

Beet, Maple and Balsamic Shrub

Yield: 6 to 8 Portions

Ingredients	Amounts
Dark red beets, medium, peeled, thinly sliced	2 ea.
Pink peppercorns	1 Tbsp.
Lemon peel	1 pc.
Bay leaves, fresh	5 ea.
Water	6 oz.
Maple syrup	12 oz.
Balsamic vinegar of Modena	8 oz.
Mason jar, glass, 1 quart	1 ea.
Bay leaves	as needed
Pink peppercorns	as needed
Bourbon	as needed
Ice	as needed

Method

1. Place the beets, peppercorns, lemon peel and bay leaves in the mason jar.
2. Bring the water and maple syrup in a saucepot, and bring to a boil for 4 minutes, being careful not to let it boil over.
3. Pour the hot syrup over the beets.
4. Add the balsamic vinegar and stir. Allow to cool to room temperature.
5. Place a lid on the jar and store at cool room temperature or in the fridge.
6. Use to flavor sparkling water or in champagne.
7. For a delicious cocktail, mix 1 part shrub, 1 part Bourbon or Rye and a splash of sparkling water over ice. Float a few pink peppercorns and a bay leaf for garnish.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Consorzio Tutela Aceto Balsamico di Modena.

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