



Fermented birch drink

Recipe: Lena Engelmark Embertsén and Elvira Lindqvist

Photo: Martin Vallin

Fermented birch sap has a refreshing, tart flavour, with mineral notes. When you combine the sap with the sweet, birch leaf syrup, it enhances the birch leaves' fresh, green flavouring, capturing an early Swedish summer in all its glory. Enjoy it on the rocks or spike it with a little Swedish gin. Birch sap syrup is also delicious on its own – in drinks, on ice cream or drizzled over a rich yoghurt.

Preparation time:

Birch sap: 1 month

Birch syrup: 30 minutes

Ingredients:

500 g birch sap

50 g birch leaves

50 g sugar

75 ml water

To serve:

Birch leaves

Ice

Method:

Pour the birch sap into a sterilised fermentation jar and let it stand at room temperature for 24 hours. Keep it chilled in the fridge and let it mature for about a month.

Boil a birch sugar syrup with the birch leaves, sugar and water. Pour into a sterilised jar with an airtight lid.

Serving suggestion:

Mix the fermented birch sap with a little of the birch sugar syrup. If an alcoholic tippale is on the cards, it is excellent with a little Swedish gin that has clear notes of juniper. Top up with some birch leaves and plenty of ice.

Enjoy!

This recipe has been created for The Taste of Swedish Summer project – a collaboration between Visit Sweden, Lena Engelmark Embertsén and Elvira Lindqvist. Inspiring visitors to discover Swedish summer flavours and Sweden as a culinary destination.

