



The Modern Preserver's Kitchen | Drinks

Sugar syrup/gomme

Makes 500ml (2 cups)

300g (1½ cups) white or golden granulated sugar
300ml (1¼ cups) freshly boiled water

Put the sugar in a heatproof jug with the boiled water and stir until dissolved.

Once cooled, pour into a sterilized glass bottle (page 15) and store in the fridge for up to 4 months.

Maraschino cherries

Every cherry season, this is a must for our household. They make great gifts as well, taking the seasonal offerings and making them into an alcoholic delight. We add these to cocktails – they're great atop an Amaretto Sour or Whisky Sour. My husband's hobby has become making cocktails and it helps to have a preserver at hand.

Once you finish the cherries, you are left with the most delicious maraschino liqueur with which we like to make alcoholic cherry colas and Hemingway Daiquiris: see recipes opposite.

Makes about 750ml (25fl oz) jar

500g (17½oz) cherries (about 430g/15oz pitted)
80g (generous ⅓ cup) white or golden granulated sugar
60ml (¼ cup) water
30ml (2 Tbsp) freshly squeezed lemon juice
½ cinnamon stick
½ vanilla pod, split lengthways and seeds scraped
pinch of grated or ground nutmeg
200ml (generous ¾ cup) vodka
30ml (2 Tbsp) brandy

Wash and pit your cherries using a pitter. Alternatively, I place the cherry on the opening of a glass bottle, stem side up, and push the stone through using a chopstick.

Put the sugar, water, lemon juice and spices into a saucepan and bring to the boil, then lower the heat and add your cherries. Gently simmer for about 4–5 minutes.

Remove from the heat and cool to room temperature

Wash, clean and sterilize your jar (page 15) then spoon your cherries inside. Add the alcohol to the syrup in the pan and stir before pouring over the cherries in the jar, making sure there are no air bubbles trapped and they are completely covered with liquid. If you are a little short (1–2mm/⅛in) then top up with vodka or brandy and seal.

Store, sealed at room temperature, for up to 6–8 months before opening. Once opened, store in the fridge for longevity.

Maraschino cocktails

Maraschino cherry cola

Serves 1

Ice
60ml (2fl oz) Maraschino Cherry Liqueur (opposite)
60–80ml (¼–scant ⅓ cup) coca cola
1 maraschino cherry

Build a tumbler with ice, add the measure of liqueur, top with cola and stir gently. Skewer a cherry on a cocktail stick (toothpick) and balance on top.

Hemingway daiquiri

Serves 1

Ice
60ml (2fl oz) white rum
30ml (1fl oz) Maraschino Cherry Liqueur (opposite)
30ml (1fl oz) freshly squeezed lime juice
60ml (2fl oz) freshly squeezed grapefruit juice
1–2 teaspoons Sugar Syrup/Gomme, to taste (opposite)
1 Maraschino Cherry (opposite)

Shake all the ingredients well in a cocktail shaker and strain into a chilled coupe, allowing the cherry to drop to the bottom of the glass as the sweet reward at the end.

Jam/marmalade/pickle cocktails

Breakfast martini

A cocktail so called not because it's to be drunk at breakfast, but because it contains marmalade. Created first in 2000, not the 1920s when you would think drinking cocktails for breakfast was probably most definitely a thing.

Serves 1

ice
60ml (2fl oz) gin
1 Tbsp marmalade of your choice
15ml (1 Tbsp) freshly squeezed lemon juice
10ml (½fl oz) Cointreau (optional)
a piece of orange peel, 3mm x 5cm (1/16 x 2in), to garnish

Shake all the ingredients well in a cocktail shaker and strain into a chilled martini glass. Tightly twist the piece of orange peel around a chopstick or metal straw to create a spring shape, then use to garnish the cocktail.

Marmalade hot toddy

No honey or lemons? Try a Marmalade Hot Toddy this winter – just as warm and comforting and full of vitamin C.

