

# Rosehip syrup



This recipe makes about one and a half litres.

500g rosehips

650g granulated sugar

Rosehips are rich in vitamins A and C and have long been used for making jams and jellies. During WW2 the Ministry of Defence paid volunteers to gather rosehips which were used to make syrup which was given to the children. They were paid just over 1p for 450g.



# Rosehip syrup, method

Remove the stalks and rinse the rosehips in cold water.

Boil 800ml of water. Meanwhile mince the rosehips or chop in a food processor.

Add them to the boiling water, cover and bring back to the boil.

Take it off the heat and let it stand for 15 minutes. Pour through a scalded jelly bag or muslin and leave to drip for about an hour.

Set the strained juice aside and boil another 800ml of water.

Add the rosehip pulp and repeat the boiling process.

Tip the mixture back into the jelly bag or muslin and leave to drip overnight.

The next day combine both lots of juice, you should have about a litre, and pour into a saucepan.

Add the sugar and heat until it is dissolved then boil for 2-3 minutes.

Pour into warm sterilized bottles and close with a cork or screw cap.

Use within 4 months.

Mix rosehip syrup with hot water to make a warming winter drink.

Drizzle it neat over pancakes, icecream or rice pudding.

