

# STRAWBERRY SYRUP



**PREPARATION**  
25 MINUTES



**SERVES**  
10 PERSONS



## NUTRITION FACTS

**Per Serving: 48kcal/100g**

Protein 0g; fat 0g; carbohydrates 12g; fibres 0g.

## CHEFF'S WORDS

Strawberry syrup is a delicious and versatile syrup made from strawberries and sugar. It can be used as a sweetening syrup for hot or cold drinks, such as tea or coffee, as a topping for ice cream or as a syrup for pancakes or waffles. It can also be used to make marmalade, jam or as an ingredient in cakes or other culinary preparations. Strawberry syrup can be bought already prepared in stores, or it can be prepared at home by boiling strawberries and sugar in a ratio of 1:1.

Strawberries are an important source of vitamin C and antioxidants; strawberry syrup can be a delicious and healthy way to benefit from these nutrients. Also, strawberry syrup can be prepared with a reduced sugar content or with sugar alternatives such as maple syrup or honey.

## INGREDIENTS

1kg strawberries  
500g sugar  
3g lemon salt

## DIRECTIONS

1. Preparation: Pour the sugar over the strawberries and mix a little. We leave the strawberries like this in the refrigerator or in a cooler room until the next day, they must stay overnight, to leave their syrup
2. The next day, we blend the fruits with the syrup they left. Boil the syrup, it is important to use a pan as wide as possible, with thick walls. When the syrup boils, add the lemon juice, it will maintain the beautiful colour of the syrup, but it also acts as a preservative. Stir continuously and let it boil for another 10 minutes.
3. Pour the syrup into 250 ml bottles while it is still hot, we can also use a strainer, this will stop the seeds. Put the caps on the bottles. Wrap the bottles with syrup until the next day.

For more safety, sterilize the bottles for 20 minutes, from the moment the water boils.