

# How to Make Elderflower Cordial

## You will need:

- 25 heads of elder flowers
- 1 litre of water
- 1.5 kilos of sugar
- Juice of 1 lemon
- 1 lemon and 1 orange sliced
- A large pan that you can heat water in
- 3x 454gram empty glass jam-jars with lids, all clean straight from the dishwasher.
- A jug
- A clean muslin square (as used by mums with babies – or you can buy from [www.lakeland.co.uk](http://www.lakeland.co.uk) )
- A funnel



It seems an awful lot of sugar but the sugar is a preservative and there will be only a tiny portion of sugar in each glassful of cordial.

1. Collect the elder flowers. Give them a good shake to get rid of some of the insects.
2. Put the sugar, water and fruit into the pan.
3. Bring the water to the boil, stirring to dissolve the sugar.
4. Take the pan off the heat and plunge the elderflowers into the hot liquid and (if you can) put the lid on.
5. Stir occasionally for 24 hours.
6. Put the muslin into the funnel and put the funnel over one of the clean jam jars.
7. Scoop some of the mixture into the jug, being sure to include some flowers and fruit.
8. Pour about half a jarful of the mixture from the jug into the muslin-lined funnel. With a clean spoon, squidge the flowers and fruit against the muslin to get the maximum flavour out of them.
9. When the jar is nearly full, put on the clean lid.
10. Fill the other two jars in the same way and put them all in the fridge.
11. When you are ready to drink your cordial, put about 2 cms in a tumbler and add water. If you want 'sparkling elderflower' add sparkling water instead of still water.
12. Enjoy!

Some people don't bother to heat the water. It is not necessary to do so but I feel more comfortable knowing the everything in the mixture has been sterilised in very hot water.

Some people use 50 grams of citric or tartaric acid instead of the lemon juice.