

- Elderflower Syrup -

video > Elderflower Syrup

Pick the elderflowers with the little ones and make together this delicious syrup. Harvesting period for the flowers: May to July.



make **1L** and ready in **56H**
(**48H** stand & **8H** to cool)

Shopping LIST:

10-12 Elderflower Head (fresh-dried), **500g** sugar, **0.5L** water (boiling), **1** sliced lemon, juice of **1** lemon.

Method:

- Rinse **10-12** fresh (or dried) elderflower heads.
- In a big pot add **500g** sugar and pour over **0.5L** of boiling water. *Stir until sugar has dissolved.*
- Add **1** sliced lemon.
- Put the lid on and leave it to stand, covered, for **48h**.
- **Strain** the *flowers* and *lemons*. Pour the liquid into a pot and add the *juice* of **1** lemon.
- Heat the liquid until it starts to boil (stirring occasionally).
- Pour the *boiling syrup* into a *clean glass bottle*. Close immediately and let cool. Keep it in the fridge for minimum **8h**.

"enjoy your drink"



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