

1. Shake the elderflowers to expel any lingering insects, and then place in a large bowl.
2. Put the sugar into a pan with the water and bring up to the boil, stirring until the sugar has completely dissolved.
3. While the sugar syrup is heating, pare the zest of the lemons off in wide strips and toss into the bowl with the elderflowers. Slice the lemons, discard the ends, and add the slices to the bowl. Pour over the boiling syrup, and then stir in the citric acid. Cover with a cloth and then leave at room temperature for 24 hours.
4. Next day, strain the cordial through a sieve lined with muslin (or a new j-cloth rinsed out in boiling water) and pour into thoroughly cleaned glass or plastic bottles. Screw on the lids and pop into the cupboard ready to use.
5. The cordial can be frozen in plastic bottles (leave space for expansion). Fresh cordial can be refrigerated for up to two weeks.

20 heads of elderflower  
1.8kg granulated sugar, or caster sugar  
1.2 litres water  
2 Lemons  
75g citric acid powder – available from chemist's shops

**To serve Elderflower Cordial:**

Dilute the elderflower cordial to taste with fizzy water, and serve over ice with a slice or two of lemon, or a sprig of mint floating on top.

Elderflower cordial is also brilliant in recipes such as gooseberry fool, and in vinaigrette - mix with wine vinegar, a touch of mustard, salt, pepper and a light olive oil (surprisingly good with a courgette, lettuce and broad bean salad). You might even try adding it to a marinade for chicken breasts.

Try it in sorbets, or ice-creams, or just spooned over scoops of vanilla ice-cream, or use it to sweeten and flavour the fruit for a crumble.

**Snacks & treats****'What's Cooking!' Recipe Card****Elderflower Cordial****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 1.5 Ltr