

Goumi Berry Syrup

Rinse the berries. Don't worry about separating the thin stems from the fruit. Simmer three parts goumi berries with one part strawberry, raspberry or other sweet berry. This gives the mixture a lift in flavor without masking the goumi taste too much. For every two cups of berries, add one cup of water. Meanwhile, in a separate pot make a simple syrup by combining one cup water with one cup sugar. Bring to a boil and simmer for 10-15 minutes. Set aside. Strain berries through a sieve, cheesecloth or a food mill. This separates the juice and pulp from the stems and large fibrous seeds. Compost the stems and seeds. Combine simple syrup with berry juice. Suggest using three parts juice to one part syrup, but do this slowly and keep tasting until it is sweet enough for your preference. Pour goumi syrup into freezer containers, label and tuck away.