

ELDERBERRY TWILIGHT INFUSION

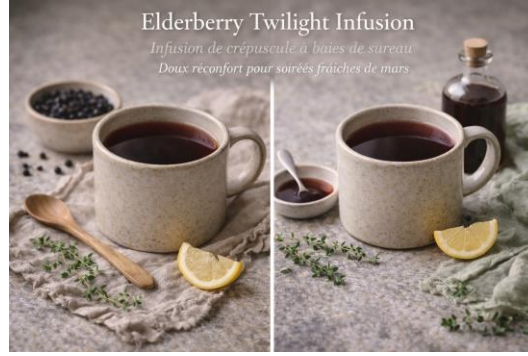
Infusion de Sureau au Crépuscule

Source: The Gilded Glass – March Edition

Yield: 2 cups

Recipe Description

Soft and quietly comforting, Elderberry Twilight Infusion is a warm evening cup inspired by the shifting days of early spring. Whether steeped from dried elderberries in the traditional countryside manner or gently prepared with elderberry syrup for a softer touch, this infusion offers a delicate balance of earth, honeyed sweetness, and herbal brightness.



Ingredients

- 2 cups water
- 1 tbsp dried elderberries **OR** 1–2 tbsp elderberry syrup
- 1 tsp fresh thyme *or* lemon balm (**optional** — *depending on syrup sweetness*)
- 1–2 tsp honey
- Strip of lemon peel

Optional:

- Splash apple juice or pear juice

Instructions

(dried elderberries)

1. Bring water to a gentle simmer.
2. Add elderberries + herbs.
3. Simmer 8–10 minutes.
4. Remove from heat and strain.
5. Stir in honey + lemon peel.

Let steep 2–3 minutes before serving.
Serve warm.

(elderberry syrup)

1. Heat water until just below boiling.
2. Add thyme (or lemon balm) and lemon peel.
3. Steep 5 minutes.
4. Stir in elderberry syrup.

Taste — add honey if needed. Serve warm.

Notes

For an optional “evening version”

Add: a tiny pinch cinnamon **OR** drop of vanilla.