

Hawthorn Recipes



Hawthorn Syrup

Traditional syrup is created by first making a very strong decoction, or reduction in cooking lingo and then adding honey to preserve it. This recipe will keep well for up to a month if refrigerated. I typically use up my syrups in that amount of time. However, if you'd like to keep it around even longer add some brandy or vodka, about $\frac{1}{4}$ of the total volume of your syrup.

- 1-2 lbs fresh or dried Hawthorn berries
 - 1 gallon spring or purified Water
 - About 22 ounces of good quality Honey
1. Put Hawthorn berries and water in a large pot and bring to a rolling boil.
 2. Turn down heat to low, cover with a lid and simmer for a few hours until the liquid volume is $\frac{1}{2}$ gallon. You can simmer Hawthorn berries up to two full days, adding more water as necessary. Some like to use a crock pot for this.
 3. Mash and squish the berries once cooled a bit, and then strain out the liquid.
 4. Add $\frac{1}{3}$ the total volume of honey. If you have $\frac{1}{2}$ gallon (64 oz) of Hawthorn liquid then add 22 ounces of honey to make the syrup.
 5. Bottle, label and keep refrigerated.
 6. Consume daily or as often as desired.

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Hawthorn Oxymel

- Fresh hawthorn berries
- Raw honey
- Apple cider vinegar
- Brandy (optional)

1. Gather fresh hawthorn berries and pour them into a Vitamix or blender, making the pitcher $\frac{3}{4}$ full.
2. Using the volume of the Vitamix container full of berries, add $\frac{1}{2}$ volume of Raw honey and $\frac{1}{2}$ volume Apple cider vinegar to make a true oxymel.
3. I often add brandy to this, in which case I use $\frac{1}{3}$ honey, $\frac{1}{3}$ vinegar, and add $\frac{1}{3}$ brandy. No measuring device. I just eye ball it.
4. Hit the switch on low and then gear up to high and let it run for about 2 mins.
5. Pour into a jar with tight sealing lid.
6. Let sit two weeks to a moon cycle
7. Then strain through a fine mesh or cheese cloth.
8. Store in bottle in a cool dark place.

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Haw-sin Sauce

Hawthorn “haws” or berries are more abundant than blackberries, and just as easy to pick. They're too hard and bitter to eat straight off the bush, but they give a lovely fruity flavor to hedgerow jellies and wines, and can be used to make this delicious sweet-sour sauce. Use it like a ketchup, or a dipping sauce, or add to a stir-fry. Makes one 330ml bottle.

- 500 grams Hawthorn berries
 - 300 ml Apple cider vinegar
 - 170 grams granulated Sugar
 - Sea salt & Black pepper (freshly ground) to taste
1. Wash a bottle and a vinegar-proof screw-top or stopper in hot, soapy water, then put them in a low oven to dry out and heat up.
 2. Wash the berries and remove any stalks and leaves.
 3. Put them in a sauce pan with the vinegar and 300ml water. Bring to a boil, lower the heat and simmer for 30 minutes, by which time the berries will have turned a dull brown and their skins will have split to reveal their yellow flesh.
 4. Strain over a clean pan and rub the fruit through with a wooden spoon, leaving the skins and pips behind.
 5. Add the sugar to the purée in the pan and heat gently, stirring, until it dissolves.
 6. Bring to a boil and simmer for five minutes, stirring often.
 7. Funnel the hot sauce into the hot, clean bottle and seal straight away. This sauce improves with age, so if you can leave it for a few weeks before opening. Use within a year and refrigerate once open.

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Hawthorn Jam

Pick 1.5 lbs. of Hawthorn berries (haws). This will make 1 jar of Hawthorn jelly, so obviously if you need more jars, pick more fruit.

- Fresh Hawthorn berries (haws)
 - Water
 - Granulated Sugar
 - Fresh lemons
1. Remove the stalks and leaves from the berries. A good way is to simply roll a clump of berries (stalks and all) in between your hands, and you'll find the haws just roll off. It's certainly easier than individually pulling off each stalk.
 2. Wash your haws and drain.
 3. Put haws into a heavy saucepan, and cover with 1.5 cups of water. Bring to the boil and simmer for 1 hour.
 4. Mash the berries with a potato masher every 20 minutes.
 5. Now strain the mixture over night using some muslin or a jelly bag.
 6. To keep the jelly clear, do not squeeze the jelly bag, just let the juice drip. If you're not bothered whether your hawthorn jelly is clear or not then squeeze away.
 7. For every 1 pint of juice measure out 1lb of sugar.
 8. Now squeeze the juice of 1 lemon. Mix the sugar and lemon juice into a heavy saucepan along with the hawthorn juice. Bring the mixture to the boil, stirring continuously until the sugar has dissolved.
 9. Now rapid boil for 10 minutes until the jelly has reached setting point.
 10. Skim off any foam from the top of the jelly liquid.
 11. Pour into sterilized, warm jars and screw on the lids.
 12. Eat at will. There is no need to leave the hawthorn jelly for a month or so.