

# Make your own ... Elderflower Cordial

*Cool and refreshing on a summer's afternoon - inexpensive to make - and best of all - you know exactly what's gone into it.*



Every year, as May turns to June and the days grow longer, the scent of elderflower hangs heavy in the warm air, I unearth my preserving pan - unused since the final chutney-making marathon in the autumn - and put it to good use making this most delicious of summer cordials - perfectly refreshing on a hot afternoon.



We have our own in the garden. I don't pick them all - leaving some to become berries for the birds in the autumn, but I do gather a good few handfuls. If you don't have any elder bushes in your garden, then

head off out with your basket - they are very common in the hedgerows and easily identified by their clusters of creamy-white flowers and distinctive scent. (If in doubt use a book to identify them, or take a knowledgeable friend along).



To each pint of water add

- the juice and grated zest of a lemon,
- 1lb sugar,
- 2 teaspoons cider vinegar
- a dozen heads of elderflower.





Lemons always remind me of holidays in the Mediterranean ....



I can never be bothered to grate .. I always end up grating my fingers!

So I use a peeler instead and peel the lemons in fine strips.

You have to boil the water and sugar together and then pour the mixture onto the elderflowers, lemon and vinegar.

Stir well .

Leave the mixture to cool and infuse for 24 hours ..your kitchen will smell wonderful!



Then bottle in sterilised bottles. Yes, I used wine bottles .. it was no hardship to empty them ready for the elderflower!

The cordial has to be kept in the fridge even before it's opened, but it does keep for up to 3 months.

The taste of summer - take fizzy elderflower on your picnics, add the cordial to gooseberry tarts - the choice is yours!

