



## Marshmallow Root Cough Syrup

*A delightful, slippery syrup  
to soothe a sore throat or cough*

### Ingredients:

(makes 2 litres)

- 200 g dried marshmallow root (*Althaea officinalis*)
- 2 litres of water
- 2 kilograms of caster sugar
- 1 lemon, zested and juiced
- 30ml *Althaea officinalis* tincture/ or brandy/ or vodka (optional)

### Instructions:

1. Measure out 2 litres of cold water in a large jar or bottle. Add the dried marshmallow root and leave it to cold infuse overnight
2. The next day, take your cold infusion and transfer to a pan. Heat it gently until it comes to a boil, and simmer for 5 mins to further infuse.
3. Strain the marshmallow root from the infusion and return it to the heat.
4. Add 2 kilograms of caster sugar to the infusion and bring back to the boil. Simmer for 10-20 minutes until the mixture takes on a syrupy consistency
5. Allow it to cool slightly and then add the lemon zest and peel
6. Add 30ml of vodka, brandy or Marshmallow tincture to help preserve it (optional)
7. Let it cool and add it to sterilised, labelled bottles
8. Store it in the fridge

### Uses:

- For dry tickly coughs and sore throats

### Preservation:

This syrup should keep for up to a year, if stored in sterilised bottles in the fridge. The high ratio of water to sugar prevents bacterial growth. However, if you have any doubts about your syrup stop using it and make another!

