

# WILD COOKING



Foraging for natural ingredients is not only fun but can produce some seriously delicious recipes. The mice of Brambly Hedge love a good forage, preserving their fruit as jams and turning their vegetables into yummy dishes. Here's one we recommend for you to try!

## Elderflower cordial

### Ingredients

- Elderflowers
- 3 Large tablespoons of honey
- 300ml (1/2 pint) water
- Saucepan
- Funnel
- Bottle with a cork!



### Directions

- 1) Use open elderflower heads picked from a tree well away from the road so that the flowers are free from dust and pollution
- 2) Pick over the elderflowers and set them aside
- 3) Put the water into the saucepan, add the honey and boil for 5 minutes, uncovered
- 4) Turn down the heat to simmer, add the elderflowers to the water and cook gently for 15 minutes
- 5) Remove the pan from the heat and cool. Sieve the liquid and, using the funnel, pour into the bottle and cork it
- 6) Keep the cordial in the fridge and add it to fizzy mineral water to make a refreshing drink! Use within two weeks

