

1. Place the elder blossoms in a large container.
2. Sprinkle over the sugar, wine vinegar and lemon juice and rind.
3. Add a gallon of boiling water, stir gently, then leave for 24 hours, covered with a clean cloth.
4. Strain the infusion into **strong** bottles (not wine bottles – fizzy pop bottles are ok, but check regularly and release some pressure if they are bulging), sterilised and seal.
5. Leave the "champagne" to settle for two weeks before drinking, storing the bottles in a cool place.
6. By then, it should be clear and sparkling.

6 heads of elderflowers
700gm caster sugar
2 tbsp of white wine vinegar
1 lemon (rind and juice)
4.5 Ltr of boiling water

This drink is relatively low alcohol, generally beer strength not a wine strength, 4% is about normal.

Snacks & treats***'What's Cooking!'* Recipe Card****ELDERFLOWER 'CHAMPAGNE'****Food Fact:-**

The elderflower is most commonly used to treat colds, hayfever and other chest diseases, but the leaves (sprains and bruises) and the berries (rheumatism) are also used by herbalists

Preparation time **8 mins**

Cooking time **5 mins**

Makes approx 4.5 Ltr