

Elderflower cordial



Reconnecting People With Food From Nature



Elderflower Cordial

The creamy-white flowers of the elder tree make a delicious cordial and picking them is a lovely way to spend some time on a warm, dry day. Make sure to leave plenty of flowers on each tree.

INGREDIENTS

You will need:

- 30 elderflower heads
- 1.7 litres/3 pints boiling water
- 900g/2lb caster sugar
- 50g/2oz citric acid (available from chemists)
- 3 unwaxed lemons, sliced and zested if you wish

METHOD

- Gently rinse over the elderflowers to remove any dirt or little creatures.
- Pour the boiling water over the sugar in a large mixing bowl. Stir well and leave to cool.
- Add the citric acid, the lemon

slices (and zest), then the flowers.
• Leave in a cool place for 24 hours, stirring occasionally.

- Strain through some muslin and transfer to sterilised bottles

The cordial is lovely diluted with still or fizzy water and can be added to fruit salads or ice cream.

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