

Elderflower Cordial

Make your own summer drink with this cordial recipe.

You will need

- 1.5 litres of boiling water
- 1kg white granulated sugar
- 20 - 30 elderflower heads
- 3 oranges
- 55g citric acid
- Large saucepan
- Funnel
- Clean bottles

Elderflowers are the delicate clusters of cream coloured flowers you find on elderberry trees early in summer. Their use dates back hundreds of years. In Roman times, the roots of the trees would be ground into medicine whilst the flowers were made into a sweet syrup to be added to water.

This is a very sweet recipe, but you will only need to use a small amount at the bottom of your glass before adding water to make a refreshing summer drink. The recipe uses boiling water and citric acid, but children could get involved by helping to pick the elderflower heads.

1. Gather the flowers, avoiding any that have turned brown.
2. Wash and dry the flowers.
3. In a large saucepan pour the boiling water into the sugar and stir. Leave it to cool, stirring every now and then to dissolve the sugar.
4. When cool, add the citric acid, oranges (zested and sliced) and the elderflower heads. Leave for 24 hours.



5. Strain through a clean towel (or you can use a double layer kitchen towel).
6. Use a jug and funnel, carefully pour into clean bottles to store them.