



SPICED ELDERBERRY SYRUP

This is a great remedy to help with colds, flu, sore throat and cough; or just enjoyed as a tasty preventative herbal drink in hot water to keep away winter bugs.

Ingredients:

450g fresh (or 250g dried)
elderberries
Fresh ginger root (4-5 cm, sliced)
1 cinnamon stick
2 star anise
5-6 cloves
5-6 cardamoms
Zest of 1 unwaxed orange (organic)
500ml water
500g sugar
1 tsp citric acid per 500ml

Method:

Place the elderberries, spices, orange zest and water in a pan. If you use dried elderberries add extra 100ml. Bring to the boil and let it simmer for about 25-30 minutes, until the liquid looks deep purple, and the water has reduced about one third. Strain the berry-spice mix through a muslin cloth into a measuring jug. Make sure to squeeze out all the juices.

Measure the liquid and return to the pan. For every 100ml of liquid add up

to 100g sugar (I know this seems like a lot of sugar but if you add less sugar the syrup will not keep very well). Let it simmer gently and stir regularly until thickened.

Measure the liquid, stir in citric acid and pour into sterilised bottles or jars. Date and label. It will keep up to a year unopened in a dark, cool place. Once opened refrigerate, and use within a month.

Take 2 tsp as required, or add up to 4 tsp to a mug of hot water.