



Elderflower Cordial

A delicious, uplifting & refreshing summer drink with the added benefit of helping to clear colds!

Ingredients:

(makes 500ml approx)

600ml cold water

500g sugar

4 handfuls of elderflowers (*Sambucus nigra*)

Zest of 1 orange

Juice of 1 lemon

Instructions:

1. Separate the elderflowers from their stalks with your fingers or a fork
2. Prepare a concentrated sugar syrup by mixing the water and sugar and boiling for 10 minutes.
3. Juice the lemon and zest the orange
4. Take your sugar syrup off the heat, and allow it to cool until it is no longer scalding to the body (i.e. if you stuck your finger in it, it wouldn't burn you)
5. Add the elderflowers, zest of the orange and lemon juice. Stir well and then immediately cover it
6. Leave the mixture to cool completely, or overnight
7. Strain well through muslin
8. Bottle your cordial in a sterilised, labelled bottle

Uses:

- Elderflowers are excellent for head colds, sinus problems and other upper respiratory ailments.
- As an uplifting tonic



Preservation:

This cordial has a near 1:1 ratio of water to sugar, and should keep relatively well. In the unlikely event that you don't drink it all straight away, store in the fridge and it should last for a number of months. If in doubt, don't drink it, and make a fresh batch.