



CAROB SYRUP

🕒 40 min 🌿 1 day, 2 h, 40 min ⏪ medium 📄 1 total recipe

INGREDIENTS

1000 g. carob pods
3400 g. water

USEFUL ITEMS

cheesecloth

METHOD

1. Place 250 g. carob pods into bowl and grind **4 min/speed 10**. Repeat the process another 3 times to grind all the carob pods.
2. Place all ground carob into bowl, add 1300 g. water and heat **10 min/100°C/speed 2** without measuring cup. Add 400 g. water and heat for another **10 min/100°C/speed 2** without measuring cup. Transfer into a bowl, mix lightly, cover with a kitchen towel and leave aside for 24 hours at room temperature.
3. Place half the mixture (apprx. 1250 g.) into bowl, add 850 g. water and heat **12 min/120°C/ταχύτητα 2**. Cover the simmering basket with a cheesecloth and strain through. Reserve the strained liquid. Meanwhile, place the remaining mixture into bowl, add another 850 g. water and heat **12 min/120°C/ταχύτητα 2**. Strain through cheesecloth and reserve liquid. Discard the remaining mixture.
4. Place the strained liquid into bowl and heat **50 min/Varoma/speed 2**. Transfer into a sterilized jar. Keep in a dark place for a year.

TIPS

- Recipe kindly prepared in the Thermomix by chef Antonis Nicolaou, Carob Mill Restaurants, Limassol.
- The thickness of the syrup depends on the quality of the carob pods. If you like it thicker continue heating **5-10 min/Varoma/speed 2** after step 4. The colour and thickness will differ from store bought carob syrup as it doesn't have any food additives like glucose.
- Add a tablespoon of honey in step 4 for a more shiny finish.