

# SWIZZLE

1 quart basket of berries (raspberries, strawberries, blackberries etc.)  
Vinegar, roughly 3-4 cups  
Sugar, optional

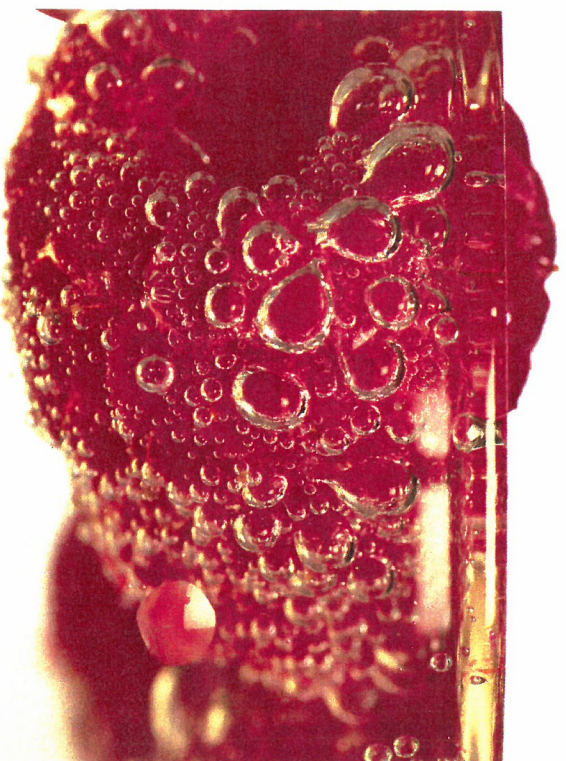
Wash the berries and cover with vinegar. Soak for 24 hours at room temperature. After soaking for a day, mash berries in vinegar to release juice and then strain mixture through a sieve to produce syrup. A quart of berries will make about 64 tablespoons (2 quarts) of syrup.

To make Swizzle: Put some ice in an 8 to 10 ounce glass. Pour 2 tablespoons of the syrup over ice. Fill glass with water. Add sugar to taste.

### *Contemporary version:*

Make syrup as above but dilute vinegar by half with water. When creating each serving, add only 1 Tbsp. of berry syrup. For most people a lot of sugar will be required to get it to a preferred taste.

Learn more about author Lauraine Snelling's memorable heroine, Ingeborg Bjorklund, and Lauraine's books by visiting [www.laurainesnelling.com](http://www.laurainesnelling.com).



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Swizzle, or Shrub as it is sometimes called, was a refreshing drink popular in the late 1800s and early 1900s but not attached specifically to any nationality. Ingeborg used strawberries or raspberries in her drinks and canned or bottled the extra mixture of berry juice and vinegar to use later. It could be made by the glass or pitcher with the sugar and water added at the same time. Since they didn't always have it, ice was considered a luxury.