Summer Shrub Drinking Vinegar with CBTV Live

Chapter 1 - Chapter 1
Drinking Shrub
(bright music) - Hey everybody. Welcome to Creative Bug. We're coming at you live like we always do on Tuesdays and Thursdays, which means you can write in and ask questions, so please do, because we love that. It's only Tuesday, can you believe it? This week we're filming with Faith Hale and she'll be on the live shoot with me on Thursday, but for today it's just me. And I'm gonna show you how to make a shrub, which probably sounds really strange. If you haven't encountered this yet, it's actually a really delightful summer drink. You could probably drink it in the fall too. I think having it all year round is delicious, but we're in the peak season of berries and stone fruits, and those are all great fruits to make a shrub out of. Now, this was originally created to preserve fruit, much like canning would, but you don't have to have any refrigeration for this, which is really nice. We're gonna do ours with blueberries, at least that's what I'm gonna start with. And I've researched many, many recipes. I was making shrubs all weekend and I've made a few here and there before that. And usually it is a one-to-one-to-one ratio. It's one cup fruit, one cup sugar, and one cup vinegar. That's right, we're gonna put vinegar in this. This is like an adult lemonade. It pairs really nicely with alcohol or fizzy water. I'm gonna make kind of a virgin cocktail kind, and then you can add whatever you like. Now, the one-to-one-one ratio I actually found was a little bit too sweet. And I thought that a pound of fruit to one cup sugar and one cup vinegar is actually my favorite combination. A pound is actually not a ton. And if you look at your berry box or your package of fruit, if you happen to buy it this way, it actually tells you the weight of the fruit itself. So this says it's two pounds. So I used about half of this box, which for blueberries, a pound is about two to three cups of fruit. These four plums are a pound of fruit. So start weighing things in the grocery store. Go to your local farmer's market, use fruit that is at its peak of ripeness, and then that way you can use less sugar. I'm gonna pour one cup of sugar into this. I'll do it this way, which also looks like a lot, but it's kind of like making a jam or a compote. And we're gonna macerate this, which means we're gonna mash it down and let the sugar combine with the fruit. These berries are well washed and drained, and this is the beginning of making a shrub, which is, like I said before, it's a fruity summer drink that has vinegar in it and it's tart and sweet, very bright, and it's the best way to capture those summer fruits, their peak ripeness. I can use a wooden spoon for this too. I like the fork 'cause I can really press into these berries. Now, if I was doing something like strawberries, plums, or anything that needs to be cut up, I would chop it to roughly the size of this blueberry. You want something that's gonna break down easily with these sugars. Now, just like brewing coffee, you can do this two ways. You can do a cold brew or you can do a hot brew. So a cold brew would be that we're just gonna let this sit. It does not have to go in the refrigerator actually, because it has such a huge sugar content. You can just let it sit overnight for 24 hours. You could even do 48 hours, or if you wanna expedite the process, you can put it on your stove top and bring it to a gentle simmer. Let it simmer for a few minutes and then turn it off. And once it's cooled, you can strain it. So that's if you wanna make shrub in a single night. But if you have the patience, it's actually really fun to do several of these bowls and just let them sit for a day or two. We're gonna set that aside. And I've got this one, which is actually black cherries. I saved you from doing this on camera because I had to hand pit every single one of these cherries and my fingernails are still blue from it. So this has been actually sitting for two days and it's a pound of cherries and one cup of sugar that I macerated in the same way.