Serves 1

50ml (1¾fl oz) whisky or bourbon
1 heaped Tbsp marmalade of your choice
100ml (generous ½ cup) hot water, rested for 5 minutes after boiling
pinch of grated or ground nutmeg
1 cinnamon stick

Warm a glass mug by pouring in some boiling water and then discarding it a minute or so later. Add the whisky and marmalade together and stir until the marmalade has loosened, then pour over your hot water. Sprinkle on the nutmeg and add the cinnamon stick as a stirrer.

The BBC (Breakfast Blueberry Collins)

Serves 1

60ml (2fl oz) gin
1 Tbsp blueberry or blackberry jam
30ml (2 Tbsp) Sugar Syrup/Gomme (page 2)
ice
80ml (2¾fl oz) soda water
fresh blueberries or blackberries, to garnish
sprig of mint, to garnish

In a cocktail shaker, mix the gin, jam, lemon juice and sugar syrup until combined. Top up with ice and shake. Fill a chilled highball glass with 3–4 cubes of ice and pour the cocktail over. Top with soda water and garnish with a floating berry and a sprig of mint.

Notes

- Great as a non-alcoholic drink too – just omit the vodka.
- You can easily replace the vodka with gin or brandy – they both work well. Or substitute the jam for another to make a raspberry Collins, apricot Collins, plum Collins...

Bloody 'pickle' Mary

Virgin or not – great either way.

Serves 1

ice
50ml (1¾fl oz) vodka (optional)
20ml (¾fl oz) pickle brine – jalapeño is best
120ml (12 cup) clamato juice, or tomato juice mixed with 1 tsp Worcestershire sauce
pinch of sea salt, to taste
splash of Tabasco sauce, if not using jalapeño brine
pinch of freshly ground black pepper
pinch of celery salt (optional)
sprig of celery leaves, to garnish

Add 3–4 cubes of ice to a highball glass and build the drink adding the vodka first, the brine, the juice and salt and stir. Add the tobacco, if using. Garnish with a crack of pepper and a sprinkle of celery salt, if using, and add a sprig of celery leaves as the stirrer.

Notes

- Try different brines. Cucumber works well, as do radish and fennel. Also give beetroot brine a go – experiment to suit your palate.
- Clamato juice is a mixture of tomato and clam juice, available at some supermarkets and online. Try Mexgrocer.co.uk

Grenadine

An easy-to-make syrup, usually comprising blackcurrants, raspberries and elderberry but easily made up with what you have at hand with a bit of sugar to syrup it up. Add to tonic or soda water on ice, or use it in cooking or for steeping fresh fruits. Try the classic Shirley Temple mocktail (opposite), which will be a hit at those children's parties where they will feel they are getting an adult drink while you drink the Tequila Sunrise (also opposite) - retro, I know.

Makes about 250ml (8½fl oz) bottle

100g (3½oz) raspberries
30ml (1fl oz) orange juice
200ml (generous ¾ cup)
unsweetened pomegranate juice
¼ tsp vanilla paste or extract
100g (½ cup) caster (superfine)
sugar

Put the raspberries, orange juice and half of the pomegranate juice in a saucepan and bring to the boil. Now simmer for 10–15 minutes over a medium heat and allow the raspberries to soften and break down.

Drain through a fine-mesh sieve using a spatula to gently push everything through, then discard the pulp. Pour the strained liquid back into the saucepan with the remaining pomegranate juice and the vanilla.

Bring back to the boil, then add the sugar, stirring while it dissolves. Now leave it on a gentle simmer for about 5–6 minutes to thicken, reducing it into a syrup. Pour into a sterilized bottle (page 15), seal and cool. Store in the fridge for 1–2 months.

Grenadine cocktails

Shirley Temple

Serves 1

ice
10ml (2 tsp) Grenadine (opposite)
85ml (2¾fl oz) fizzy lemonade
85ml (2¾fl oz) ginger ale
pomegranate seeds or a glacé
cherry, to garnish

Build a highball glass with ice, add the Grenadine and top with the lemonade and ginger ale. Stir gently and garnish with pomegranate seeds or, traditionally, a glacé cherry. Add a paper straw.

