

ELDER BLOSSOM WINE

Grandma Frieda Redmond

Internet Address: <http://home.comcast.net/~tbebillonline>



Servings: 64

Yield: 3 gallons

1 qt elderberry blossoms

1 gal boiling water

2 gal cool water

1 lemon, sliced

1 orange, sliced

1 lb raisins

9 lbs sugar (10 lb bag minus 2 1/4 cups)

1 yeast cake

Separate as many of the individual, tiny blossoms from their connecting stems as durable (any remaining stems will give the wine a bitter taste.) This is most time-consuming and will leave a durable nasty yellow-brown stain on your thumb and forefinger if you do not use surgical gloves.

Put blossoms, lemon, and orange (in a fermentation sack or nylon panty hose leg) into a container with sugar and pour boiling water over them. Stir to dissolve sugar. Add cool water, stir, and add yeast.

Let stand in a warm place for 7 days, remove fermentation sack, and add raisins (in a fermentation sack).

Let stand 6 days, remove raisins, and jug - LOOSELY.

I was told when I was a child that this recipe came from Germany with my Grandma Frieda's family in 1891 when she was ten years old. Somebody in the family has made a "run" of it almost every year since. I made my last batch, however, in 1987. It makes a pale golden dry wine that mellows to an almost liqueur-like quality in time. I have a bit that was made in 1971.

Calculated Weight Watchers points per 6 oz. serving - 5.4

Per Serving (excluding unknown items): 270 Calories; trace Fat (0.1% calories from fat); trace Protein; 70g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 4 1/2 Other Carbohydrates.