



Wild Elderflower Cordial

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

Ingredients:

(makes 500ml approx)

600ml cold water

600g sugar

4 big handfuls of elderflowers (*Sambucus nigra*)

Zest of 1 lime or lemon

Juice of 1 and a half limes or lemons

Instructions:

1. Gather your elderflowers on a sunny day, and when in full bloom
2. Separate the elderflowers from their stalks with your fingers or a fork
3. Prepare a concentrated sugar syrup by mixing the water and sugar and boiling for 10 minutes.
4. Zest your lime & collect the juice. Set aside
5. 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)
6. Add the elder flowers, lime/lemon zest & juice. Stir well and then immediately cover it
7. Leave the mixture to cool completely for a few hours, or overnight
8. Strain well through muslin
9. Bottle your cordial in a sterilised, labelled bottle

Uses:

Elderflowers are excellent for head colds, sinus problems and other upper respiratory ailments. They also make a delightful, uplifting tonic

Preservation:

This cordial has a near 1:1 ratio of water to sugar, and should store well. To prolong its shelf life you can add a dash of alcohol to it e.g. brandy, vodka, gin. 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 make a fresh batch.