

Dandelion Syrup

Make a delicious, sweet sauce using dandelion flowers.

You will need

- 1 small jam jar
- 1 generous handful of dandelion flowers
- 375ml of water
- 250g of sugar
- Juice of half a lemon

People have been eating and drinking dandelion leaves for hundreds, if not thousands, of years. In the middle ages people used to make an alcoholic drink called "mead" using dandelions and the roots of the burdock plant. Mead can also be made using honey.

This syrup is very sweet, it's great for topping pancakes, porridge and ice cream!

1. First, collect the flowers while being careful not to squash them. Make sure to give them a quick rinse and put them face down on a kitchen towel to dry.

2. Then, use scissors to remove the green parts of the flower and put the heads in a small saucepan.

3. Add the water and bring to the boil for 1 minute. Turn off the heat and leave the mixture overnight to soak.

4. Strain the dandelion liquid into a bowl using a sieve lined with kitchen towel. You can then throw the petals away making sure to keep the liquid.



7. Return the liquid to the pan and add the sugar and lemon juice. Let the mixture simmer for 20 minutes.

8. Allow the mixture to cool and pour it into a jar. The mixture should thicken as it cools. You can then keep the syrup in the fridge for up to a month.