Note

– Add 60ml (2fl oz) rum, vodka or brandy for a grown-up Ms S. Temple, omitting 30ml (1fl oz) each of the lemonade and ginger ale and adding a Maraschino Cherry (page 2).

Tequila sunrise

Serves 1

ice
60ml (2fl oz) tequila
100ml (generous ⅓ cup) orange juice
10ml (2 tsp) freshly squeezed lime
juice
15ml (1 Tbsp) Grenadine (opposite)
1 Maraschino Cherry (page 2),
to garnish
1 semi-circle slice of orange,
to garnish

Build a highball glass with ice, add the tequila and orange juice and stir well. Gently pour in the Grenadine but don't stir – it should sink to the bottom. Add a paper straw and your cherry and orange slice to garnish.

Rosehip syrup

Rosehips have been used by apothecaries for centuries for their medicinal properties, aiding rheumatoid arthritis by helping fight off foreign invaders in the immune system. Basically, it's a great thing to start to introduce into your annual practice of bottling as you probably already have some in your garden or have seen them in the neighbour's hedge.

The trickiest part is identifying what to use - check online. You want to pick them ripe after the roses bloom in late summer, early autumn (the hedgerow season) as they are the fruits of the roses' labour. Then it's extracting the juice from the prickly, unpleasant itchy fibre that lives within the bud, but that's why I am here to help. I always have rosehips stored away in my freezer; that way in 4 months when I run out, I can make up some more when the hips are not in season.

Makes 1 litre (34fl oz) bottle

1kg (2lb 4oz) rosehips - Rosa canina
or Rosa rugosa
3 litres (3 quarts) freshly boiled water
40ml (3 Tbsp) lemon juice
about 350g (1¼ cups) white or
golden granulated sugar (110g/
generous ½ cup for every
500ml ½ cups juice extracted)

Wash the rosehips and discard any stems. Place the hips in a food processor or blender and blitz for 1-2 minutes. Add to a large stockpot, at least 4 litres (4 quarts) in capacity, add the boiled water and simmer rapidly over a high heat for about 15-20 minutes. Remove from the heat and leave to steep for 20-30 minutes.

Strain through a large piece of muslin (cheesecloth) by tying up the corners and suspending over a large bowl to catch the dripping liquid. Drain for 4-6 hours without being tempted to squeeze the bag, as this can cloud the juice.

Discard the pulp and strain the extracted juice once more, this time through a double layer of muslin lining a fine-mesh sieve, catching it in a bowl. Repeat once more - you want to catch as many of the fibres so they aren't in your syrup.

Measure your extracted juice and for every 500ml (2 cups) you place into a large saucepan, add 110g (generous ½ cup) sugar. Warm the syrup on a low, gentle simmer, stirring to dissolve the sugar and reducing it until it becomes syrupy, about 6-8 minutes.

Pour into a sterilized glass bottle (page 15) and store in the fridge for up to 4 months. Serve hot, made with 30ml (2 Tbsp) syrup stirred into a cup of just boiled water, or as a refreshing cool drink with ice and fizzy or still water.

Rosehip syrup cocktails

The rose-hipster

Serves 1

1 extra large or 2 small ice cubes
50ml (1¾fl oz) gin
50ml (1¾fl oz) Rosehip Syrup
(opposite)
15ml (1 Tbsp) freshly squeezed lime
juice
30ml (1fl oz) Prosecco or Cava
finely grated lime zest, to garnish
frozen rosehip (optional), to garnish

Freeze a tumbler for 20 minutes. Build the drink in your frozen glass starting with the ice, then gin, Rosehip Syrup and lime juice. Give a quick swirl and top up with your chosen sparkling wine. Garnish with lime zest and float a frozen rosehip on top.

Shrubs/drinking vinegars

I think I first came across shrubs around the same time the fabulous Ducksoup, in London's Soho, were making their house drinking vinegars and introducing them into our culinary lives. I drank them often as an alcohol substitute knowing they were alive with good bacteria activity, from the vinegar addition, which are great for the gut. And they are lower in sugar than most commercial drink offerings. So, if one's not reaching for a glass of wine they make for an equally sophisticated beverage.

