

Blackberry Honey Vinegar

400g – 500 g (14oz-1lb 2oz) Blackberries

600ml (1 pint) White Wine Vinegar

225g (8oz) Honey

450g (1lb) Granulated sugar

1. Place blackberries and wine vinegar in a large lidded container (containers that are taller than they are wide e.g. old sweet bottles or pasta containers are ideal). Leave at room temperature stirring or shaking the mixture daily.
2. After 7-10 days strain the mixture and discard the blackberries.
3. Bring the vinegar to the boil in a stainless steel pan and boil for 2-3 minutes.
4. Remove the pan from the heat and add the sugar and honey. Stir until dissolved. It may be necessary to reheat the mixture slightly to dissolve the sugar.
5. Allow to cool and strain into sterilized bottles. Store in a cool place and use within 6 months.

Note : There will be sediment at the bottom of the bottles – both from the blackberries and the honey. It does not affect the flavour but to obtain a clear liquid the mixture can be warmed and strained through a coffee filter.

Uses: As a salad dressing – either alone or with oil, with strawberries, raspberries or other soft fruits, as a sauce with meat – ideal for deglazing the pan.

Mixed with hot water this makes a soothing drink

Variations – Replace the blackberries with raspberries or blackcurrants (this goes wonderfully with venison).