juice, sugar – also contains vinegar. And it has successfully found its way into Swiss glasses, particularly in summer. You can use overripe fruits, such as those from your garden, for a shrub. The basic recipe consists of one cup each of chopped fruits/berries, vinegar and sugar.

Place the chopped fruits or berries into a glass. Bring the vinegar to the boil, pour it into the glass, and then seal it and let it rest in the refrigerator for a few days. Then sieve the mixture – you could use the fruit pulp for chutney, as an example. Then bring the liquid to the boil with the sugar. Your shrub is ready.

Since both vinegar and sugar have preservative properties, it will keep in the refrigerator for several weeks. When mixed with plenty of water, it becomes a refreshing drink in summer. It also provides delicious fruity/tart flavours for a salad dressing or a barbecue marinade.