

Taste the Hills



Recipes and Tips

Elderflower cordial

Collect your flowers on a fine day. Use scissors to snip the flowers into a bag or basket and be careful not to knock off the pollen – It's the pollen that has the fragrance.

Ingredients

30 elderflower heads

1.7litres/3 pints boiling water

900g/2lb caster sugar

50g/2oz citric acid or tartaric acid (available from chemists)

2 unwaxed oranges, sliced

3 unwaxed lemons, sliced

Method

Pour the boiling water over the sugar in a very large mixing bowl. Stir well and leave to cool.

Add the citric acid, the orange and lemon slices, and then the flowers.

Cover with a tea towel or clingfilm.

Leave in a cool place for 24 hours, stirring occasionally.

Strain through some muslin and transfer to sterilised bottles.



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