

Apple and thyme fizz/soda and ice-tea soda



Recipe by Susie Sandford Smith

A great way to use up fruit peelings is to make a flavoured syrup for drinks or drizzling over ice-cream or cakes. For these drinks I have used a syrup made with apple peel and core and thyme. I had a lot of peel but if you don't, it might be worth adding a couple of chunks of the apple too. And, it's totally fine to add the core and pips but if (like me as a child) you worry you might start growing an apple tree in your belly just leave them out and replace with a few chunks of apple.

Flavoured syrups are a great way to add interest to a drink and a good way to use up fruits that need to be eaten pronto. Use the same method but use the whole fruit chopped in. And experiment with herbs and spices – peach and apricot work well with bay leaves, strawberry works with thyme and with basil, all work with lemon zest. A twist of black pepper would be nice.

For the apple and thyme syrup
Apple peel and cores (I used the peel from 1kg apples used to make my Tarte Tatin cake)
A big handful of thyme, washed
400ml water
350g caster sugar

For the drinks
Prosecco
Soda water
Black tea

A lemon or two

Ice, and lots of it

Slices of apple and stems of thyme to garnish

1. Place the water and sugar in a pan over a medium heat and bring to the boil. Add the apple peel (and cores or apple chunks) and the thyme and boil for a few minutes more. Turn down the heat and cook over a high simmer, stirring occasionally, until the peels have softened slightly (about 20 minutes).
2. Turn off the heat and leave to cool in the pan. The longer you leave the syrup to infuse, the stronger the flavour will be. You could at this stage add a bit more thyme or some lemon zest to freshen up the flavour.
3. Before using, strain the syrup through a sieve pressing the skins to release as much juice as possible. The small bits of apple will turn to mush and push through the sieve.

Apple and thyme fizz

Spoon about two tablespoons of the syrup (or to taste) into a glass. Top with prosecco (or cava if you wish) and finish with a dash of soda water. Garnish with apple slices and fresh thyme. Add a squeeze of lemon if you like.

Apple and thyme soda

Fill a glass with ice. Add a good squeeze of lemon and a glug (two or three spoonfuls) of syrup. Top with soda water and garnish with apple slices and fresh thyme.

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Apple and thyme ice-tea soda

Make a cup or two (depending on if you're wanting to make a jug of soda or a glass or two) of black tea and leave to cool. Fill a glass (jug) with ice and add equal amounts of lemon juice, syrup, and tea. Top with a splash of soda water. Garnish with apple slices and fresh thyme and maybe a little twist of pared lemon zest.

