



## Elderflower Cordial

Apparently elderflowers have anti viral properties and can help treat colds and flu and quicken recovery, they can also be used to soothe sore throats and coughs. They impart a delicious flavour and can be dried for herbal tea. However this cordial is my favourite, when mixed with chilled sparkling water it is the most refreshing summer drink.

Elderflowers appear May to July, depending on the weather, so still time to catch the last of them this month. Pick them in the morning of a dry sunny day when the flowers are fully open and full of scented pale yellow pollen. If they don't smell good, leave them, you are too late.

### Ingredients

30 elderflower heads (flowers left on stalks)

3 unwaxed lemons and an orange

1kg sugar

1.5 litres boiling water

1 heaped teaspoon citric acid (available in the chemists)

Ideally pick the flowers in full sun. Fork the flowers off the stalks or snip off the main stalks, put the flowers aside and discarding the rest.

Place sugar in a pan, pour the boiling water over and stir until dissolved. Add the elderflowers (check to remove bugs). Cut the lemons and orange in half and squeeze the juice into the pan, then grate the lemon and orange zest and add that as well, along with the citric acid.

Heat gently to a simmer and cook for a few minutes.

Stir, cover, and leave for 48 hours, stirring occasionally.

Strain the mixture through a sieve, or preferably a fine muslin cloth, and funnel into clean bottles, or dilute and serve immediately, or try the syrup dribbled over ice-cream.