I wasn't convinced with kombucha or jun. I felt people were drinking them too much when just a little live bacteria in your gut will suffice; there is such a thing as 'too much of a good thing'.

Vinegar shrubs have been around since the Georgian era as a way of making a fruit syrup/cordial by macerating fruit in sugar and spices, sieving away the pulp then mixing with vinegar to give longevity. So, you just add water and in modern times we drink them with ice and carbonated or soda water, therefore diluting them and consuming these good bacteria in moderation – because everything is good in moderation.

These are a few of the shrubs I have made over the years, some published, some for pop-ups, some for workshops, some just for me. They are enjoyed with bubbly wine and cocktails too and have been making a renaissance within restaurants and bars around the world.

Raspberry and lavender shrub

Makes 1 litre (34fl oz) bottle

650g (1lb 7oz) raspberries, gently washed
150ml (½ cup) filtered water
1 tsp culinary dried lavender
½ vanilla pod, split lengthways and seeds scraped
250g (1¼ cups) white or golden caster (superfine) sugar
200ml (generous ¾ cup) raw apple cider vinegar, with the mother

Place the raspberries in a large, clean 1.5 litre (1.5 quart) jar, add the water, lavender, vanilla pod and seeds, and the sugar and give it a good stir so all the sugar is evenly distributed. Clean down the sides of the jar with a spatula and secure a muslin (cheesecloth) square over the rim with an elastic band or string.

Place in the fridge and each day gently rock/swirl the jar. Do this for 3–4 days until the sugar has dissolved. Once macerated, transfer to a saucepan over a low heat and gently bring to a simmer. Simmer for about 5–6 minutes to soften the fruit.

Cool the mixture to room temperature, add the vinegar, then strain through a piece of muslin, tied and suspended over a bowl, or in a fine-mesh sieve lined with muslin over a bowl. Allow it to drip for at least 3–4 hours, making sure all the syrup is extracted. Pour into a clean, sterilized glass bottle (page 15).

Autumn-spiced blackberry shrub

Makes 1 litre (34fl oz) bottle

600g (1lb 5oz) blackberries, gently washed
200ml (generous ¾ cup) hot water, rested for 5 minutes after boiling
30ml (2 Tbsp) freshly squeezed lemon juice
4 strips of lemon rind
½ tsp ground cinnamon
⅛ tsp crushed chilli (red pepper) flakes
1 bay leaf
300g (1½ cups) white or golden granulated sugar
250ml (1 cup) raw apple cider vinegar, with the mother

Place the blackberries in a large, clean 1.5 litre (1.5 quart) jar, add the water, lemon juice and rind, spices, bay leaf and sugar and give it a good stir so all the sugar is evenly distributed. Clean down the sides of the jar with a spatula and secure a muslin (cheesecloth) square over the rim with an elastic band or string.

Place in the fridge and each day gently rock/swirl the jar. Do this for 3–4 days until the sugar has dissolved. Once macerated, transfer to a saucepan over a low heat and gently bring to a simmer. Simmer for about 5–6 minutes to soften the fruit.

Cool the mixture to room temperature, add the vinegar, then strain through a piece of muslin, tied and suspended over a bowl, or in a fine-mesh sieve lined with muslin over a bowl. Allow it to drip for at least 3–4 hours, making sure all the syrup is extracted. Pour into a clean, sterilized glass bottle (page 15).

Rhubarb and basil shrub

Makes 1 litre (34fl oz) bottle

10 fresh basil or mint leaves
300ml (1¼ cups) hot water, rested for 5 minutes after boiling
300g (1½ cups) white or golden granulated sugar
850g (1lb 14oz) rhubarb, forced for the pink colour, washed and cut into 1cm (½in) cubes
250ml (1 cup) raw apple cider vinegar, with the mother

Roughly chop the basil and make a tea by infusing it in the boiled water and half the sugar for 6–8 minutes.

