

Macerated Strawberries

1 pint strawberries

3 tbsp sugar

No, this isn't exactly a recipe. But, in my opinion, not enough people know the simple trick of macerating fruit. The amounts are just rough guidelines, but are good places to start before you tweak how sweet you want your berries to be.

Hull and quarter the strawberries. Toss them in the sugar. Let sit in the fridge for a few hours, until the berries release their juice and have turned slightly translucent.

I like to do this in a jar, and layer the sugar between layers of berries. This isn't really any different than doing it in a bowl, but the berries and the syrup that they make are just so pretty showing through the glass.

Congratulations, now you have the absolutely most delicious thing to put on top of vanilla ice cream. Or eat with a spoon. Or put a spoonful or two in lemonade or sparkling water. Or put in a smoothie. Or a cocktail. Or...or...or... Once you have them around, you'll find uses for them.

By the way, you can macerate any berry, or very juicy fruit. Just make sure there is a cut surface, since the outer membrane/peel does not release juice and does not let sugar into the fruit.

If you want to get fancy with it, add in a splash of citrus juice, Gran Marnier, or your favorite amaro. Vanilla, citrus zest, or ginger would also be lovely. Basically, as long as you have the berries and sugar to start, you can do about a hundred other things that make it even tastier. Just keep in mind that anything cloudy, like fresh squeezed citrus juice (the only kind of citrus juice that counts, in my opinion), will affect how clear the syrup is. This won't affect the taste in a negative way but will stop the syrup from being super clear.

