



Perfectly Plum Elixir

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Pitcher
- Dry measuring cups
- Cutting board
- Kid-safe knife
- Wooden spoon

Ingredients

Perfectly Plum Elixir

- 2 plums
- 1/2 C granulated sugar
- 3 C water
- 1 can sparkling water, flavor is optional
- ice, optional

Food Allergen Substitutions

Perfectly Plum Elixir

Instructions

Perfectly Plum Elixir

measure + slice

Measure **1/2 cup sugar** and pour into a pitcher. Then, roughly slice **2 plums**, removing as much fruit as possible before discarding the pit. Add the plums to the sugar in the pitcher.

mash + stir

Mash the plums and sugar until a thick syrup forms. This is the plum syrup that will flavor the drink. Stir and mash as much as it takes to get the syrup to form.

pour + serve

Pour in **3 cups of water** and **1 can of sparkling water**. Stir a few times and serve! You can pour this one into cups as is or add ice. "Noroc" (NO-rohk) or "Cheers" in Romanian!