Place the rhubarb in a large saucepan with the basil tea and the remainder of the sugar and bring to the boil over a medium–low heat, stirring intermittently so the rhubarb doesn't catch and burn on the bottom of the pan. Boil for 20–25 minutes until the rhubarb has completely softened; use a wooden spoon or masher to encourage a pulp.

Cool the mixture to room temperature, add the vinegar, then strain through a piece of muslin, tied and suspended over a bowl, or in a fine-mesh sieve lined with muslin over a bowl. Allow it to drip for at least 3–4 hours, making sure all the syrup is extracted. If still cloudy, do a second sieve. Pour into a clean, sterilized glass bottle (page 15).

Peach and lemon verbena shrub

Makes 1 litre (34fl oz) bottle

850g (1lb 14oz) peaches (about 650g/1lb 7oz pitted), cut into 2cm (¾in) chunks
6–8 fresh lemon verbena leaves, roughly torn (or dried loose leaves, brewed in the below measure of hot water for 5 minutes)
400ml (1½ cups) water
400g (2 cups) white or golden granulated sugar
300ml (1¼ cups) raw apple cider vinegar, with the mother

Place the peaches in a large saucepan with the lemon verbena and the water (or the brewed verbena tea). Add the sugar and bring to the boil over a medium–low heat, stirring intermittently so the peaches don't catch and burn on the bottom of the pan. Boil for 20–25 minutes until the peaches have softened; use a wooden spoon or masher to encourage a pulp.

Cool the mixture to room temperature, add the vinegar, then strain through a piece of muslin, tied and suspended over a bowl, or in a fine-mesh sieve lined with muslin over a bowl. Allow it to drip for at least 3–4 hours, making sure all the syrup is extracted. If still cloudy, do a second sieve. Pour into a clean, sterilized glass bottle (page 15).

Pear, ginger and cardamom shrub

Makes 1 litre (34fl oz) bottle

750g (1lb 10oz) pears, peeled, cored and cut into small 2cm (¾in) chunks
20–30g (¾–1oz) fresh root ginger, peeled and grated or thinly sliced
5 green cardamom pods, gently smashed
500ml (2 cups) water
300g (1½ cups) white or golden caster (superfine) sugar
250ml (1 cup) raw apple cider vinegar, with the mother

Place the pear in a large saucepan with the ginger, cardamom and water. Add the sugar and bring to the boil over a medium–low heat, stirring intermittently so the pears don't catch and burn on the bottom of the pan. Boil for 20–25 minutes until the pears have softened; use a wooden spoon or masher to encourage a pulp.

Cool the mixture to room temperature, add the vinegar, then strain through a piece of muslin, tied and suspended over a bowl, or in a fine-mesh sieve lined with muslin over a bowl. Allow it to drip for at least 6–8 hours, making sure all the syrup is extracted. If still cloudy, do a second sieve. Pour into a clean, sterilized glass bottle (page 15).

Cranberry Christmas shrub

Makes 1 litre (34fl oz) bottle

650g (1lb 7oz) cranberries, washed and any stems removed
4 star anise, lightly crushed
3 cloves, lightly dry fried
1 cinnamon stick, snapped in half
50ml (1¾fl oz) orange juice
4 strips of orange peel
400g (2 cups) white or golden caster sugar
500ml (2 cups) water
300ml (1¼ cups) raw apple cider vinegar, with the mother

Place the cranberries in a large saucepan with the spices, orange juice and peel, sugar and water. Bring to the boil over a medium–low heat, stirring intermittently so the cranberries don't catch and burn on the bottom of the pan. Boil for 8–10 minutes until they start popping; use a wooden spoon or masher to gently encourage into a wet pulp.

Cool the mixture to room temperature, add the vinegar, then strain through a piece of muslin, tied and suspended over a bowl, or in a fine-mesh sieve lined with muslin over a bowl. Allow it to drip for at least 4–6 hours, making sure all the syrup is extracted. If still cloudy, do a second sieve. Pour into a clean, sterilized glass bottle (page 15).

