

A Cordial Affair

Recipes

Elderflower Champagne

(River Cottage recipe)

Makes 5 litres

- 800g sugar
- Florets from 8 elderflower sprays
- Pared zest and juice of 4 lemons
- 5g sachet Champagne yeast



Dissolve the sugar in 2 litres hot water in a fermenting bucket, then top up with 3 litres cold water. Allow to cool.

Aerate and add the elderflower florets, lemon zest and juice.

Pitch the yeast or, if you like a bit of excitement, don't. Elderflowers come ready stocked with wild yeasts and it can be interesting to see how things turn out.

Leave to ferment.

If you did not add yeast and fermentation has not started after 3 days then it is time to give the thing a kick-start with a packet of Champagne yeast.

After 6 days of fermentation, strain the must through boiled muslin into a fresh fermenting bucket, leaving the lees behind. Cover the bucket and leave for a few hours for the dust to settle, then siphon into your bottles of choice.

Your sparkly is about ready to drink after a week, and in any case a week is a good time to check to see how things are going.

You can release a little excess pressure by easing the lid off, though as noted this is a little tricky if you have used Champagne bottles.

If you are still worried then put the lot in the fridge to stop the yeast making any more carbon dioxide and drink it as quickly as you can.

Elderflower Cordial

(This is Sophie Grigson's recipe without the citric acid.)

- 30 elderflower heads
- 6 lemons
- 3 oranges
- 2.7 kg granulated sugar
- 1.8l water



Place the sugar in the water in a saucepan and bring to the boil, stirring until all the sugar is dissolved.

While the water is heating, place the elderflowers in a large bowl and cut the zest off the oranges and lemons and add to elderflowers.

Cut the ends off the citrus fruit and discard, then slice and add to contents of bowl.

Pour the boiling sugar syrup over the elderflowers and citrus fruits.

Cover the bowl and place in a cool place for 24 hours. I put a plate on the top of the bowl to keep the citrus fruit submerged in the syrup.

After 24 hours strain (eat the orange slices – they are amazing!).

Strain twice more using either muslin or kitchen paper.

Makes 4 pints of cordial. Pour into sterilized glass jars or plastic jars and freeze. Keep in the fridge and dilute to taste. It tastes good with fizzy water. Serve in glass jugs with slices of lemon and a sprig of mint.

Flower Lollipops

- 1 cup / 240ml of corn syrup
(you can use golden syrup if you don't mind the yellow colour)
- 2 cups / 350g of granulated sugar
- ½ cup / 120ml of water
- A few drops of flavoured essence and colouring if required
- A few sprays of cooking oil
- Lollipop moulds and sticks



Spray a little of the non-stick cooking oil into each of the moulds.

Heat the sugar, syrup and water in a pan and stir until the sugar dissolves. Then continue to heat the candy mixture until it reaches 145°C (300°F or when a drop of the candy goes hard when put into a bowl of cold water).

Take off the heat and add the flavouring and colouring - mix well.

Then, using a spoon, add a small amount of the candy mixture into each lollipop mould (to nearly half fill the mould), pop in the flower and position the lollipop stick.

Add more mixture to fill the mould but not overfill.

Give the stick a little twist to make sure it is well immersed in the candy and will fix in place once it is set.

Leave to cool at room temperature. Once the candy is cool and set hard, the lollipops can be gently removed from the mould.

Thank you for joining us!

Lucy

&

Vicky



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