

Een Kroos recept

Birch sap fermented

Ingredients (1 bottle 500 ml)

- handful raisins or dades

To forage

- bottle of birch sap straight from the tree
- 1 branch of birch
- Optional: wild water mint or magnolia flowers for extra taste

How to make it

1. Tap the tree according to the sustainable ‘squirrel method’ and fill up one bottle (this will take 2-4 days)
2. You can drink the sap and keep it for about 2 weeks in the fridge. But if you want to enjoy it longer, make a more tasty and pro biotic drink, it is best to ferment it. You can even keep it for up to a year in the fridge!
3. Cut your raisins or dades and add them to the birch sap as an extra sugar source
4. Add a little birch branch to the bottle. This guaranties the right type of fermentation and bacterias.
5. Here you can also add any additional wild flavours, like magnolia flowers or wild mint.
6. Leave the bottle outside of the fridge for 2-5 days untill it starts bubbling. You don’t have to open it, since the fermentation is mild and your bottle would not explode.
7. Now it’s ready to drink! Put it in the fridge to ensure longer shelf life.

Let’s get wild!