

Elderflower Cordial Recipe

Ingredients

3 cups (700g) granulated sugar
2 lemons
3 pints (1.5l) of water
15 - 30 elderflower heads
2 dessertspoons citric acid



Method

1. Put 3 cups (700g) granulated sugar in a large bowl.
2. Peel 2 lemons thinly over the sugar with a potato peeler. Wrap the lemons & keep in fridge.
3. Boil 3 pints (1.5l) of water and pour over the sugar and lemon rind, stir and cover. Leave overnight to cool.
4. Next day pick 15 - 30 elderflower heads. Always pick the sweet smelling ones (which are a bit buttery in colour and do not drop petals when shaken). Shake off insects and carry them home carefully. Plunge them head down into the lemony syrup and cover again.
5. Allow to steep in the syrup for 24-48 hours.
6. Remove the flowers, squeezing the juice out first.
7. Squeeze the 2 lemons and add the juice to the bowl.
8. Strain it all through a sieve into another bowl.
9. Add 2 dessertspoons citric acid (if you have some) and stir to dissolve.
10. Sterilise screw-top bottles with boiling water, pour in cordial, and cap.



To drink, dilute with water to taste. It keeps for 3-4 weeks in the fridge.

To preserve for longer, freeze in plastic bottles, pasteurise in glass ones, or add 1/3 Camden tablet, crushed, with the citric acid. (Camden tablets are used in wine-making).

Abingdon Carbon Cutters has a simple pasteuriser which takes 12 wine-sized bottles at once. Members are welcome to borrow it: please contact Susie Howard on 01235 533278. The cordial should be pasteurised at 70C for 20 minutes.