Notes

- To serve all the shrubs, pour 30–60ml (2–4 Tbsp) over ice and top up with still or fizzy water, or still or bubbly wine to your taste.
- Store your shrubs in the fridge for up to 4 months.
- There are two main methods above, one letting the fruit macerate over a few days with little cooking; the other boiling down the fruit to make a pulp. Experiment with different fruits using both; one is obviously for the patient with a higher vitamin content while the other is for the hasty, cooking to extract juice but still with the health benefits that the raw vinegar provides.
- Play around with fruits and spices: blackcurrant and bay leaf, apricot and vanilla, quince and cardamom, or add a combination of different fruits and spices.

Shrub cocktails

The black 'berry' forest

Serves 1

60ml (2fl oz) sloe gin
60ml (2fl oz) Autumn-Spiced
Blackberry Shrub (page 11)
20ml (1½ Tbsp) freshly squeezed
lemon juice
1 Tbsp runny honey
ice
60ml (2fl oz) soda water
fresh blackberry, to garnish
sprig of edible Douglas Fir (optional),
thyme or lemon thyme, to garnish
cinnamon stick, to garnish

To a cocktail shaker, add the gin with the shrub, lemon juice and honey, give it a stir to dissolve the honey, then top up with ice and shake. Fill a chilled highball glass with 3–4 cubes of ice and pour the cocktail over. Top with the soda water and garnish with a fresh blackberry and a sprig of Douglas fir, thyme or lemon thyme, and a cinnamon stick as the stirrer.

Peachy shrub punch

Makes 1.5 litres (1.5 quarts)

200ml (generous ¾ cup) white or
golden rum
200ml (generous ¾ cup) Peach and
Lemon Verbena Shrub (page 12)
60ml (4 Tbsp) lime juice
100ml (generous ½ cup) ginger beer
ice
250ml (1 cup) sparkling wine
(Prosecco is best)
1 peach, pitted and chopped into
1cm (½in) chunks
½ lime, sliced, to garnish
2 mint sprigs, to garnish

In a large jug (pitcher), mix the rum, shrub, lime juice and ginger beer, give it a good stir, then fill halfway with ice cubes and top up with prosecco. Give it a quick stir and serve with the chopped peaches, slices of lime and mint floating on top. Supply glasses for 4 people and paper straws.

Rhubarb ruse Champagne cocktail

Serves 1

1 white or brown sugar cube
15ml (½fl oz) Rhubarb and Basil
Shrub (page 11)
120–140ml (½ cup) Champagne
or Prosecco
basil leaf bud or lemon twist,
to garnish

Add the sugar cube to the bottom of a coupe or flute and pour over the shrub. Top with Champagne up to three-quarters of the way up the glass and garnish with the little basil bud or lemon twist.

Housekeeping

Sterilization for bottles and jars

First, wash them in hot soapy water, then rinse in hot water and drip-dry upside down. Next, place them right-side up in a 100°C (gas mark 1/4) oven for at least 20 minutes. Do this before you start cooking. Bacteria dies at temperatures of over 100°C/212°F, so if the jars are filled with hot jam and chutney while everything is at or slightly over this temperature, when you seal the jars nothing should survive.

For fermentation and pickling, cool your sterilized jars before filling. The salts and vinegars in the recipe should provide the correct adverse environment for unwanted bacteria.

You can put your jars and lids into a dishwasher, however they will still need to be rinsed with hot water afterwards as dishwasher rinse aid can leave a residue that can act as a possible contaminant.



Thank you for ordering *The Modern Preserver's Kitchen: Cooking with Jam, Chutney, Pickles and Ferments*.

The ideal cookbook for those who want to make the most of each season's offerings.

'Beautiful in so many ways.' **Gill Meller**

'In this collection of delicious and inspiring recipes, Kylee will keep you on track in making the most of seasonal produce to make both sweet and savoury goodness. A beautiful book.' **Peter Gordon**

'I am positively obsessed with preserves and with using preserves in my cooking, and Kylee's new book is a treasure trove of recipes for both – preserves for preserve's sake and preserves to be used to intensify one's everyday cooking. I cannot recommend it enough.'
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Hardie Grant
QUADRILLE

