

Sugar Syrup - your summer entertaining essential



www.stirtea.co.nz

Having a jar of sugar syrup prepared in your fridge means you can easily whip up a jug of iced tea or a batch of popsicles. With the forecast of a hot summer ahead and more people opting for an alcohol-free drink option, we think this might quickly become your effortless entertaining essential.



Simply Put:

- A simple sugar syrup is regular white sugar dissolved over heat in an equal quantity of water
- A ratio of 2/3rds cup of sugar and 2/3rds cup of water will yield 1 cup of sugar syrup.
- A basic syrup will keep 3 – 4 weeks in the fridge stored in a sterilised covered jar. If you notice it starting to get cloudy or any hint of mould starting to form then discard it.

Infused Syrups:

You can introduce flavours into your sugar syrup at the time of preparation using fresh herbs (rosemary, mint, basil), spices (cinnamon stick, vanilla bean, fresh ginger root), citrus, or edible flowers. These can be left to infuse as the mixture cools down and then strained out.

Another great option is to infuse your syrup with your favourite loose leaf tea from our range. Some of our favourites to use are black tea - Earl Grey Supreme, green tea - Jasmine Pearl or from our herbals and fruits range - Spiced Rooibos. Simply use the same ratio of dry tea leaf to liquid that you would normally use.

The flavours are added right at the start of the recipe. If using tea leaf we suggest removing it after the standard steep time guidelines. If using one of our herbals and fruits flavours then this can be left in the syrup while it cools and then strained out.

Method, To prepare one cup of simple syrup:

1. Combine 2/3rds cup of white sugar with 2/3rds cup of water in a saucepan.
2. Cook over medium-low heat, stirring for 6-8 minutes or until the sugar has dissolved.
3. Remove from heat and cool before using.
4. Store covered in a sterilized jar in the refrigerator.

If infusing your syrup with flavours add at Step 1. If using tea leaf use the same ratio of dry tea leaf to liquid that you would normally use.

Serving Tip - Sweetness level when serving a crowd:

If you are preparing iced tea for a crowd and are unsure of the level of sweetness preferred then you may wish to offer a small jug of the sugar syrup to guests so they can add their own (just caution them that it is concentrated).