



Lord Thomas de Marr'

Digby's Cider Syrup

(Apple drink with sugar, honey &c)

Trying to find historical inspirations and references I stumbled across this recipe in "The Closet of Sir Kenelm Digby Knight Opened" pg 45. This recipe does not include any yeast to be added and includes Rosemary and lemon which I did add.

"A very pleasant drink is made of apples, thus; boil sliced apples in water, to make the water strong of apples, as when you make to drink it for coolness and pleasure. Sweeten it with sugar to your taste, such a quantity of sliced apples, as would make so much water strong enough of apples; and then bottle it up close for three or four months. There will come a thick mother at the top, which being taken off, all the rest will be very clear, and quick and pleasant to the taste, beyond any cider. It will be the better to most taste, if you put a very little Rosemary into the liquor, when you boil it, and a little lemon peel into each bottle, when you bottle it up."

My Receipt came out as:

14 apples that were past their prime, 2.5 Quarts water just brought the apples to float. ½ Tablespoon of dried Rosemary 2 slices of lemon peel and 2/3 cups of granulated sugar.

I took the apples from our fridge which were past their prime to use up. This was a mix of McIntosh and Granny smith, 14 in total. I sliced and cored them, putting them into the pot and then added water until the apples just started to float. Too much water would dilute the already mild apple flavor. Keeping with the idea of being out of season I added ½ Tablespoon of dried Rosemary. In hindsight I could have added more but I was afraid the Rosemary would overpower the mild apple flavor. I brought it to boil for 15 minutes until the apples had completely gone to mush and before the water level dropped below allowing the apples to float. I let the apples cool until slightly above room temperature, strained through cheese cloth into a bowl and then added sugar until I felt it was the right balance. This came out to 2/3 cup, and I feared anymore would cover up any apple flavor. This gave me 1 5/8 Quarts of finished liquid, enough fill 2 containers. I added 2 fresh lemon peels (1 for each vessel) and let it sit 3 days before the event at which time I filled both bottles but left the lemon peels behind so as not to get them stuck inside the bottles afterwards. My goal this time around was to use this as a quick drink and not the 3 month time frame given, during which fermentation happens from the natural yeast.

