

## **Elderflower Cordial**

<http://userealbutter.com/2012/06/29/elderflower-cordial-recipe/>  
from Wendy of [Hunger and Thirst](#)

3 cups stripped elderflowers  
6 cups sugar  
5 cups water  
3 lemons, juice of

To strip the elderflowers gently pry them off the stems with your fingers. You want to minimize the amount of stem as much as possible because they are toxic. A little won't hurt you, but don't be a lazy bum – take the time and effort to strip the flowers from the stems. Place the sugar and water in a medium saucepan and bring to a boil, stirring to dissolve the sugar. Let boil for a few minutes then remove from heat. Add the flowers to the sugar syrup, cover. Let it infuse at least overnight, but up to 4 days. Bring the elderflower syrup back to a boil. Remove from heat and stir in the lemon juice. Let cool. Strain out the flowers with a sieve or cheesecloth. Bottle. Keep refrigerated. Not sure how long it will last – at least a few weeks.