



Elderflower cordial

This is a summer classic. Take your children to pick elderflowers. They will love picking the flowers and drinking the squash that they helped to make.

Serves 40 children

1 ½ organic lemons
1 kg (2 lb 3 oz) sugar
1 l (2 US pints) water
25 large elderflower heads

1. Slice the lemons and put them in a large pan with the sugar.
2. Add water and bring to the boil.
3. Put the flowers in a large bowl and pour over the hot liquid. Cover and leave in a cool place for 3 days.
4. Strain the cordial through a coffee filter and bottle it.
5. Serve 1 part cordial to 3 parts water.

