

RASPBERRY VINEGAR

Note, this is the modernized recipe from Catharine Parr Traill's the Female Emigrant's Guide : Cooking with a Canadian Classic (Cooke and Lucas 2017).

Yield: approximately 500 mL (2 cups) of fruit syrup concentrate.

2 C 500 mL vinegar (cider, red wine, even maple)
2 C 500 mL raspberries (fresh or frozen)*
1 c 250 mL sugar (white, brown, maple) - approximately

* 500 mL/2 cups or 1 L/4 cups more are needed if the fruit is doubled or tripled in the following days.”

1. In a covered bowl or jug, soak raspberries for about 24 hours in the vinegar. Additional time is fine.
- 2 Strain the vinegar through a muslin- or cheesecloth-lined sieve. Press very gently with the back of a spoon to extract some of the juice, although Traill says "do not squeeze them," but avoid clouding the liquid. Discard the raspberries; they can be consumed, but we find them too vinegary.
3. Soak more raspberries once or twice if you want your syrup to have a really in tense flavour and colour. Strain again.
- 4 Measure your liquid; you should have approximately 500 mL (2 cups). Stir in an equal quantity of sugar. Transfer the sugary vinegar to a large saucepan and slowly bring it to boil. Boil for ten minutes to concentrate the syrup. Skim off any scum that rises to the surface.
- 5 Pour the hot raspberry concentrate into two half-pint (250 mL) sterilized bottles.

To serve, we recommend a ratio of one part raspberry syrup to three parts water, but you may want to adjust that depending on your tolerance for the sharpness of the vinegar and the sweetness of the sugar.

Cooke, Nathalie, and Fiona Lucas, editors. *Catharine Parr Traill's the Female Emigrant's Guide : Cooking with a Canadian Classic*. McGill-Queen's University Press, 2017, 350-1.