

Elderflower Cordial

West Cork is full of elderflower bushes that are in full bloom in June. It's the perfect opportunity to make elderflower cordial! When I was little, my Granny lived far away from us but I remember that whenever she was able to visit in the summer she made it for us, and it was so delicious. Now I make it every year.

Ingredient

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2 litres water

2kg sugar

100g citric
acid

4/5 lemons or
limes

Lots of elderflowers, about 30-40
heads.

Bottles to store your elderflower
cordial

Method

Make a sugar syrup by combining the water, sugar and citric acid in a large pot.

Heat it until it boils, and allow it to boil for about a minute. Be really

careful and ask an adult to help you!

Allow the syrup to cool for a few hours. Perhaps you could use the time to go out and pick the elderflowers? The best time to pick them is when the sun is shining.

Wash the elderflowers under running water or in a large bowl.

Place the elderflowers into the syrup, pushing them down until they are covered, and use as many as you can fit in.

Use a peeler to zest the lemons and limes. That means to peel some of the outer yellow or green skin off. It is full of the delicious oils that give lots of flavour! Slice the lemons and limes and add the slices and zest to the pot.

Allow the syrup, fruit and elderflower heads to infuse for at least two days, or even longer if you can. Stir it every day.

Remove the spent slices and flowers, and strain the syrup through a fine sieve or cloth, and pour it into bottles. This recipe will make enough cordial to fill three of four one litre bottles.

Dilute the cordial to taste. We love it with sparkling water or apple juice. You can also brush it over a cake fresh from the oven for an elderflower drizzle cake, or add it to whipped cream or icing. Delicious!