

Verjuice With Herbs for Cold and Flu

This recipe for verjuice or hosrom with herb-infused honey has a slightly sweet but sour and tangy taste. It can be incorporated as a salad dressing, in a lemony potato, as well as in any other dish that requires acidity.



1 Remove the grapes from their stems and wash thoroughly. Then, process the juice either by using a juicer or a blender. I prefer using a juicer to get a larger yield of the juice, but some caution against this due to the grape seeds being pressed. The seeds impart a bitter flavor and astringency to the juice, as well as a yellowing color. Due to the health promoting composition of grape seeds, I don't mind this and believe the more seeds, the merrier! Another option is to use a blender to pulse the grapes (keeping the seeds whole) and a fine-mesh strainer to extract the juice.

2 Bring the unripe grape juice to a boil for 1 minute in a pot and then add in the pickling salt. Turn down the heat to a simmer on medium heat for another 15 minutes. Remove the foam that forms on the top. If you've used green unripe grapes, the color will change to a brownish-yellow after heating but the sourness will not change.

3 After allowing the hosrom juice to cool, mix in the Goldenrod Sage Honey. Add the juice to the sterilized jars and top with 1 cm of olive oil (you can omit this step if you will be making a sweet drink). This should keep for 3 months in the refrigerator, or longer with the addition of the olive oil or if frozen.

Yield: 2 to 3 cups

What you'll need...

- Sterilized jars
- 4 cups unripe grapes
- 1/2 teaspoon pickling salt
- Olive oil
- 1 tablespoon strained Goldenrod Sage Honey

Goldenrod Sage Honey

To make this, gather 3 heads of fresh goldenrod flowers and leaves, and wash well. In a jar, add the goldenrod and a few leaves of fresh sage, then pour in honey to cover the plant material. Let this mixture stand at room temperature for 1 to 2 weeks before using. (**Note:** If you don't have access to fresh herbs, the honey can also be made with dried herbs.)