



ELDERFLOWER CORDIAL

INGREDIENTS

6 Litres (1.58 gal/ 202 fl.oz) – bottled water or filtered water
4 cups (800 g) – org turbinado sugar (or sucanat)
60 - 80 - large elderflower heads (stalks trimmed)* *See note for 'cleaning'*
5 – large org lemons

PREP TIME: 2 HOURS
INFUSING TIME: 48 HOURS
SERVES: 6 LITRES

VEGAN
SOY-FREE
NUT-FREE
GLUTEN-FREE
REFINED SUGAR-FREE

DIRECTIONS (1)

**Elderflower heads cleaning tip:*

- Prepare clean & dry kitchen towels and spread on a table (on a patio recommended or any open area); place flower heads gently and spread even across the surface - leave out for up to 1 hour before adding to the recipe (little insects need time to crawl out of the flower heads)

Cordial Prep:

Step 1

Bring water to boil into a large pan (8 L recommended), and add the sugar. Simmer to boil until sugar is dissolved (stir occasionally). Set aside to cool.

Step 2

Clean lemons with vinegar water, rinse, dry and cut in 1-inch slices. Add to the sugar water.

Step 3

Take aired out elderflower heads, snip the blooms one by one into the the sugar & lemon water pot. Give a stir, and cover pan. Leave to infuse for up to 48 hours.

Step 4

Prepare your sterilized bottles ([see reference link in the blog post](#)).



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DIRECTIONS (2)

Step 5

Prepare a clean large pot, place a large colander on top lined with a clean organic cotton kitchen towel (recommend). Remove lemons and place in a pan/ bowl. Pour in (small amounts at time) the elderflower syrup, and let it drip through (leave flower heads in the kitchen towel). Repeat until all syrup & flowers are strained.

Fold towel and squeeze gently the remaining syrup from infused flower heads. Discard flower heads.

Step 6

Take sterilized bottles, and transfer the strained syrup in each bottle with the help of a funnel & ladle. Seal each bottle, and store in a dry place or keep in the refrigerator for up to a month (or max. 6 weeks).

Freeze infused lemon slices in plastic bags, and use to make lemon water drinks or add to teas.

Water bath processing is recommended if you'd like to keep the syrup longer (or don't have storage room in your refrigerator).

Enjoy cold with sparkling/ fizzy water (sugar free), add fresh or frozen berries, or preferred fruit, and ice cubs (if desired).

*Note: If prepping a smaller quantity reduce the initial recipe amounts to a half.

3 Liters of water

2 cups unrefined sugar

2-3 large lemons

Recommend use of at least 10-13 flower heads per 1 Liter of water.

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