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And then let sit. Now this would be delicious just to add with fizzy water and you would have kind of a chunky syrup soda, but we're actually gonna strain this. What's nice about a shrub is you get this really beautiful jewel toned kind of liqueur kind of a thing. It doesn't have any alcohol in it, but you can pair it with fizzy water and we're gonna add vinegar to it, which is what makes it a shrub. So there are also two ways you can strain. Can use something like a large sieve. Where? Let's do a bigger bowl actually. I'm only gonna pour half of this in here 'cause I wanna show you the two different ways. You can pour it in a sieve and just mash out all the liquid. So it's a little bit of a process. This worked really well with strawberries. You can see how bright and clear and beautiful that juice is, and it's like a concentrate, remember, because it's the cherries plus the sugar and you really wanna mash it down. Now, don't toss this. This makes an excellent ice cream topping. I actually just put mine in a jar with a squeeze of one lemon and I just left it as kind of a refrigerator jam. It'll stay for a couple of weeks like that. It's more like a compote because you're taking as much liquid out as you can. I'm just gonna set this aside. The other way to squeeze out all the liquid is with cheese cloth. I wonder if any of you have used this before. Admittedly, I've never used this for food preparation. My mom is a super Halloween fanatic and so I've only used this for making little ghosts. - [Ally] Cheesecloth is great. It's a great tool. - It's really fun. You can get this at your grocery store. The weave is fairly open, so I like to actually use two layers of it, so I have to unfold it to two layers and I'm just gonna trim it. It's not really reusable. We're gonna really squeeze the heck out of it, so I don't need to use all of it at once. I'm just cutting roughly about a foot and a half square. All right, I'm gonna put this in my bowl. This is like really gory. We're gonna pour this in here. It's fine if it touches the bottom, it's not a problem. Get all that goodness in there. I feel like John De Laurentiis. Do you ever watch that? - While you do that, would you mind telling folks about our special offer? - Yeah, if you guys are new to Creative Bug, welcome. Today we're doing kind of what looks like a cooking show, but normally we do some crafts. We just mix it up here, keep it interesting. This is a fun summer drink. If you're new to us, then you can get two months for free. And Ally's gonna post that link. We have over a thousand classes in illustration, quilting, crochet, you name it, we have it. Even a few fun food crafts. Now I've got my cherry mixture here in this cheesecloth at very clean hands, and I'm squeezing all the liquid out of this, which I hope you can see it's kind of gross and amazing at the same time. You wanna be kind of vigorous with it. You don't wanna bust the cheese cloth. So I'm trying to get as much liquid as I can out. And then, like I said, don't throw this away. You can actually mix your cherry solids with a little bit of lemon juice and put it in the fridge and have kind of a refrigerator jam that'll last you a week or two. Got my wet towel on hand for exactly this purpose. All right, the next part is my favorite part. So we actually are making the shrub mixture. So we're gonna pour this into a measuring glass, see how much we've got. So about a pound of cherries. Whoa, that's a lot actually. Even better. Makes about two cups of cherry juice. And I'm actually gonna put it back into this big jar because I need to add my vinegar. And it's equal parts of this mixture, your juice and your sugar, and equal parts of vinegar. So we're actually gonna add two cups of vinegar to this. So I'm gonna put this back in this big jar now that it's been strained and is super clear. And I thought for this cherry mixture, balsamic vinegar would go really nicely. You can use apple cider vinegar, you could use red wine vinegar, you could play with pomegranate vinegar. There are lots of really fun artisanal vinegars these days. So check those out. This is a bit of a process, and you might think it sounds crazy because drinking vinegar sounds crazy, but it's actually delicious. In fact, some people just drink a little bit of apple cider or vinegar mixed with water for health because it has probiotics in it, it's good for your stomach. This is like the tastier version. We're almost at two cups. - [Ally] Do you want a vinegar tip? Beauty tip? You can also use

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apple cider vinegar as a hair rinse. - Oh, that's right, Allie was reminding us that you can also use apple cider vinegar as a hair rinse. I heard you could use, also use egg whites or mayonnaise. I would never put mayonnaise in my hair. I hate mayonnaise. All right. Two cups of balsamic vinegar is going into two cups of my cherry sugar macerated two day mixture. And then after it's been strained, and I don't know if you can see this, but it's this like delicious dark ruby color. And now this can sit for a really long time. I like to refrigerate it 'cause then it's cold just like you would your alcohol if you're making a cocktail. And about two tablespoons of this goes into a glass with some fizzy water, raising our La Croix. You should actually give this a start. Why don't we actually taste this before I even start to pour it? Use a straw. - We have our first question. - It's gonna be really concentrated. We have a question. - Julie is asking, can you use a mix of different kinds of vinegar? - Yes, Julie's asking, can you use a mix of different kinds of vinegar? Good question. Yeah, you totally can. I could have done one cup balsamic. One cup red, white, sorry, red wine or white wine vinegar. I could have played with some apple cider vinegar. I actually think strawberry and balsamic would be really fun together. You could also add some herbs to this. You just wanna make sure that you're not making it too savory. So I'm gonna use a straw here to taste it. It's very tart and very sweet, which is exactly where we want it. All right, so about two tablespoons of this. It goes into my glass. I didn't fill that quite up. So I'm gonna do about half of this just because it's hard for the angle of the jar. And then your fizzy water. This is La Croix, it's unflavored, but you could experiment with a flavored fizzy water and you could experiment with some fun alcohol additions. It's like a really pretty kind of cherry cola color. Lemme try it. Mm. It's delicious. It's bright and tart. Has a really sweet cherry flavor, but it has that little kick of vinegar. I think putting a chili pepper in here would be really fun. The first time I ever had this, I was actually teaching a class in this place called Shed, and they were like, would you like a drinking vinegar shrub? And I was like, I have no idea what that is. And it was so delicious. And you can play with your colors by the types of fruits that you're using, and sometimes you'll get really beautiful jewel tones in your colors. And this lasts for a long time. So it's a good way to preserve some of your summer fruit. You could add a little booze to it to make an adult drink. You can also give this to kids as a soda alternative. We'll see you on Thursday. (bright music)

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